

6. What can I do to overcome chronic constipation?

- Cod Liver Oil – as taken in the Budwig program will normally solve any constipation issues. Increase dosage if you suffer from constipation and lower dosage of Cod liver oil if you get diarrhea.
- A coffee enema or even just a water enema will usually solve the problem
- A Castor Oil enema (should only be done once in 30 days) is a very effective remedy for serious constipation. First do a water enema and then warm up the castor oil and insert with a bulb type enema system, hold for 15 to 20 min.

- Epsom Salts - drink 1 teaspoon in a glass (250ml) of water. Drink 1 to 3 times per day until you achieve results.
- Constipation and other bowel disorders can be a sign of a possible serious organ dysfunction. If you do not respond to the inclusion of dietary fiber in your diet, an ample amount of water intake and moderate exercise, you may need medical attention, as a variety of diseases can cause irregularity of the bowels.
- Water – Drinking water on an empty stomach first thing in the morning would be an ideal time. Drink at least 2 liters per day as constipation is often linked to dehydration. Add an 1/8 of a teaspoon of Epsom salts to the water. This is very effective. If no results within 3 or 4 hours repeat
- Lemon – Before breakfast juice of ½ of lemon in 1 cup of warm water (could sweeten with a little raw honey)
- Prune juice or stewed consumed at room temperature
- Papaya juice or fruit consumed at room temperature
- Apples – 2 peeled and eaten
- Figs – soak overnight in a glass of water and drink the water and then eat the figs first thing in the morning
- Raw Fruit – eat at least 3 raw fruits every day especially first thing in the morning on an empty stomach
- Beets – 2 small beets, scrub clean and eat raw in the morning
- Sunflower seeds – eat a handful of shelled, raw, unsalted seeds every day