



Food how natural laxative to treat constipation

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Abstract. The article discusses the causes of constipation and their impact on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. Foods that will help cleanse the intestines are indicated, the scientific basis of nutrition against constipation is considered.

Keywords: constipation, natural laxative, diagnostics, healthy foods, dangerous foods

Almost 20% of the world's population suffers from irregular and difficult bowel movements. Most of them are women, which is related to hormones. Not all people dare to see a doctor with a delicate problem and endure discomfort for years. Luckily, there are safe, scientifically backed treatments—it's easy to get your bowels started today without drugs.

What provokes constipation - the main causes and the path to recovery

Physical exercise, dietary habits, health status, age, and even gender affect the number of bowel movements per day. Violation of the secretory and evacuation function of the large intestine often occurs for three reasons - dehydration, low physical activity, lack of fiber in the diet. In more severe cases, constipation causes stress, hormonal changes, spinal injuries, muscle problems, cancer, IBS, and other digestive disorders.

To solve the problem, many people resort to laxatives, but their frequent use disrupts the electrolyte balance and changes the acid-base balance, which in the long term leads to damage to the heart and kidneys. Avoiding problems is easy - you need to add natural laxatives to the menu: vegetables, fruits, legumes, nuts, seeds.

The American Dietetic Association recommends 25 grams of fiber per day for women and 38 grams for men. ^[1] To follow the recommendation, you need to fill your plate 50% with fruits and vegetables. At least half of the grains consumed per day should be whole grains. They contain ingredients that are beneficial for the digestive system and protect against any inflammatory processes.

Top 15 Foods Instead of a Laxative

1. Kefir and yogurt

Fermented milk products are made from milk fermented with friendly bacteria - mainly lactic acid and bifidobacteria. Bacteria convert some of the lactose into lactic acid, so kefir and yogurt can be drunk by people with lactose intolerance. The probiotics included in them normalize the stool, improve the condition after taking antibiotics, with IBS and other diseases of the gastrointestinal tract. ^[2, 3]

2. Prunes

Dried plum is one of the most famous and effective natural laxatives. Studies have confirmed that dried fruit is better than psyllium, increases peristalsis, stimulates natural emptying. Its effect is provided not by fiber, but by sugar alcohol - sorbitol attracts water to the intestines and promotes its emptying. ^[4, 5, 6]

3. Berries

Fiber-rich strawberries, blueberries, blackberries are a safe and gentle natural laxative. Unlike greens, apples and pears, berries do not cause bloating and flatulence, and the antioxidants included in the composition reduce inflammation. ^[7]

4. Sauerkraut

The ancient dish has probiotic properties and, in addition to fiber, is rich in antioxidants, vitamins C, B and K, and also contains iron and manganese. These substances improve the state of the immune system, prevent the development of inflammation. If you regularly eat a vegetable, you can quickly get rid of constipation. It is also desirable to add broccoli, cauliflower and Chinese cabbage to the menu.

5. Kiwi

The laxative properties of the fruit are associated with a high content of pectin, insoluble and soluble dietary fiber. To increase peristalsis, it is enough to eat two kiwis daily. This is confirmed by 4-week studies involving healthy people and patients with IBS-3. ^[8, 9]

6. Coffee

Many people notice that drinking a cup of coffee in the morning increases the urge to go to the toilet. The natural laxative effect of the drink is due to the fact that it activates gastrin. The hormone stimulates the production of stomach acid, which breaks down food, and increases the undulating contraction of the intestinal muscles. ^[10, 11]

7. Flax seeds

Flax seeds are high in omega-3s, high in protein, and combine soluble fiber with insoluble fiber. Substances have natural laxative properties, reduce the time it takes for food to pass through the

intestines. They help with both constipation and diarrhea - they normalize digestion for various disorders. ^[12]

8. Olive oil

The product mainly contains healthy monounsaturated fats. The body uses them to facilitate bowel movements, protect the rectum from inflammation. In ongoing studies, olive oil was effective in preventing constipation and enhancing the effects of magnesium hydroxide laxatives. ^[13, 14]

9. Leafy greens

Spinach, lettuce, arugula are rich in nutrients with a low calorie content. These products contain a lot of magnesium. The mineral activates the evacuation-motor function of the intestine and is part of laxatives. ^[15, 16]

10. Legumes

Chickpeas, lentils, peas, and peanuts cause the body to produce more butyric acid, which promotes fecal matter. Legumes also act as an anti-inflammatory for Crohn's disease and other health problems. ^[17]

11. Castor oil

The ingredient releases ricinoleic acid, known for laxative properties. It activates a special kind of receptors in the digestive tract and stimulates the muscles of the intestines. Natural supplement reduces strain during bowel movements and eliminates the feeling of incomplete emptying. ^[eighteen]

12. Chia seeds

Superfood is especially high in fiber - 11 g per 28 g of grains. Therefore, when soaked, the seeds quickly turn into jelly. This gel-like mass facilitates the passage of food through the intestines and facilitates bowel movements. ^[19]

13. Oat bran

Powder from the shell of oat grains fights constipation, hypertension, helps with diabetes, lowers cholesterol and triglycerides. Soluble fiber forms bulk when swelled and stimulates peristalsis, accelerating the transit of substances. The composition also contains beta-glucans, which absorb bile, harmful substances in the intestinal tract and remove them from the body. ^[twenty]

14. Apples

Thanks to dietary fiber and pectin, food passes through the large intestine faster. Pectin also acts as a prebiotic - it acts as a breeding ground for good bacteria, increases their number and promotes intestinal health. ^[21]

15. Rhubarb

A wild plant known as pie filling has incredible properties thanks to the compound sennoside A. Scientists have determined that the substance facilitates bowel movements - increases water absorption and leads to a laxative effect. Top pharmaceutical companies use it in the manufacture of drugs. ^[22]

Other lifestyle changes to normalize stools

For proper bowel function, you need to drink eight glasses of clean water daily between meals. You also need to exercise at least 150 minutes a week, breaking the total time into 3-5 sessions. Not only training in the gym is useful, but also other types of activity:

- swimming,
- walking,
- jogging,
- aerobics.

probiotics also help to solve the problem with bowel movements . Herbs do not directly treat constipation, but they do relieve associated symptoms. For example, green and mint teas reduce nausea and bloating. The addition of honey enhances their laxative properties. Positive effects are also provided by teas with hay and dandelion.

Expert comment

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Prevention of constipation through increased activity and fiber intake is the best treatment. This method does not harm health and does not cause addiction, unlike drugs. Whole grains and vegetables will satisfy your daily fiber needs, fill your body with amino acids, antioxidants, vitamins, and trace elements. They not only relieve constipation, but also increase immunity, protect against many diseases.

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