



Curing Constipation Naturally

By Dueep J Singh, John Davidson

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Constipation Rules to Prevent Constipation Eating Skins Harmful

Effects of Constipation Easy Tips for Controlling Constipation

Diet Beans Sweet Almond Oil Honey Traditional Rose Jam-

Gulkand Carrots Raw Onions and Garlic Ginger Pomegranates

Pomegranate Digestive Chutney Using Copper Utensils

Flatulence Heartburn Piles Bloating Healthy Sprouts Mix

Conclusion Author Bio Publisher Introduction Did you know that

more than 7.4 million people in the United States alone suffer

from some form of constipation? Multiply that about 10 times or

more and you are going to get the global statistics for this

tiresome digestive problem. This means about 12 of the world

population suffers from chronic or mild dyschezia - which is the

medical term for costiveness or constipation. USD260 million are

spent every year by people looking for over the counter

remedies, and around USD7 billion is being spent on healthcare

for just this one particular digestive problem, in the United

States alone.



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