

CONSTIPATION

- ❖ Constipation is a condition in which bowel movement occurs less than usual or consist of hard dry stools that are painful or difficult to pass. It is more common among individuals who control the urge to go washroom and also due to lack of exercises & most importantly continuous long term, low fiber diet consumption.

I. Why are you constipated when on diet?

- Constipation is generally observed when you are on weight loss program because you are on a high fiber, moderate protein and low fat diet. Not drinking enough water can lead to constipation too. This change though healthy is new and your body is adjusting. This constipation is temporary and shall be good in few days.

II. What does a high fiber and low fat diet comprise of ?

- Fiber helps to ease your digestion and it passes through your digestive tract more quickly for healthy elimination. It keeps you full for longer time and also helps in controlling weight. However we need to ensure adequate intake to ensure bowel movements are good.

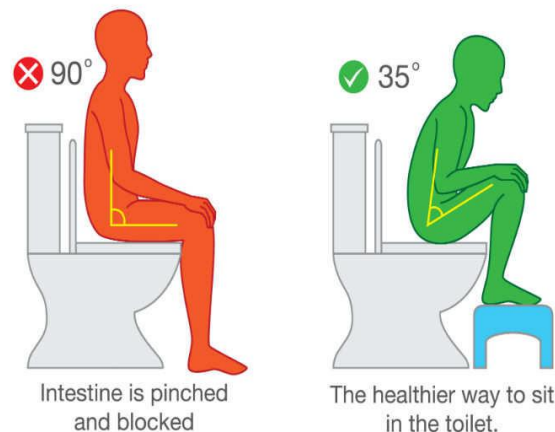
III. Causes:

- Lack of water.
- lack of fiber and poor diet.
- Disturbance of the balance of the gut bacteria.
- Lack of exercise or prolonged bed rest.
- Eating too much of concentrated protein, junk or foods low in fiber

IV. TIPS TO AVOID CONSTIPATION:

- Eat a well balanced diet that includes whole grains, fresh fruits, bran and vegetables.
- Exercise, stretch and move as much as possible.
- Don't ignore the urge to go.

- Take the time to go and do not carry your cell phone, newspaper and books in the loo.
- Take time relax and reduce stress.
- Make sure you try the squatting position once.



- Increase fiber intake slowly. Rapidly increase in dietary fiber can cause gas and discomfort. When increasing fiber, be sure to also increase liquid, we are ensuring that in your diet.

V. GUIDELINES:

YOU CAN TRY ANY OF THE BELOW- MENTIONED REMEDIES FOR 2 NIGHTS TO GET RELIEF FROM CONSTIPATION:

- **Drink at least 12-15 glasses of water** every day to improve your bowel movement & to keep your body hydrated.
- Include 2 dates + 1 glass warm for bed time instead of your bedtime supplement.
- 4-5 black raisins soaked in water for 5-6 hour overnight & have it in the morning empty stomach with 1 cup warm water.
- 2 slices of papaya + 1 glass warm water at bed time.
- 2 soaked dry figs + 1 glass warm water at bed time.
- 1 tsp isabgol + 1 glass water at bed time.
- 2 tablets triphala with 1cup warm water.

VI. TIPS TO GET RELIEF FROM CHRONIC CONSTIPATION:

You can try any of the mentioned remedies to get relief from chronic constipation.

- 1/2 tbsp. flax seeds powder with 2 tbsp curd [consume on any three days of a week]
- 2nd week 1 tbsp flax seeds powder with 2 tbsp curd [on any 3 days of the week]
- 3rd week 1 tbsp flax seeds powder with 2 tbsp curd on any 2 days of the week at bedtime.

- 1 tsp of castor oil + 1 cup of milk/ warm water [Consume 2 times a week]

Note: please consult a doctor if you are suffering from chronic constipation for a longer time. We may all feel our weight is not going down at times during the program most of the time it is constipation that leads to pseudo weight gain / no weight loss.



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+91 9920869055/ +91 9820792855