Home remedies for constipation

Constipation comes in various forms; stools can be small, hard and difficult to pass, or your bowel movements might become infrequent. To avoid this traumatic experience, you need to find the cause and treat it.

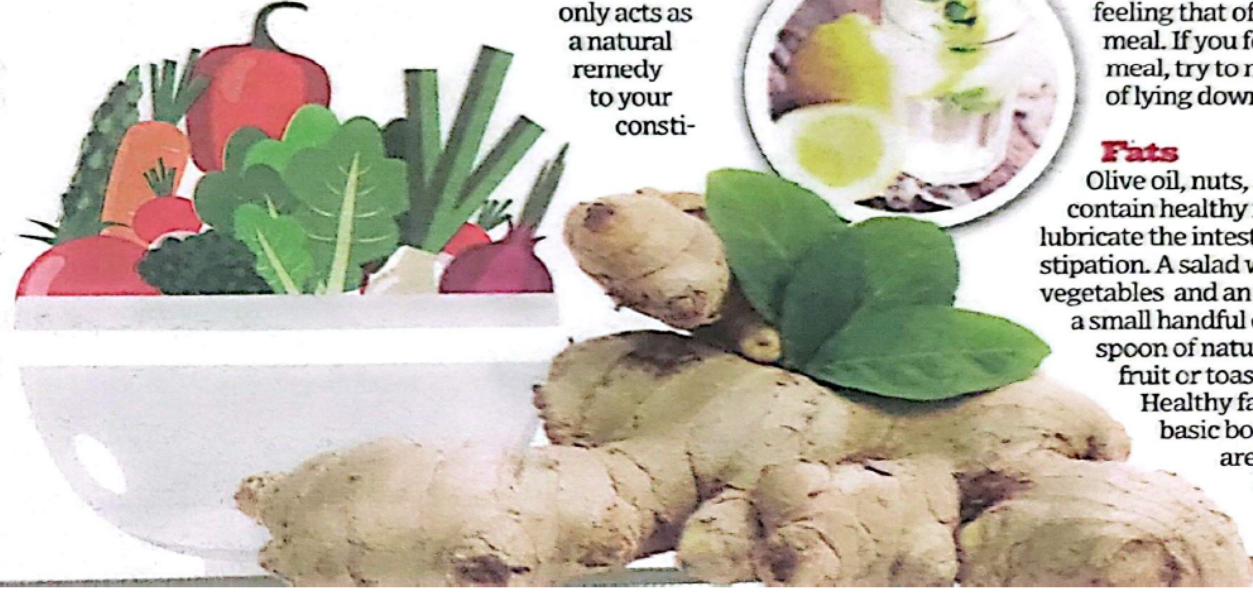
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Constipation generally means that you have three or fewer bowel movements a week. It can also mean straining to have bowel movements or pass stools that are small, hard, and dry. A low fiber diet, not drinking enough water and a lack of exercise are the commonest causes of constipation.

However, recurring constipation could be a symptom of hypothyroidism which slows the body's metabolic processes.

Fiber

Fiber acts as a cleanser, scrubbing food and waste particles from the digestive tract and soaking up water. It adds bulk to your stool to keep food moving along. Foods such as cereals, beans, lentils, oatmeal, almonds, barley, many vegetables, and fresh and dried fruits are rich in fiber. If constipated, taking an additional fiber and drinking more water will help keep your stool soft and easy to pass.

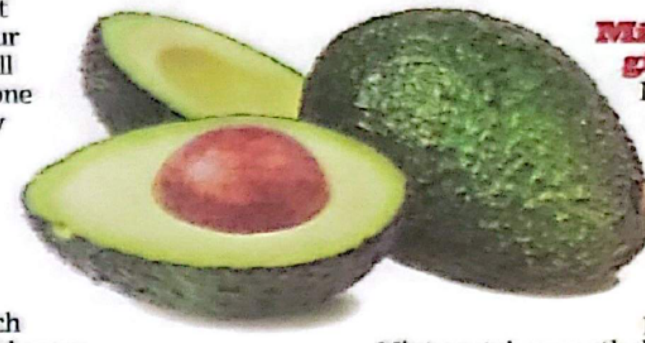


Castor oil

A component in the oil breaks down into a substance that stimulates your large and small intestines so one of the primary uses for castor oil is as a laxative. Take about two teaspoons on an empty stomach and you should see results in about eight hours.

Lemon water

The citric acid in lemon juice acts as a stimulant to the digestive system and can help flush toxins from your body. A cup of hot water with little lemon juice (a natural laxative) or honey may stimulate your colon. The refreshingly tart water not only acts as a natural remedy to your constipation but also helps you drink more water each day, which will improve your long-term digestion.



Mint & ginger

Mint and ginger are both proven home remedies to help alleviate digestive problems.

Mint contains menthol, which has an effect that relaxes the muscles of the digestive tract. Ginger the warming herb causes the inside of the body to generate more heat which speeds up digestion.

Exercise

A daily 15-minute walk can help move food through the bowel more quickly. Jumpstarting the digestive process can help you avoid that painfully full feeling that often follows a large meal. If you feel sleepy after a meal, try to move around instead of lying down.

Fats

Olive oil, nuts, and avocados contain healthy fats, which help lubricate the intestines and ease constipation. A salad with fiber-rich leafy vegetables and an olive oil dressing, a small handful of nuts, or a tablespoon of natural nut butter on fruit or toast are good options. Healthy fats are necessary for basic body functions; they are very satiating to keep you satisfied with less.

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