



Constipation Cure: The Comprehensive Constipation Guide with Special Constipatio (Paperback)

By Stephanie Ridd

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.By and large, constipation may be defined as having fewer than three bowel movements per week. Besides that, this can also infer the passage of dry, hard stool or the passage of no stool at all. As a matter of fact, this typically occurs when the movement of feces through the large intestine is slow, as a result, allowing time for additional re-absorption of fluid from the large intestine. Well, to be specific, here are some associated signs that you may be having constipation: -Difficult evacuation of stool and increased effort or straining of the voluntary muscles of defecation. -The person may also have a feeling of incomplete stool evacuation after defecation. Thus, careful assessment of the person s habits is necessary to be able to know what caused constipation. Yes, bowel irregularity or constipation has been the problem of many, which is difficult but not impossible to prevent as it can actually be prevented. Constipation is the abrupt tightening of the intestine or sudden irregularity of the intestines to let the food go down to the anus...



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