

Title:

Constipation ~ Cause, Remedy, Relief, Cure and Treatment

Word Count:

519

Summary:

Article on Constipation, what causes it and some potential treatments to relief the symptoms.

Keywords:

constipation, digestion

Article Body:

**What is Constipation?**

Constipation is a very common condition affecting many people. It tends to affect more women

**What Causes Constipation?**

Constipation can be caused by a number of different factors. A number of which are described

The main cause is believed to be a lack of fluids in the diet. The stools then become hard and

Some drugs e.g. painkillers and some types of cough medicines may cause constipation. By taking

There are a number of other causes which include

Not being active

Too much calcium or too much iron in your diet

Drinking too much strong tea or coffee which has a diuretic effect by making you urinate more

Bowel muscles not being strong enough ~ this is more common in elderly people as their muscles

Recent abdominal surgery ~ this may have the effect of weakening your bowel muscles

Anxiety

IBS can be a cause of constipation.

**What are the Symptoms of Constipation?**

The symptoms of constipation are as follows.

Stomach ache and cramps

Feeling bloated

Feeling sick

Change in your normal bowel pattern

Headaches

Furred tongue

Loss of appetite

Fatigue and depression

Should you experience any of these conditions and they are with you for more than a couple of

**What is the Treatment for Constipation?**

Quite often, the best treatment for constipation, is simply to increase the amount of fibre in

Also, increasing the amount of water that we drink can help to relief the symptoms of constipation

By taking more exercise, you can help to eradicate constipation. This can be something as simple

If you are going to take laxatives, then they should only be as a temporary measure. If you find

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