



Women's Wellness Center
www.womenswellnessnow.com

Cures For Constipation

Miralax

- Follow instructions on the label. Use twice a day, if needed. Long term use is perfectly safe.
- Some will have side effects nausea, diarrhea, or gas. If side effects are a problem, experiment with using in smaller amounts as needed. Try a half dose daily, or use every other day.
- Drink lots of water. Miralax works better with good hydration.

Ground Flaxseed

- Adding ground flaxseed to your diet is a great way to increase fiber intake and keep you regular. It's also a good source of Omega 3 fats. Find it at health food stores with the label Bob's Red Mill - Golden Flaxseed Meal. Look for a yellow bag in the refrigerated section. Golden flaxseed has a milder flavor than regular (brown) flaxseed.
- Flaxseed must be *ground* to benefit you. Whole seeds will not work for preventing constipation.
- Use 1-4 Tbs (or more) ground flaxseed per day (*every* day!) to keep bowel regular. Start with 1Tbs. and increase to 4Tbs or more, as needed. Starting slowly will prevent gas and bloating upon initiation of flax seed in your diet.
- Stir ground flaxseed it into oatmeal, cereal, soup, yogurt, smoothies, or any food that will allow without altering your enjoyment of the food. It helps to plan your breakfast meal to be flax seed friendly. For example, make a pot of soup on the weekend, and eat it each day for breakfast. Smoothies or oatmeal work well too.
- Add it food just before eating. If you cook a liquid food with the flaxseed added (such as adding to soup as you cook) it will turn gummy and thick.
- Do not purchase ground flaxseed unless it is found in the refrigerated section of the store. Once flaxseed is ground, it becomes oxidized (rancid) quickly. Rancid flaxseed has a bad smell and taste (like linseed oil).
- Store ground flaxseed in the freezer or refrigerator to prevent it from going rancid quickly.

Drink lots of water. Six to eight 8 oz. glasses per day.

Eat prunes. Really, it works!

Milk of Magnesia - 2 Tbs. every 8 hours until results.

Colace pills - (non-prescription) 2 times a day.