

Title:

Constipation No Longer A Taboo Subject!

Word Count:

576

Summary:

In today's fast food generation and sedentary life styles, not only do we have a problem in Am

The colon is a large holding tank for waste material that needs to be eliminated on a daily ba

Keywords:

constipation, constipated, colon health, colon detox

Article Body:

In today's fast food generation and sedentary life styles, not only do we have a problem in Am

The colon is a large holding tank for waste material that needs to be eliminated on a daily ba

The average person will probably reach for laxatives for relief but continued use can actually

Here are some tips to help you relieve constipation.

Diet:

Americans tend to over eat. Smaller portions are much better for your system. Also what you ea

Our original diet was very simple. I can't say enough about organic foods. It `s natural, just

Water:

Water is essential for elimination. You would not expect a toilet to flush waste material with

Exercise:

One needs to exercise so that your intestines can speed up the elimination process. Between dr

You may want to consult a naturopathic medical practitioner who can suggest supplements, diet

Here's to better health through your colon!

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