



**10 SUREFIRE WAYS TO
OVERCOME EVEN THE
WORST CONSTIPATION**


HealthGlade
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Magnesium

If you are deficient in magnesium , the walls of your intestines tighten up, and you get constipated. But when you supplement with it, it relaxes them, and things flow out. Plus, since it's a great anti-inflammatory, it is the reason why it's popular for constipation.

Electrolytes

Magnesium isn't the only mineral that fixes constipation. A specific concentration of electrolytes, including others like phosphorus, sodium, and potassium, are required to produce healthy functioning nerves and muscles in the colon, and aid muscle contraction.

Fasting

All organs in the body recover when they are not made to work, and the intestinal tract is no exception. Go on a water fast, and the body will push out the excess waste, heal itself, and then you will have a better functioning bowel the next time you eat.

Vitamin C

The great thing about Vitamin C is that you can take extremely high amounts of it, without any side effects. You can take as much as the body needs, and when it has enough, it excretes the rest from the bowels, making it a completely safe remedy for constipation.

Salt

Many people will be surprised to hear that salt is a laxative, but it's true. Sea salt is your best option, but any type of salt water will work. It's called a salt water flush, and you drink 2 teaspoons in a glass of hot water, and can expect to get a flush out within 30 minutes.

Fats

Fat is great for boosting intestinal motility, and there have been studies proving that high fat diets make the time food remains in your stomach shorter. Good healthy sources of fat include coconut oil, coconuts, ghee, olive oil, olives, avocados, and grass-fed butter.

Aloe Vera

One of the traditional remedies for constipation is aloe vera, and it does almost everything, including stimulating digestive secretions, promoting healthy gut bacteria, providing gut healing compounds, giving electrolytes, and even having good digestive enzymes.

Senna

Senna is a herbal laxative that has been around for many centuries, even being famous in Islam and mention in the hadith books. Senna leaves contain compounds called glycosides, which stimulate the nerves in the gut, and safely speed up bowel movements.

Prunes

I'll always remember my mother telling me not to eat too many prunes as I'll get diarrhea. Prunes and prune juice are known as nature's remedy for constipation, and for good reason. They contain sorbitol, a sugar alcohol which has a laxative effect, and lots of fiber.

Seeds

Many seeds have natural laxative effects, including pumpkin, chia, and flaxseed. They work in different ways, with some containing minerals that promote digestion, and others forming gelatinous substances that make your meals flow through the digestive tract.

For further information on causes and treatments for constipation and other gastrointestinal disorders, please visit [HealthGlade.com](https://www.healthglade.com)