

HEALTH

Constipation and your health

Constipation is one of those topics few like to talk about. Nobody needs to tell you what constipation is. Besides the obvious, you may experience headaches, abdominal pain and a full, bloated feeling. While many people don't have bowel movements every day, having fewer than three a week or passing small, hard stools usually signals a problem.

Signs accompanying constipation such as: abdominal pain, bloody stool, or unexpected weight loss should be brought to a doctor's attention. For run-of-the-mill constipation bouts, these non-drug constipation remedies just might do the trick:

Eat high fibre foods such as fresh fruits, raw green leafy vegetables, and brown rice daily.

Drink more water. This is important when adding fibre to the diet. Drink eight 8-ounce glasses of water daily, whether you feel thirsty or not.

Exercise. Physical activity speeds the movement of waste through the intestines. A 20-minute walk can often relieve constipation. Exercise is also important for the prevention of constipation.

For quick relief of constipation, drink a large glass of quality water every 10 minutes for half an hour. This can work wonders to flush out toxins and relieve constipation.

Aloe Vera has a healing and cleansing effect on the digestive tract, and aids in forming soft stools.

Drink 1/2 cup of aloe vera juice in the morning and at night. It can be mixed with water or a cup of herbal tea.

Healthy bacteria inside our intestines promotes digestion. Probiotic are an effective non-drug cure for constipation. Probiotics are available in supplement form and in some foods, such as yogurt.

Aromatherapy Massage— A gentle massage with aromatherapy oils which support the digestive system aids in stimulating elimination.

Hot Stone Massage— By incorporating hot stones into an abdominal massage the treatment is enhanced. The warmth from the stones relaxes the muscles, improves circulation and provides a sedative effect on the nervous system thus soothing the colon and allaying the effects of constipation.

Reflexology—By stimulating the reflexes of the digestive, lymphatic and nervous systems, elimination is enhanced, expediting the speed in which feces is removed from the body. Since constipation can also be triggered by lower back tension, this area can also be effectively relieved thus encouraging the bowels to evacuate with ease.

Submitted by Judy Longstreet

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How healthy is your back?



• Are you living in Pain or Discomfort

• Are you wondering what treatment options are available

• Do you think you need surgery

Low back pain is the most common complaint of all musculoskeletal problems, affecting up to approximately 80% of people in their lifetime.



To learn more about treatment options for common complaints like sciatica, a pinched nerve, bulging discs, degenerative disc disease and WHEN and IF surgery is an option, you are welcome to attend our Knowledge Building Seminar. Limited seating is available, and registration is required.

Georgetown location -

Wed. April 29th, 12:30 - 1:30 pm

Acton location -

Wed. May 6th, 12:00 - 1:00 pm

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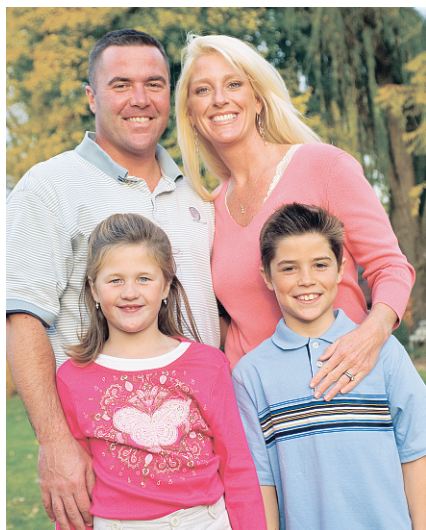
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