

ABOUT CONSTIPATION

Constipation is defined as the difficult passage and infrequent (< 3) bowel movements per week. It may be a result of several different factors including:

- Limited fluid intake
- Laxative abuse
- Imbalanced diet (high sugar and animal fat)
- Medications especially narcotic pain medications, antidepressants, iron supplements and tranquilizers.
- Neurological diseases such as Parkinson's, stroke, multiple sclerosis, spinal cord injuries.

Constipation is another possible cause of bladder control problems. When the rectum is full of stool, it may disturb the bladder and cause incontinence or the sensation of urgency and frequency. Because constipation can also be caused by medications, changes in bowel habits should always be reported to your physician.

Mild Constipation Remedy

One cup of bran per day with 8 ounces of water or prune juice every day. Apricot juice or dried apricots also work for some people

Moderate to Severe Constipation Remedy

Prune juice two times per day or prune juice every morning and stewed or dried prunes in the evenings

If No Bowel Movement by Third Day

Use glycerin suppository. If unable to tolerate, use infant size. **Note: normal bowel pattern in 3 times per day-three times per week.**

A Recipe for Bowel Regularity

1 Cup Applesauce

1 Cup Oat Bran or Unprocessed Wheat Bran $\frac{3}{4}$ Cup Prune Juice

1-2 TBS Every Evening Followed by $\frac{6}{8}$ oz of Water. Increase Slowly to 3-4 TBS. Results within 2 Weeks.