

constipation

Ideally we should move our bowels every time we eat a meal. In reality, not many people can achieve this. Constipation results when waste material moves too slowly through the large intestine. People who are constipated may find it difficult and painful to have a bowel movement.

It is important that you have bowel movements regularly as the colon is a holding tank for waste matter. If waste matter is not eliminated harmful toxins can accumulate. These toxins develop from bowel bacteria and undigested food particles and may cause discomfort in the form of gas, bloating, migraines and fatigue.



Constipation arises from a variety of causes including poor diet, insufficient water and fibre, stress, lack of exercise, medications and certain physical conditions. As with any change in diet, your Quick Loss Program may temporarily cause alterations to digestion and bowel transit times, but this should rectify itself as your system becomes accustomed to your new dietary regime. Longer term bowel problems may require time and diligence before significant improvement is experienced.

Please speak to your SureSlim weight loss consultant if you are experiencing constipation. The solution may be as simple as adding additional fibre, otherwise, there are a variety of natural laxatives that can be recommended for relief.

The following tips will aid in preventing constipation;

- Ensure you consume plenty of unlimited vegetables at each mealtime
- Ensure you eat your apple with the skin on each day
- Ensure that you drink at least two litres of water each day
- Pumpkin seeds are a great source of fibre that may be included on your Quick Loss Program
- Drink warm water to promote bowel motility
- Massage your abdomen in a clockwise motion
- Speak to your weight loss consultant for further assistance

Reference: James F. Balch & Phyllis A. Balch; Prescription for Nutritional Healing, 1997

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