

What kinds of Food for Constipation are best

Can Food Solve Your Constipation Problems? Let's find out! Get Your Free Sample Below...

March 5, 2009 - [PRLog](#) -- What kinds of Food for Constipation are best

Eat this. No don't eat that. Don't even touch that! It's the kind of advice we keep getting daily. "If you eat excess fatty substances, you sure wont be able to poop".

From the media to even our friends and loved ones, all we get is advice on what to eat or what not to. How do you decide what is good for you? How do you know what food for constipation is best? Given the fact that there seems to be so many "proven experts" in the market telling us what to eat and what not to. Who cares anyways! What if you could eat anything you literally want to eat and be sure that if there is any form of constipation, you'll eliminate it by nightfall. Would that be nice?

Well, there are quite a few people out there who can boast of providing a quick fix like that. However, if you've got constipation, you can eliminate it as fast as possible eating certain food for constipation.

There are quite a few around:

1. Figs and Dates.

These are fruits high in fiber content. They take about twenty four hours before results can be seen. Because of its nature, figs enhance the process of digestion and are a rich source of fiber and minerals. This is not to mention the fact that they -figs and dates- produce serotonin.

2. Using Grapes

Eating one or two pounds of grapes in a day will greatly reduce the incidence of constipation. Grapes contain a high quantity of minerals and vitamins, high fiber content, and manganese. They are a great laxative and bring instant relief to the stomach.

3. Pawpaw

Pawpaw also known as *Carica papaya* is a well known fruit containing the enzyme papain. But not many know it for its qualities as a food for constipation. The high mineral content of the pawpaw reduces cell waste, gets rid of stomach mucus and colon mucus. To use them effectively, you can eat in between meals or add to smoothies.

4. Persimmon

Another important food for constipation, Persimmons have been reputed to be as highly nutritious as an apple and some claim it may yield better results for the heart. This is because of the high content of fiber and minerals like potassium, calcium, manganese, sodium, iron et.c These minerals including phenolic compounds are anti-oxidants and as a result, colon cleaners. For quick results, eat two to three of it daily.

5. Plums

These are fruits with high mineral content in addition to having a gentle laxative property. They are very

effective in clearing gas from the bowels.

6. Prunes

These are plums that are dried. So the both of them can be used interchangeably. But prunes are generally more effective food for constipation than plums are. Because of the high iron content prunes are generally considered one of the best ways to relieve constipation.

7. Raspberry

The raspberry is a fruit rich in Vit A and C. It is also rich in minerals such as calcium, iron, and magnesium. Eating them during the day in copious quantities will relieve your constipation fast.

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