

~ A Healthier You ~

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CONSTIPATION

Over 90% of all diseases stem from an unclean intestinal tract. Constipation: Latin – *constipatio* - 'crowding together'. The body must be kept clean inside and out, in order for us to perform optimally. When the intestines become sluggish and clogged up with old fecal matter, many symptoms can occur as warning signs to take action:

1. Peristaltic malfunction - fecal matter becomes compressed and evacuations are infrequent. Caused by eating highly refined/demineralized foods- the system becomes polluted with poisonous gases, which congest surrounding organs and cause other ailments.
2. Dizziness - caused by constipation when pressure causes impinged.
3. Hives/Eczema - even the worse case of hives can come from constipation.
4. Bronchitis - constipation is one of the chief causes of this problem.
5. Diarrhea - the most severe form of constipation; deal with it immediately.

Some causes of constipation are- improper diet; too much meat and not enough fiber, dehydration and drinking alcoholic beverages.

Herbal combinations for constipation, usually contain some or all of these:

Curacao Cape Aloes, Senna leaves/pods, Cascara sagrada, Barberry root, Ginger, Garlic and/or Cayenne.