

# Supplements Healthline Best Nutritional Guides

## Constipation in Adults

*The article discusses the causes and risks of constipation in adults, as well as ways to prevent and relieve it. It emphasizes the importance of fiber and hydration in promoting smooth bowel muscle function. It also provides specific dietary recommendations, such as consuming high soluble fiber foods and foods rich in magnesium, while also advising against certain foods and overuse of laxatives. The article concludes with a reminder to use castor oil in moderation and to avoid foods with added fibers, fortified fruits, dried fruits and excessive red meat consumption*

## **Constipation**

a condition in which a person has uncomfortable or infrequent bowel movements

it's mainly caused by diet, sometimes medications and hormonal alterations/imbbalances.

Constipation begins in the colon dependent on time duration it takes for stool to pass through the colon, long durations directly translating into constipation. Its thus important to focus on foods that aid in **smooth bowel movements** and those that **help the bowel muscles**.

**Prolonged constipation is a major risk factor for**

- [hemorrhoids \(piles\)](#)
- **faecal impaction** (where dry, hard stools collect in the rectum)
- Other times **Bowel incontinence**
- **Bowel polyps**
- **Anal fistulas**

**You know you got constipated when,**

- You strain excessively while passing stool – that could cause sweating.
- Feeling of fullness that often less or not relived after a bowel movement
- Frequent and prolonged episodes of bloating

## **How fiber foods help relieve constipation**

- dietary fiber is a non-digestible carbohydrate found in foods, its present in both **Soluble and insoluble fiber** forms
- Soluble fiber is **more helpful in managing constipation** since it acts as **prebiotic** after fermenting in the gut thus **increasing short-chain fatty acids (SCFAs)**, and forms **gels with water** to help regulate the consistency of stools.

In simpler terms – *Fiber feeds Good GUT bacteria thereby promoting growth of good gut bacteria which boost the normal and essential gut flora – Additionally, the friendly bacteria produce nutrients for the body, including short-chain fatty acids (SCFAs)*

- The **SCFAs** **also help** to regulate the **gut-brain axis**, thereby contributing to an overall better performance of bowel movements.

***However, since fiber retains water, a person should make sure to keep hydrated- make water your beverage of choice***

## How to Keep Hydrated in summary- For Adults

- The first step to knowing how much water to drink every day is to know your weight
- the more someone weighs the more water they need to drink
- Averagely a healthy human body comprises of **water to about 60%**, which translates into **2/3 of the total body weight**, this therefore means **for every 1kgs of body weight you need to drink 0.043466 liters of water**
- ✓ **50 Kgs = 2.1733** Liters or simply **2 Liters**
- ✓ **60 kgs = 2.60796** Liters or Simply **2 and a half Liters**
- ✓ **70 Kgs = 3.04262** liters or Simply **3 Liters**
- ✓ **80 Kgs = 3.47728** Liters or Simply **3 and a half Liters**
- ✓ **90 Kgs = 3.91194** Liters or simply **4 liters**
- ✓ **100 Kgs = 4.3466** Liters or simply **4 and a quarter Liters**
- It's worth noting that **A low fiber diet** and **dehydration** are the commonest causes of Constipation

## How to prevent constipation

### A. Facilitating Smooth Bowel Movements

1. Eat high soluble fiber foods- like Raw Vegetables, Raw Fruits such as Avocados, Apricots, guavas, Apples, Kiwis other tubers like carrots, Ginger, sweet potatoes
2. Blending a piece of Green Papaya or Green pawpaw everyday as part of your fruit/vegetable juice helps a lot in aiding good digestion and relieving constipation. (Green Pawpaw is the unripe form of pawpaw, the stage just before it almost starts to ripen)
3. Keep hydrated – Take enough water for your body weight.
4. Limit Consumption of things that cause dehydration such as **alcohol** and **caffeinated drinks** Do Bowel/Colon Exercises – (we will have a video on this) **bowel exercises are incredibly important in relieving constipation**
5. Take a glass of lukewarm (Just slightly warm) water every morning, at least 30 minutes before your breakfast meal- This helps clean up the bowels. - *(this should be done at least 30 minutes before breakfast or as the very first thing in the morning)*
  - i. *If having many digestive problems, squeeze some one or two lemons into the lukewarm water and drink every day at least 30 minutes before breakfast*
6. ***Eat small nutrient dense meals as dinner/supper- eating too much meals just before bedtime has negative effects on our bodies and especially negative effects that heavily ruins the GUT***
7. ***Passion Fruit, Oranges, Bananas, berries (blue, black and rasp berries), also contain insoluble fiber that's beneficial to GUT***

## B. Facilitating Best Functioning of Bowel Muscles

1. **Magnesium** – Magnesium is an incredibly essential Macro-Nutrient, it's a cofactor in many body enzyme reactions that regulate biochemical processes in the body, including protein synthesis, **muscle and nerve function**, blood glucose control, and blood pressure regulation.
  - *(By Regulating Muscle movements, it highly helps to facilitate better muscle contraction and relaxation)- This includes the bowel and Colon Muscles.*
  - *(By regulating Nerve Functioning, - This is by facilitating Neuro transmitters send messages throughout your brain and nervous system)-This includes the bowel and Colon Nerves.*
- *For Family History of constipation, - Magnesium helps in Gene maintenance that is, it helps create and repair DNA and RNA, this plays a better role in managing constipation.*
- I. **Foods Rich in Magnesium include** – **pumpkin seeds, chia seeds, boiled spinach, boiled vegetables, almonds, cashew nuts and pea nuts, avocados, many legumes, bananas, whole grains and many more.**

**Getting Magnesium Supplementation:** **Magnesium citrate, Magnesium oxide, Magnesium chloride and Magnesium lactate** are types of magnesium supplements that help the entire GUT, those that may not tolerate the various types of magnesium can take the **Magnesium Lactate**



## **What to Know**

- *If using **Castor oil** to treat constipation, ensure to use in moderation to prevent future dependency – the oil works as a great laxative to relieve constipation discomforts.*

## **What to Avoid**

- It's Worth noting that there is also **Bad Fiber**,
  - therefore, avoid all forms of **foods with added Fibers**, this is any **baked goods with added fibers, whole wheat breads,**
  - Avoid any **Fortified foods, fortified juices or fortified drinks**
  - Avoid all forms of **processed whole grain foods**
- Avoid **Dried Fruits-** Since it's very easy to overeat thus increasing too much sugars in your body despite being rich in fibers
- **Use laxatives sparingly** – Over Dependency on laxatives to relieve constipation has negative effects to the body that affects the gut negatively
- **Avoid eating a lot of red meat** – Red meat takes longer times to get digested, this consequently slows bowel movements that could cause constipation\_ (Also ensure to take sufficient water intake before or after taking red meat to facilitate easier digestion)