

EDITORIAL

CONSTIPATION RELIEF, IS IT POSSIBLE?

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Constipation is a symptom, not a disease. Almost everyone experiences constipation at some point in their life. When a person cannot have normal bowel movements more than two times a week, it is called constipation.

There are various reasons for someone to be constipated. Poor eating habits, poor dietary habits, not drinking enough water or not including enough liquids in one's daily diet, not eating enough food, illnesses that accompany fever or any febrile diseases, not enough fiber in the diet, lack of physical activity, allergic reactions to certain medications, changes in life or routine such as pregnancy, aging, and travel, abuse of laxatives, ignoring the urge to have a bowel movement, problems with the small bowels, colon and rectum, irritable bowel syndrome, or other digestive diseases, intolerances and hypersensitivities to daily food and drinks and upsetting emotional events, all these can cause constipation.

STATISTICS

Constipation is one of the most common gastrointestinal complaints in the United States. More than 4 million Americans have frequent constipation, accounting for 2.5 million physician visits a year. Those reporting constipation most often are women and adults ages 65 and older. Pregnant women may have constipation, and it is a common problem following childbirth or surgery.

Self-treatment of constipation with over-the-counter (OTC) laxatives is by far the most common aid. Around \$725 million is spent on laxative products each year in America.

SIGNS AND SYMPTOMS

People with constipation usually have hard, dry, small size stools, and difficulty to eliminate them. Some people who are constipated find it painful to have a bowel movement and often experience straining, bloating, and the sensation of a full bowel. Some people think they are constipated if they do not have a bowel movement every day. However, normal stool elimination may vary in different individuals differently. Some experts say it is healthy to have one bowel movement within one hour of a major meal. When the major meals fills up the stomach, it also initiates the peristalsis. When the peristalsis begins and reaches the end organ of the digestive system—the large bowel, the left over waste products from the colon will expell naturally.

To understand constipation, it helps to know how the colon, or large intestine, works. As food moves through the colon, the colon absorbs water from the food while it forms waste products, or stool. Muscle contractions in the colon then push the stool toward the rectum. By the time stool reaches the rectum it is solid, because most of the water has been absorbed.

Constipation occurs when the colon absorbs too much water or if the colon's muscle contractions are slow or sluggish, causing the stool to move through the colon too slowly. As a result, stools can become hard and dry.

NAET® AND CONSTIPATION

Main cause of constipation according to NAET® is allergies to foods, chemicals, environmental factors and emotional factors.

SOLUTION?

Avoid all known allergic foods & drinks until allergies are cleared through NAET®.

The lifestyle modifications are highly recommended.

Avoid contact with all allergic items from the surroundings until the allergies are eliminated through NAET®.

Most people with mild constipation do not need laxatives.

Using mild, natural laxatives are suggested until the problems solved or allergies are eliminated.

People with severe disorders, extensive and more drastic treatments (like surgical procedures, etc.) may be needed. Ask your treating doctor to make an appropriate referral.

CAN YOU PREVENT CONSTIPATION?

Yes, you can. Find the cause and eliminate it.

HELPFUL TIPS

Eat a well-balanced, high-fiber diet that includes beans, bran, whole grains, fresh fruits, and vegetables.

Drink plenty of liquids.

Find and eliminate your food allergies and sensitivities using any existing methods of allergy reduction or elimination. NAET® allergy elimination is very helpful to eliminate allergies of daily consumed foods and drinks. (www.naet.com)

Exercise regularly.

Set aside time after breakfast or dinner for undisturbed visits to the toilet and try to maintain an emotional harmony while visiting the toilet.

Do not ignore the urge to have a bowel movement.

Understand that normal bowel habits vary.

Most constipation is temporary and not serious. When the cause is eliminated the constipation resolves.

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