

## Alleviating Constipation

Last week you were probably shocked to read that many people only have a bowel movement once every three days; some people don't even go that often and think that once a week is quite normal. Although some doctors may say that it is not necessary to have a daily bowel movement, I believe that moving the bowels at least once each day contributes to a sense of well-being and is beneficial to your health.

What can be done to alleviate the problem of constipation? As I explained last week it is essential to have sufficient fibre in our diet, which helps bulk out the stools and cleanse the intestines but more important than fibre is your fluid intake and this is my second point in how to avoid constipation. Even if you have the healthiest diet and are committed to eating the right balance of protein, carbohydrates and fat, if you do not drink enough fluids you may well become constipated. Fluids soften food, bulk it out and make it more comfortable and easy for waste to leave the body naturally.

Two thirds of the body consists of water and we lose over a quart of water each day through the skin, lungs and stomach and via the kidneys as urine, therefore it is essential for health to drink plenty of good fresh water. Alcohol, coffee and tea which contain caffeine are all diuretics and cause the body to lose water and should be avoided or at least your consumption of these drinks reduced. To ensure you do not become dehydrated and to support the digestion and avoid constipation ideally we need to drink around two litres of water each day.

Many people find it hard even to contemplate drinking plain water so if it does not appeal to you try warm water with some lemon juice; this is especially beneficial as your first drink of the day. Consider keeping a container of water with you as you go about your normal day, so that you have ready access to liquid in your car and at your office or place of work. Make a habit of drinking water after you have urinated to replace what you have just lost. If you find water totally unappealing you could add a little unsweetened fruit juice or I recommend a Chlorophyll liquid which is made from the alfalfa plant, contains spearmint oil and is a natural deodoriser whilst cleansing the blood. You only need a few drops in a glass of water for a refreshing and healthy drink; see my website for details.

It may sound strange but we do eat fluids; fruits and vegetables consist of around 90% water which is supplied in a form that is very easy for the body to use and at the same time they provide us with a high percentage of vitamins and minerals. A cucumber contains 96% water and tomatoes 93%. A diet high in fruit and vegetables will provide you with approximately half a litre of fluid each day. Fruit and vegetables contain the two most essential components you need to avoid constipation that is fibre and fluid. Remember to increase your fluid intake and reduce the risk of constipation.

If constipation is one of your health concerns you can book an appointment to see me by sending me an email or look at my website for contact details.

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