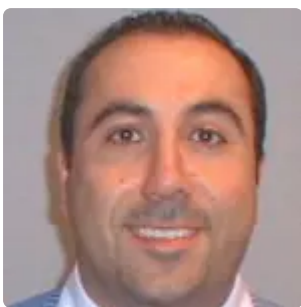


Chronic Constipation: This thing is not a joke; Get rid

Chronic Constipation: This thing is not a joke; Get rid of it ASAP (part 1) According to the research of pioneers in Naturopathy, it will be safe to say: Every disease is simply a product of chronic constipation which is a clogging up of the entire pipe system of the human body. The average person is constantly carrying 10-15 pounds of uneliminated feces in their bowels. This in itself has a toxic effect on the blood stream. Experts in autopsy have stated that in 60-70% of the colons examined, foreign matter such as worms and decades old feces-stones have been found still present within. Prof Arnold Ehret, author of the Mucus-Less Diet Healing System, stated that in his fasting retreat, he had fat patients who eliminated up to 50-60 lbs of waste alone from their bodies! Chronic constipation (as in the colon) in itself might be the cause of a plethora of diseases. Taking these into consideration, it definitely [Michel Alkhalil](#) will be an understatement to say that all measure must be taken to alleviate constipation in our bodies. Causes and Effects of Chronic Constipation: Chronic Constipation may be caused by:

1. Failure to pay attention to the desire for bowel movement.



2. Lack of sufficient fruits and vegetables in the diet.
3. Lack of fluids by not drinking enough water. (Not just liquids as in sodas and alcohol!)
4. Poor food combinations and consumption of mucus forming and hard to digest foods. As was mentioned earlier, the more the feces remains in the colon, the more it poisons the body as the blood stream must come in continuous contact with the colon. Furthermore, as the colon remains unclean, the foods in the stomach remain undigested or hard to assimilate, which explains why some people who apparently might be skinny, still can consume loads of food. All of these considered, it is plain to see why fruits, some roots and mostly raw green leaf vegetables which serve as nutrient giving items and intestinal brooms, form the basis of a healthy diet. It is important to know that healing properties, not the calories as most diet fads state is the main factor for choosing a diet and avoiding chronic constipation. The stomach is the central organ of disease matter supply. There is a limit to its ability to digest and to empty itself after the meal especially with a clogged up colon. This explains why a foul breath is perceived in the mornings and why most people look drawn and constantly tired. The constitutional obstructions in your entire system are the sources of all diseases be it excess weight, acne, asthma you name it! All of them have their source in the colon. Without proper diet and exercise, the Standard American Diet is never eliminated and the entire system is slowly constipated, especially in the place of the symptom of the disease. I will continue with the solutions of chronic constipation in part 2 of this article on Chronic Constipation: This thing is not a joke, Get rid of it ASAP. Keep in mind, as with any human ailment, chronic constipation can be cured and prevented permanently, you perhaps only need to be shown how for your success.