

# Constipation

## Harmony & Health

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Quality Products for Health

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Constipation is a condition resulting in uncomfortable or sluggish bowel movements. A person is considered to be constipated if less than one bowel movement daily or if it consists of small amounts of hard, dry stool.

**The main cause of constipation in adults is dehydration, often due to lack of hydrating fluids.**

Other possible causes are lack of fiber, lack of exercise, medications, intestinal inflammation, yeast infections, sluggish liver or gallbladder, poor digestion, and/or parasites.

### Helpful additions:

- **Fiber** -a diet with 20-35 grams of fiber daily helps in the formation of soft, bulky stool. In addition to adding bulk to the stool, fiber also supports a healthy microbiome & gut motility. While adding foods such as beans, whole grains, seeds, nuts, & fresh vegetables is helpful in adding fiber to the diet. Limiting foods such as ice cream, cheeses, meats, & processed foods, which contain little or no fiber can also be helpful.
  - Supplement to increase Fiber include: **Nature's Three, Psyllium Hulls Combination, & LoClo**
  - Always drink plenty of water upon mixing and follow with another glass of water. Not drinking enough water can cause further constipation.
- **UltraBiome DTX** is an optimal fiber/nutrient blend to help to detox heavy metals, regulate movement and help heal leaky gut, while balancing beneficial bacteria.
- **Everybody's Fiber** is a slippery elm blend designed for inflammatory issues such as Chron's disease, Celiac's disease, colitis, spastic colon and leaky gut syndrome. It nourishes the good bacteria in the colon, reduces inflammation, and acts as a soothing fiber.
- **Prunes** and prune juice live up to their reputation as foods to help constipation due to a unique ingredient. In addition to fiber, prunes are rich in a naturally occurring sugar alcohol called sorbitol. Sorbitol molecules do not break down in digestion, and when they reach the colon, the body wants to get rid of them, and the reaction can result in a bowel movement. Apple juice also contains sorbitol, but in lower amounts. For people who don't like prunes or prune juice, apple juice can be an alternative.
- **Gentle Move** is a blend of magnesium & Triphala to encourage peristaltic action & normal bowel elimination, by toning & hydrating the colon.  
**Magnesium** aids constipation two-fold, it relaxes your bowels and acts as an osmotic laxative, pulling water into your intestines softening hard stools.
- **Cascara sagrada** is Spanish for "sacred bark" and was used for centuries by Native Americans as a stimulant laxative, great formulas include: **LB Extract, Lower Bowel Stimulant, & Bowel Detox.**
- **Senna** is another stimulating laxative, products include **Liquid Cleanse & Senna combination.**
- **Probiotics**, acidophilus-based products with prebiotics in them, such as Probiotic Eleven, work best.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

*Building Better Health Naturally*

