

I'm having this embarrassing problem...

I can't, uh, well I can't...

Constipation is often joked about. But for those who chronically suffer from it, constipation is no laughing matter.

It's an uncomfortable feeling. Plugged up, stuffed, and sluggish. I mean, you are full of toxins that really need to come out...

Many causes of constipation are easy to fix. A lack of fiber, vegetable roughage, water, nerve damage, injuries, etc. These can all be this source of sluggish bowels.

What can help?

- Drink lots of fresh water
- Eat plenty of natural fiber/roughage, like salads and raw veggies
- Certain herbs
- Always go when you gotta go, don't put it off!
- Take extra magnesium
- Take digestive enzymes that break down the fiber in your foods

Believe it or not, one major cause of constipation is often spinal misalignment in the low back affecting the nerves that move digested food along in the intestines.

The messages telling the intestines to contract and relax to properly move food down the "tubes" of the bowel are slowed or stalled. Hence, constipation.

Still not going like you should?

If you try some of the above ideas and are still having issues with constipation, give our office a call and come in for an appointment. You'll be glad you did.