

## Constipation Fact Sheet

Constipation symptoms can include any of the following:

- Abdominal bloating, discomfort and wind
- A sense of incompleteness after a stool
- No urge to pass a stool for several days
- Headaches
- Lack of appetite
- Tiredness and lack of energy

### Self-help tips

Try some of the following self-help measures to ease your symptoms:

- Drink 6 large glasses of filtered or still mineral water every day.
- Drink warm water first thing in the morning.
- Assess the quality of your diet and increase the amount of fibre-rich fruit and vegetables (e.g. plums, pears, apples, fresh figs, beans, pulses, whole grains and wholemeal bread).
- Avoid foods such as eggs, red meat and full fat cheese.
- Take more exercise.
- Never suppress the urge to pass a stool.
- Try raising your feet 10 to 12 inches when you go to the toilet, e.g. by resting them on a bucket or stool.
- Put 2 teaspoons of linseeds in a large glass of water. Overnight the seeds will absorb some of the water (which will help keep you and your stool hydrated). Drink the linseeds in the morning and prepare another glass to have in the evening. The linseeds also produce a muculent and this lubricates the walls of the intestines and, therefore, eases bowel movements. Linseeds also add bulk and roughage and hold water, helping to create well-formed stools.
- Dry fry equal quantities of walnuts and sesame seeds until lightly toasted and the oils are coming out. Allow to cool and then grind together in a pestle and mortar or put into a bag and bash with a rolling pin. Take a tablespoon twice a day in the morning and evening.

If your symptoms persist, always seek professional advice from your Homeopath or G.P.

***Please contact me or check the website for further information about how homeopathy can help you.***