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Astuces grand mere contre la constipation

Against constipation, we put everything on fibers! And our grandmothers have recognized this for a long time. So we change our daily menus by adding green vegetables, fresh fruit as dessert, clay bread and muesli, such as wholemeal rice. If it may seem difficult for some, you should know that this is the price you have to pay to go to the toilet! Sharing, instead of rushing to the pharmacy or the doctor in case of constipation, it is quite possible to draw on the means and advice of the grandmother to fight this recurrent evil, whose symptoms are easily recognizable. In the case of constipation, the first reflex that is assumed to be plentiful is to drink abundantly, which will improve transit. You can simply drink tap water, but it is advisable to choose magnesium-rich mineral water that contains more than 50 mg/l. Avoid gaseous water that increases the feeling of bloating. And it's not just a grandmother's remedy: doctors advise her on pregnant or nursing patients, as there is no risk to the baby and it prevents them from becoming addicted to medication when they become pregnant. If you prefer hot drinks, drink herbal teas of flowers and leaves of purple: this is the only plant approved for the treatment of constipation during pregnancy or lactation. The Bourdaine is also very effective, but prohibited in such situations because dangerous to the baby. Constipation: Grandma's remedies to relieve her Our grandmothers didn't have any chemical laxatives at hand, but they knew exactly which foods should be preferred in case of constipation - and without risk to the expectant mother or baby, as opposed to medications that sometimes have many contraindications and side effects. Our ancestors therefore recommended that people eat clogged people, figs, rhubarb, plums, but also foods rich in fiber such as lentils, beans, spinach, whole grains. They also advised drinking a teaspoon of olive oil in the morning to facilitate transit. However, be careful about excesses: you need to know how to store and import these foods in a balanced way so as not to shake the body. However, if flaxseeds and oat bran are sovereign to combat constipation, they must be used in small doses to avoid intestinal disorders. Sign up for our newsletter Happy Pregnancy, Happy Mam', News of the Day and Mam'Advisor All news from future and young parents Video: Constipation of the young child What are Grandma's remedies for constipation? Discover 3 granny remedies to help you fight constipation. Natural recipes from natural products, more so! The Cider apple cider promotes the development and renewal of the intestinal flora and at the same time facilitates digestion. This remedy has been used for generations to avoid constipation. Olive oil olive oil is not particularly the most appetizing product with a spoon, but it has the advantage of being digestive and swaying. So, 1 tea spoon and teaspoon olive oil every morning you can gradually eliminate all symptoms of constipation. To soften its bitter taste, you can mix the oil with lemon juice. Plums The plum juice, which is considered an indispensable remedy of the grandmother, has long proven to be effective against constipation and can be eaten for children who suffer from it. Leave 3 seeded plums to soak in a glass of water in the fridge for a whole night. The next morning, pull them out and drink the juice, preferably sober. If the taste of the juice does not have your favor, it is possible to add some orange juice or syrup. Of course, the fruits can also be eaten. In addition, it is recommended to moisturize you well for the rest of the day to stimulate transit. In most cases, constipation is not very bad. But this difficulty of getting into the saddle makes us bad because it is difficult to endure intestinal contractions. In addition to cramps and abdominal pain, you also feel heavy because of the bloating. If your intestinal transit plays a prank on you, medication can certainly relieve constipation. Nevertheless, some little tricks and ancient remedies can also help! We all know the trick of eating foods rich in fibre (whole grains, plums, psyllium, oat bran, etc.) and plums (a natural laxative) to promote defecation. We also know that you have to drink a lot and be physically active on a regular basis. This is in addition to other natural preparations of the grandmother against occasional constipation or chronic constipation.1) Olive oil: Pixabay / congerdesign Jen morning eat a teaspoon of olive oil until the constipation disappears. This remedy may not be very good, but it has the merit of being effective! Those who have a really hard time enduring the taste can easily add lemon juice to correct its bitter side.2) MustardCredits: Pixabay/Fuji01The mustard can be a health gain, as you've already shown through an article on the subject. Consume more regularly with your dishes to improve your condition.3) Food Baking PowderKrem: iStocklt is excellent against indigestion! After eating, dilute 1 c. coffee from baking powder in a glass of water. That is awful! You avoid it during pregnancy. 4) Ground flaxseedCredits: Pezibear / PixabayPlace a flaxseed bun (avoid immature seeds) and pour it into 250 ml of water. Pectin will relieve you by its laxative effect. We recommend that you avoid this in case of intestinal obstruction or diverticulum of the intestine. Incidentally, pregnant women can no longer consume them and children under the age of 12 can no longer consume them.5) Agar-Agar among the unrecognized remedies for constipation: Unky / Wikimedia CommonsDelay 1g in 250 ml of water and boil without stopping mixing. Then take from the fire, mix and drink. If you don't drink everything, don't keep it as the mixture is not durable. You also avoid this if you monitor your cholesterol levels and take laxative medications or to lower glucose levels. An allergy to red algae is another contraindication, as is an intestinal obstruction. In addition, we recommend that you read these tips to help you feel faster. If the problem changes, visiting a doctor is quickly the best option to get a suitable solution, especially if it is related to hemorrhoids. The pharmacist will undoubtedly recommend excellent probiotics to restore a balance in your intestinal flora and digestive system. You have difficulty going to the saddle, do you have a swollen stomach and a diffuse feeling of heaviness? Constipation is a well-known intestinal discomfort that can touch all-one-everyone. Whether it's a one-off and fleeting episode or the opposite, there are always constipation crises, fortunately there are many ways to speed things up a bit. Focus on the reliable natural remedies for constipation, use when traditional methods do not work! If grandma's tricks against constipation aren't enough... Walking, exercising, eating full of fiber, moisturizing, relaxing, sleeping enough... There are many anti-constipation tricks that will help you deal with it. Constipation caused by hardening of the stool in the large intestine can be favored by many factors: diet, intestinal physiology, chronic diseases... Although certain lifestylehabits are useful for supporting regular transit, it also happens that one has to be freed in the field of constipation. Or, quite simply, that one desires to accompany the acceptance of these good habits with another remedy... Moment, instant! ... Space for natural laxatives! It is not, of course, a question of using ill-considered products which, if they prove to be effective against constipation, also have an effect on the intestinal flora, irritation of the fragile mucous membrane of the rectum or look a little too explosive. So it's about acting, yes, but gently... And with common sense! Our best natural remedies against constipation supplements with trigger-trigger function do not all work the same. While some help to liquefy the stool to facilitate its displacement, others will act on the muscles of the intestine to activate it. It is therefore a question of choosing between different types of products that will be more or less quick. Osmotic laxative: fast and safe mechanical action An osmotic laxative works by holding the water in the intestine, where the stool accumulates too hard. Softens, fills in volume and thus can be transported more easily. The advantage of these products? They do not pose a risk of addiction, their active ingredient is very local and completely mechanical. They are not absorbed by the body. These laxatives can be used by children from 8 years, adults, pregnant and nursing women. The downside? These products do not work immediately: they take about 1 to 2 days to show their effect. Dulcosoft Soulage Ostipation 20 sachets Dulcosoft is a soft laxative that works according to the osmotic principle thanks to makrogol, a type of sugar not absorbed by the body. A simple bag for dilution will free you from your discomfort within a few days. Also be sure to consume this product gradually to avoid possible bloating. Soft laxatives, so-called ballast rich in soluble fiber, absorb these laxatives many times their water weight. They give the stool, which is trapped in the intestine, a considerable volume and thus facilitate their expulsion. Soluble fibers that absorb the water also adopt a gelatinous texture that coats the intestinal wall and thus plays the role of a natural lubricant between the stool and intestines. The advantage of this product? It looks very gentle and natural. The fiber types used can be found as dietary supplements, but can also be consumed in the raw state. These include, for example, psyllium, ispaghula, wheat bran or flaxseed. These elements can be integrated into your diet (e.g. sound cookies) to ensure your gut health in everyday life! Namely: These products work slightly slower than the osmotic laxatives, count a maximum of 2 to 3 days to observe the effects. Also, be sure to moisturize sufficiently to give the fibers the liquids they need to inflate. Arkogélules Mucivilis Isghl 45 vegetable capsules Grassan Organic Psyllium 200g The Arkogélules of Isegħul Mucivilis are easy to consume and help you by their content of ispaghula, soluble fibers that pollute the intestinal system and give the stool more volume regulate the passage. Der Der Herbal organic is a natural soluble fiber that comes from psycic seeds whose shell has been stored, or fiber. You can dissolve a teaspoon of psyllium tea in a glass of water (followed by a second glass of pure water to drink) or incorporate 1 to 2 teaspoons of psyllium into your muesli, yoghurt, baking recipes, bread or even porridge. Stimulating laxatives: an express action, but risk of irritation The naturally stimulant laxatives mostly use herbal properties such as lakes, rhubarb or aloe vera. These plants stimulate the nervous system of the intestinal wall (enteric nervous system) and increase fluid secretion in the intestine while promoting its contraction. Your advantages? The stimulant laxatives are faster than the osmotic laxatives and work in 5 to 10 hours. They are also very easy to consume, in the form of herbal tea or capsules. Your inconvenience? The effect of this type of laxative can prove irritating to the sensitive intestinal mucosa over a long period of time. In addition, prolonged use of these products by keeping the intestine from natural function can lead to a dependency situation. The intestine becomes too weak to act solely on the expulsion of the stool, so it is necessary to use laxatives to go to the toilet, otherwise a new episode of constipation will occur... So be careful and very selective to use! Tilman Elimin Transit Tisane Infusion 20 B. Slim Transit Detox 30 Superdetox Gel by Aloe Vera Bio 20 Ampoules of 15ml The Tilman Transit Herbal Tea Elimin Transit appeals to Séné and Hibiscus. The orange peels, the natural aromas of strawberries and orange give this herbal tea a sweet fruit taste. Dietworld's B.Slim herbal tea is a classic

for set herbal teas! Very effective, it would also dehydrate and drain a global detoxification action by using the purple. Ideal to find a flat stomach again! Aloe Vera Superdiet gel bulbs act as a natural lubricant of the intestinal wall. They contain pure aloe vera juice, unprocessed, without the addition of chemicals or preservatives, in order to maintain the nutritional richness of this plant with various health properties. Supplement against constipation: Make the right choice! Frequently or selectively, constipation can become a real source of discomfort or even abdominal pain. If a period of occasional stress, an unusual diet or taking a drug slows down your digestion, turn to these natural, effective and fast anti-constipation solutions without hesitation. Choose the formula that suits your needs and use these supplements with wisdom in if possible a lifestyle more... Transit friendly! Similar articles

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