

[IMAGE]

What to Do When You're Bottled Up

By Editorial Staff

Particularly during the summer months, when we're more prone to sweat and eat infrequently (the time tends to fly when we're outdoors, which can lead to skipped meals), constipation can be a major issue. As anyone who's suffered from constipation knows full well, it's not a pleasant experience. Beyond the difficulty in moving the bowels (constipation is defined as having a bowel movement less than three times a week), constipation also can lead to complications including painful hemorrhoids that can make your life miserable for weeks or even months.

What can you do to prevent constipation this summer (and all year round)? Here are some simple suggestions:

- constipation - Copyright â Stock Photo / Register Mark Drink plenty of water to move wastes through your bowel and reduce the risk you'll pass a hard, painful stool.
- Eat high-fiber foods including fruits, vegetables and whole grains, which improves bowel function and promotes bulky, soft stools.
- Exercise also helps prevent constipation by increasing the speed at which food moves through the large intestine. Aerobic exercise in particular also helps stimulate intestinal muscle contraction, which helps move stools through the intestines in a healthy fashion.
- Avoid certain medications: Always talk to your doctor before filling a prescription, particularly if constipation is an ongoing concern. Certain medications including antacids, antidepressants, cold medicines, and some blood pressure drugs, should be avoided if possible. Calcium and iron supplements also can be a problem.

This summer, enjoy yourself without worrying about constipation. Follow the advice above and [click here](#) for more information.

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