
Food Remedies for People Suffering from Constipation

So, what's constipation? Everybody knows it, but what causes it? It seems to appear randomly and wrecks our days and sometimes even weeks. Having absolutely no idea on what causes it and how we can prevent it, in a way makes us anxious. Especially if we have some plans coming up, right? Has happened at least once with everybody! So, here's everything you need to know about constipation. As to what causes it, how you can prevent it. But most importantly what to eat and what not to eat when you are suffering through constipation or just plainly what to avoid it in the first place!

Constipation is defined as the partial or sometimes in rare cases complete inability to be able to pass down stool or have bowel moments with mild to extreme pains. Constipation can occur to anyone at any time and generally is seen in the younger people that are below the age of 20 than it is seen in the other people above the age of 30. The problem can pass in only one day or sometimes it may take and in severe cases even weeks to be able to be completely eliminated. While the causes of constipation can vary depending upon diet, age and location the common causes of constipation are as follows (so that you can avoid them)

- Changes to what you eat or your activities (generally sudden changes)
- Not enough water or fiber going in your system
- Eating a lot of dairy products.
- Not being active.
- Resisting the urge to have bowel moments
- Stress or tension.
- Overuse of laxatives.

Some medications (especially strong pain drugs such as narcotics, antidepressants, iron pills, supplements being taken in bulk etc.)

So, what should you do if you are experiencing these bowel problems for more than a day?

If you don't wish to visit the doctor and want to treat your problem at home, it's rather easy. Adapting a diet for constipation can go a long way of not only curing the problem but also preventing it in the future.

What You Should Eat

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Water. Yes, water. If you are experiencing constipation. Irrespective of how severe it may be. Water and lots of like (ranging from 67 ounces a day) can help eliminate the problem. According to studies women, ages 31 to 50 should aim to eat at least 0.05 pounds of fiber daily, while men in that age range should eat about 0.08 pounds. And as we grow older, our fiber requirements drop: Women 51 and older need about 0.04 pounds daily, while men should get at least 0.06 pounds of fiber. If you need to increase your fiber, add it to your diet gradually to avoid bloating. You don't want to suddenly go from eating 0.02 pounds of fiber a day to 0.05 pounds. As for the younger audiences of this article you can aim for about 0.11 pounds a day. So, the following materials states will help you reach that goal.

Food materials that can be include:

Apples are rich in fiber. In fact, one medium-sized apple with the skin on (about 0.4 pounds) contains 0.01 pounds of fiber, which is 17% of the recommended daily intake. So, we are going to just say it. Yes, an apple day may just keep your doctor away. Prunes are another good alternative. You can also add kiwifruits and pears to this list.

Other fruits are full of citrus and oranges. Rich in nutrients and fibers orange alone contains about 0.29 pounds of fiber which you can't afford to miss, can you?

Not a lot of people can say that they will take these veggies especially spinach in their dinner. But you should. Greens such as spinach, Brussels sprouts, and broccoli are not only rich in fiber but also great sources of vitamin C, vitamin K, and folate. You can eliminate the dread of eating them by mixing them up with something rather yummy. Want to add some green to your pasta? Throw in a cup of spinach. And done.

Most of us hear broccoli come up in just about every discussion of good-for-you foods. That's because the green stuff is an amazing source of essential vitamins, protein, and yup, fiber! Eating plenty of vegetables is essential to good digestive health, says Sam. Add a cup of cooked broccoli to any lunch or dinner for an additional 0.01 pounds of fiber.

Doctors recommend nuts including a handful of nuts like pistachios, peanuts, almonds, or walnuts in your diet every day. Toss them into your yogurt, salad, or just munch on them as a midday snack for a fiber boost. While they're a great source of protein and healthy fats, just a half cup of whole almonds also gives you almost 0.02 pounds of fiber. And If you're looking for a healthy grab-and-go snack, opt for a dried fruit like prunes are some of the things that will help in your diet for constipation.

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