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Constipation is a great enemy to smooth digestion, and causes great discomfort to those who suffer from it. Not only does it cause cramps and pain in the abdominal area, but can also cause nausea, fever and headache. In extreme cases, constipation causes serious stomach infections and other kinds of severe problems.

The biggest sign or symptom of constipation is bad bowel movement. If a person is passing very hard stools, or has bowel movement just once in three or four days, then it refers to constipation. The chest area feels full all the time, and the person may feel uncomfortable in moving around. The appetite also gets affected.

Dehydration is one of the major reasons for constipation. Doctors and medical experts constantly stress on the fact that it is important to drink plenty of water daily. The reason why they say so is because water helps in easy digestion of food. This makes the process of bowel movement easy and less painful. Ideally, one should consume at least 12-15 glasses of water in a day.

Another cause of constipation is having low fiber food in the diet. Fiber makes the digestion process easier, so it is important to keep consuming a lot of fresh fruits and vegetables daily. Fresh salads comprising of green leafy vegetables act as good roughage, and are very good for the body.

People who are lazy and lethargic also suffer from constipation. This is mainly due to the lack of exercising. This is the reason why doctors stress on the fact that one must indulge in at least 30 minutes of exercise daily. It could be just walking for 30 minutes, a light jog, or going to the gym. Exercising ensures that the breaking down of the food in the body for producing energy happens properly, and this makes the process of digestion easy, thereby reducing or treating constipation.

Apart from water, it is also good to consume fresh fruit juices, coconut water, buttermilk, glucose water and other such natural drinks to ensure that the body gets energy. Due to the stress and the pain that happens in passing of the bowel during constipation, the body feels weak. So such natural drinks compensate for the energy lost.

Those people who have a habit of consuming a lot of self-prescribed medicines, or are under medication for some other illness may also suffer from constipation. In such cases, it is good to consult a doctor and find out what medicines are causing the problem, and what can be done to curb it.

Many pregnant women feel constipated too, because of lack of movement. Although pregnant women are advised constant rest, they too must indulge in some light exercises to ensure that they do not feel constipated. It is best to consult a doctor for the same.

It is a good habit to drink a glass of warm water every morning with some lemon juice and honey mixed in it. It helps in detoxifying the body, eases constipation and also helps in reducing weight.

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