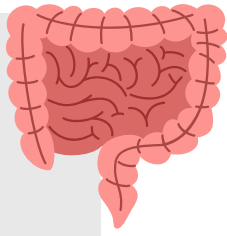


BEST FOODS FOR CONSTIPATION

Know about the foods you can have if you have constipation.

Foods that Lubricate the Intestine



- Walnuts
- Walnut oil
- Almonds
- Brazil nuts
- Okra
- Beets
- Cauliflower
- Alfalfa sprouts
- Apricots
- Apples
- Peaches
- Prunes
- Pears

Foods that Promote Bowel Motion



- Cabbage
- Papaya
- Sesame seeds
- Coconut
- Sweet potato
- Asparagus
- Kiwi fruit
- Oat bran

Bitter Foods



- Endive
- Chicory
- Radicchio
- Mustard greens
- Brassica vegetables
- Dandelion leaves
- Dandelion root
- Grapefruit

Soothing Herbs



- Marshmallow root
- Ground flaxseed
- Licorice root
- Slippery elm bark

Flora Enhancing Foods



- Miso
- Sauerkraut
- Kombucha
- Kefir

TIPS TO FOLLOW IF YOU SUFFER FROM CONSTIPATION

TIPS

- **Hydrate:** Drink plenty of water throughout the day.
- **Fiber:** Include high-fiber foods in your diet.
- **Exercise:** Stay physically active for regular bowel movements.
- **Prunes:** Eat prunes or drink prune juice for natural relief.
- **Routine:** Establish a consistent time for bathroom visits.
- **Stress:** Manage stress to aid digestion.
- **Avoid:** Limit processed foods and dairy.
- **Probiotics:** Consider probiotic-rich foods or supplements.
- **Avoid Straining:** Don't force bowel movements.
- **Consult:** Seek medical advice for chronic or severe constipation.

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or, treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.