

CONSTIPATION - Flax and Psyllium

Flaxseed - Flaxseed (known as linseed in some countries, including the UK) is simply the seed of the flax plant, grown in places such as North America and Canada.

http://www.peoplespharmacy.com/archives/home_remedies/flaxseed_for_constipation.asp

Having any type of digestive tract problem is very uncomfortable and painful for any person. Some people have the sad affliction of suffering with chronic digestive tract problems that are difficult to control and difficult to live with. One problem that is not often talked about but is a very real problem is constipation. This problem may not seem like a big deal to some one who has never had to deal with it but it is a very uncomfortable and harmful situation for a person to deal with. Untreated constipation can result in bowel impaction and can require surgical intervention when it becomes severe. Other problems that can occur with constipation are things such as hemorrhoids, anal fissures or prolapse.

It is important for anyone who suffers with this problem to find adequate and efficient ways of relief that will prevent complications and pain from occurring. Doctors usually recommend that people with constipation need to increase fluid intake, increase physical activity and most importantly increase fiber intake. A very beneficial way to increase fiber in the diet is for a person to have an intake of flax seed. Flax seed, otherwise known as linseed, is a very beneficial supplement in the diet that will not only help the digestive tract to function well but will provide other benefits to the human body.

How Flax Seed Works To Relieve Constipation

Flax seed is a very compact fiber that is very effective. The term fiber when used in terms of digestion suggests that the substance is not digested or broken down as it moves through the intestinal tract. Because it is not broken down the flax seed or other fibers make the stool bulkier and easier for the body to move by the action of peristalsis. With the bulky stool and an adequate fluid intake the person is able to eliminate wastes through the bowels more efficiently and constipation is prevented. Without adequate fiber intake of such items as flax seed the stool is smaller and clumpy making more difficult to move through the intestines.

Why Flax Seed Is Best

There are many types of fiber a person can use to aide in the efforts to relieve constipation but flax seed has proven itself to be one of the best fibers for the human diet that has been found. The reason this is so is because flax seed will not only prevent and treat the constipation but it has many other health benefits as well. Flax seed is rich in oil that contains Omega-3 fatty acids. Omega-3 fatty acids have been proven to help in several areas of body functioning. One important discovery of Omega-3 fatty acids is that by having an adequate intake of it in a diet a person will have reduce cholesterol and less incidence of heart disease. Omega-3 fatty acids have also been linked with a reduction of many types of cancer. Flax seed may also help in the treatment of diabetes by stabilizing the blood sugar levels. The studies in this area are not complete but it is surely something well worth investigating. A person who takes flax seed for constipation will also have these other benefits making flax the best fiber choice.

Who Should Use Flax Seed

Of course, any person who is thinking of adding a supplement to their diet should consult their physician. Flax seed should not be contraindicated for the average person but some people may

find that they do not tolerate the fiber well. Most people, even those without chronic constipation, will find that they have great results in taking the flax seed not only functioning of the heart and other organs of the body. It is well worth trying as the benefits are only just beginning to surface in the scientific world. Kerry Ng is a successful Webmaster and publisher of [The Omega 3 Flaxseeds Blog](#). For more great tips and advice on omega 3 flaxseeds, go to the [The Omega 3 Flaxseeds Blog](#)

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What symptoms does it treat?

Flaxseed is often recommended for constipation, because the seeds contain a high percentage of fiber. They also swell up when they meet water to form a type of gelatinous substance which can soften bowel movements and make waste food easier to pass. Therefore, they may be useful for general IBS symptoms as well as constipation.

How is it used?

The seeds are either swallowed whole with water or soft food such as yoghurt, or they are ground up and sprinkled on food. Some people also soak their seeds in water overnight and then drink the mixture in the morning - the seeds will have swollen during the night. <http://www.bodyandfitness.com/Information/Herbal/Research/psyllium.htm>

Psyllium is a natural product that is used for colon cleansing, as a cure for constipation and in many detoxification programs. Psyllium is often the active ingredient in many constipation cures.

Psyllium comes from the Plantago Psyllium plant, and its seeds and husks are harvested to create natural remedies for constipation and colon cleansing.

How To Use Psyllium For Colon Cleansing and To Cure Constipation

Psyllium can be taken in tablet form - it is often the active ingredient in many laxatives and constipation remedies. However, the most inexpensive and effective methods of colon cleansing include the ingestion of psyllium in its most natural form - psyllium husks, psyllium seeds and psyllium fiber powder.

Psyllium can be mixed with a pleasant-tasting drink, for example, fruit juice or in a shake to make it easier to ingest.

To help the psyllium to flush out impacted waste from your system and cleanse your colon and relieve constipation, you will need to follow these guidelines:

- Drink plenty of fluids with your psyllium - the additional water intake will assist colon cleansing and symptoms of constipation.
- Increase your level of exercise to activate the psyllium fiber and assist in eliminating constipation and speed up detoxification and colon cleansing.
- Increase the fiber in your diet and include whole grains, fruits and vegetables to help the psyllium activate colon cleansing and constipation relief.

Health Precautions For Taking Psyllium

While psyllium is a natural and powerful aid to colon cleansing, detoxification and constipation, like all natural remedies, must be taken with caution. When using psyllium to cleanse the colon, you need to consider the following:

- Inform your doctor and pharmacist if you are allergic to psyllium or any other drugs.
- Tell your doctor and pharmacist what prescription and non-prescription supplements, drugs and medications you are taking, including vitamins. Psyllium can decrease the effectiveness of other medications and the colon cleansing effect may remove them from your system before they take effect.
- Let your doctor or pharmacist know if you have any of these health conditions: diabetes, heart disease, high blood pressure, kidney disease, rectal bleeding, intestinal blockage, or difficulty swallowing.
- Do not take psyllium if pregnant or breast feeding.
- Inform your pharmacist or doctor if you have special dietary requirements that may be affected by psyllium or colon cleansing.
- Do not take psyllium within 3 hours of taking any other medication, as its high fiber content may block the absorption of medications.
- Do not breathe in psyllium powder.

Remember that psyllium is a powerful medication for constipation and should be respected as such. When using psyllium for colon cleansing and detoxification, you need to be aware that its high fiber content can cause temporary bloating as it moves through the digestive tract. Another side effect of the high fiber content in psyllium is flatulence.

To avoid these unfortunate side effects, it's best to take psyllium gradually until your body is used to psyllium. A good dosage to start with is one tablet or one teaspoon of psyllium on the first day, and increasing the amount of psyllium taken each day by half a teaspoon until you achieve the desired colon cleansing or constipation relief.

Other Benefits of Psyllium

Psyllium has been used for centuries as a remedy for constipation, and for colon cleansing, but its other health benefits are starting to become more widespread.

In addition to colon cleansing and constipation relief, psyllium is now being used to lower cholesterol, improve hypertension, and treating diarrhea. For more information on colon cleansing visit <http://www.naturalcolon.com> Sara Dakkar is webmaster of <http://www.psylliumhealth.com> which reviews psyllium husks and fiber powder products for the use of colon cleansing, constipation cures and bowel detox.

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Psyllium for Constipation:

If you have asthma, do not take or use psyllium. Some people with asthma have had allergic reactions to psyllium and the powder from psyllium can cause an asthma attack.

Some you may be allergic to psyllium. If you are, you may become constipated or develop dark areas under your eyes.

Psyllium is the fiber part of seed husks from plantain. It is high in a soluble fiber that is called mucilage, so it absorbs water and becomes bulky. It contains almost no insoluble fiber, yet it acts like it has both soluble and insoluble fiber. Stomach enzymes do not easily breakdown psyllium, so it moves into your colon like insoluble fiber.

Psyllium fiber acts on your colon relieving constipation.

In your colon, psyllium activates peristaltic action and helps to clean your colon of any stagnation that has occurred there. By adding moisture to dry hard fecal matter, psyllium helps to move fecal matter through your colon. As psyllium seeds bulk up in your colon, they push against your colon walls stimulating peristaltic action. The soluble fiber in psyllium provides food for good bacteria, which helps them to multiply.

One added benefit of psyllium is its ability to pull toxins out of bowel pockets known as diverticuli.

Psyllium is a popular ingredient in many remedies on the market for relieving constipation. Choose a psyllium product that does not have sugar, maltodextrin, or artificial sweeteners. If possible, buy psyllium in bulk form from a health food store, which may offer it in bins. In this form, it is processed less and usually contains no additives.

If you have chronic constipation or constipation where you have blockage in the colon do not use psyllim seeds. Psyllim seeds provide more bulk to the colon and will just add to your chronic condition.

Here's how to use for relieving constipation.

For mild constipation, take 1 teaspoon in a glass of juice or warm water 3 times a day.

Work up to taking one teaspoon of psyllium by starting with ¼ teaspoon in a glass of water or juice. The next day take ½ teaspoon and so on until you are taking one teaspoon. Do the same when considering taking up to 2 teaspoons of psyllium.

Start by taking 1 teaspoon just before going to bed. After drinking your glass of psyllium seeds, follow this up each time with another 8 oz of clear distilled water.

For moderate constipation, take 2 teaspoons in a glass of juice or warm water daily. Start by taking 2 teaspoons at breakfast time.

It can take up to 3 days to get constipation relief and that depends on the dose you take.

Use psyllium seeds with care. Some cases have been found where psyllium seed parts have lodged in the colon wall, causing an irritation. When using excessive psyllium seeds, it is possible that it can deposit on your colon walls if you have deposited toxic waste there. This adds to the encrustation along your colon wall.

Continue to drink water during the day, up to 4-6 glasses a day, when using psyllium seeds. This helps push the seeds through your colon and not deposit along your colon walls. Remember the seeds bulk up and absorb water and you don't want them to cause constipation by bulking up and getting stuck in your colon.

Use psyllium seeds only long enough for relieving your constipation. Excessive use of psyllium can cause allergic reactions and can cause constipation if used incorrectly.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid e-books. He writes a newsletter called natural-remedies-thatwork.com and his information on other topics can be seen at <http://www.stop-constipation.com> or at <http://www.constipation-remedies.for--you.info>

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