

Health Advice # 23 Preventing Constipation

It's always best to prevent health problems before they start, so consider using that same frame of mind when dealing with constipation. Exercise is great for your heart, your muscles, your waistline, and even your bowels. Here are some other lifestyle changes that can help prevent constipation:

- **Stay hydrated.** Dehydration is a common cause of constipation, so drink lots of water — 8 to 10 glasses every day — and juice. Avoid alcohol and caffeinated drinks, as they can cause dehydration. Drink the healthy coffee & tea as mentioned in the advices # 19 & # 22.
- **Make time for bowel movements.** Your bowels like to be on a schedule, so create one. Set aside a time each day to try and go to the bathroom — maybe after a meal or before you go to bed. Be sure not to rush yourself.
- **When nature calls, answer.** Even if the time or place isn't convenient, pay attention to your body's needs. When you feel the need to have a bowel movement, find a bathroom and go. If you don't, you might end up constipated.
- **Limit laxative use.** Laxatives can be useful in treating constipation that strikes every now and then, **but laxatives aren't a long-term solution**. Only use them for a very short time. If they don't work, stop taking them and see your doctor. Persistent use of laxatives can cause constipation.
- **Regular Cleansing! Do 2 – 3 x the 21 day cleansings per year!**
This strengthens your immune system big which is the prevention for the flu season!

To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)

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