

Smooth Moves

Are you bothered by occasional constipation? An active lifestyle coupled with a diet loaded with fresh fruit and veggies, whole grains and plenty of water should do the trick. But if you need a little elimination filtration, try these natural tips.

Flax Seed Oil. Flaxseeds, an excellent source of omega-3 fatty acids have documented healing use dating back to the ancient times in Asian and European cultures. Studies have shown that by incorporating 1 tbsp. of the ground seeds or oil, there was an improvement in bowel movements by 30%. The flax binds with water in the intestines, softening and bulking up stools for easier elimination.

Acidophilus. By adding some “good” bacteria to your system the flora of the bowel will be re-established as well as your bowel movements. Stress, antibiotic use, sugar and poor dietary choices can all have detrimental effects on the “living conditions” of the intestines, which can be a contributing factor of constipation.

Abdominal Massage. A recent Korean study showed that massaging the abdominal area was effective in relieving constipation. Massage the abdomen clockwise or sit cross-legged with balled fists on either side of your abdomen just below the navel. Lean forward and hold for 10 seconds before straightening up. Gradually increase time to 3 minutes. Try adding some essential oils such as ginger, chamomile, peppermint, rosemary or lavender diluted in carrier oil for added results.

Incorporating these inexpensive natural tips for occasional constipation should clear the way for smooth moves. Practicing them regularly will help to prevent any uncomfortable back-ups.