

# The Gentle Constipation Cure

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## ***Disclaimer:***

I am not a doctor, nor am I in the medical profession in any official capacity. All information presented in this document is the result of research and personal experimentation. The information provided in this document should not be construed as personal medical advice or instruction. No action should be taken based solely on the contents of this document. You should consult appropriate health professionals on any matter relating to your health and well-being.

## ***A Few Words About Constipation***

Even though there are many definitions for constipation, constipation is simply a condition where the fecal matter traveling through your colon remains too long in your colon before traveling out the rectum.

Constipation is a symptom and not a disease. One that tells you your colon is not working properly or that you have some underlying gastrointestinal disease you're not aware of.

Usually, constipation is a result of not following a proper diet, not drinking enough fluids, having emotional difficulties, or not following an overall healthy lifestyle that promotes good movement of digested foods through the intestines and colon.

Constipation may be a warning that your diet and lifestyle are causing an imbalance in your body. It is a symptom that many ignore or try to alleviate with unnatural (and often dangerous) over-the-counter laxatives.

Avoid over-the-counter laxatives when you have constipation. They can become habit-forming, damage your colon, and have nasty side effects with prolonged or frequent use. They sometimes have the tendency to recreate the problem you are trying relieve — constipation.

## ***The Plan***

This simple and safe plan works most of the time:

### **Days 1–2:**

Twice daily, drink ½ cup (4 ounces) of extra virgin olive oil, chasing it down with a little orange juice.

### **Day 3:**

Begin taking 1,000 mg of a Vitamin C supplement every 2–3 hours you're awake. You can safely combine the olive oil and the Vitamin C if you are particularly concerned or in a hurry.

### **Day 4:**

Take 1,000 mg of a Magnesium supplement three times a day.

### **Days 5–7:**

If you have not had a bowel movement at this point, you need to see a doctor. Chances are, there's some sort of obstruction blocking the intestine, and you need an X-ray or other examination to determine the cause of the blockage.

Keep in mind that you should use most remedies only for the time needed to clear your constipation. If you find yourself constipated on a frequent basis, you should consult with an appropriate health professional to determine the true cause.

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