Constipation

Why Am I Constipated?

Constipation is defined as infrequent and/or difficult bowel movements. With constipation, stools are usually hard, and dry. Passage of this stool is difficult and sometimes painful.

Constipation can cause an individual to feel bloated, uncomfortable, irritable and sluggish. Constipation can be temporary or chronic.

While it can be an indicator of disease, constipation is typically due to inadequate dietary fiber intake, inadequate fluid intake, lack of exercise and ignoring the urge to go” (the defecation reflex).

Identifying the cause of constipation can be frustrating. In addition to consulting with your doctor about your concerns with constipation, consider the following questions:

Q: Do I drink fluids throughout the day?

Each of the cells that make up the body contain water. The fluids you drink during the day help you to maintain the fluids, and thereby the health, of the cells in your body—including those tissues that make up your internal organs, such as the muscles of your colon and the tissues that constitute your colon lining. If the lining of your colon becomes dried out, or, if you do not have enough fluids available to properly form stools, constipation is more likely to occur.

Current trends in healthcare suggest that your weight determines your fluid requirements. From this point of view, to maintain minimal levels of hydration, you should drink half of your body weight in fluid ounces. By this method, if you weigh 100 pounds, you would drink 50 ounces of fluids each day (about 6 eight ounce glasses). Drink more as you wish, and drink more if you take diuretics, exercise heavily, if you are ill, if you are dehydrated, or if you have other significant fluid loss.

Q: Do I eat fiber at each meal?

Fiber actually helps in the formation of stools. If you do not eat fiber at each meal, your stools will not form properly. Stools that are not properly formed move slowly through the colon. Slow intestinal motility produces constipation.

In addition, dietary fiber nourishes your colon lining. If fiber is not a regular part of your diet, your colon lining can gradually deteriorate and may not function properly.

Q: Is my lifestyle active?

A sedentary lifestyle can lead to a loss of tone in your abdominal and intestinal muscles. When these muscles become weak, stools are not properly formed.

Stools that are not well formed move more slowly through the colon. Slow intestinal motility results in constipation.

Where muscle tone is concerned, working long hours seated at a desk, without taking standing and walking breaks, may be considered to be equivalent to spending the day as a “couch potato”.

A few minutes of daily exercise (about five minutes of walking, stair climbing, or leg lifting) is all you need to maintain intestinal tone and avoid constipation due to inactivity.

Q: When mother nature calls, do I always respond?

Though it may not be convenient, it is important to promptly move your bowels when the defecation reflex is triggered.

The defecation reflex will quit after about fifteen minutes of being ignored. After the reflex has been successfully ignored, it may not be triggered again until new stools collect (behind the previous stools) ...

You can avoid constipation from inadequate dietary fiber intake by eating both soluble and insoluble fiber at each meal. Fruit-Eze™ fruit blend contains both types of fiber.

continued on page 2

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creating enough pressure on the rectal sac to trigger the defecation reflex. With holding stools causes them to dry out and harden, resulting in constipation.

If you routinely ignore this reflex, it is likely that you will experience chronic constipation. Routinely with holding stools stretches out the rectal sac. When the sac becomes stretched out, more and more stools must collect before the defecation reflex can be stimulated. This means that some of your stools will dry out and harden from remaining in the colon too long.

Additionally, you can also loose the use of this reflex by routinely ignoring it. Loss of the use of this reflex means that your body will not know when you need to move your bowels. This places you at risk of developing an impaction.

To avoid hard dry stools (constipation), respond to the defecation reflex promptly when it is triggered and avoid with holding stools whenever possible.

**Conclusion:**
Taken alone, each of the factors discussed here are enough to cause constipation. Combine these same factors, and it is even more likely that constipation will result. Changing your habits to include more fluids and fiber in your diet along with daily exercise and a prompt response to the defecation reflex can help you to avoid constipation.

There are many other factors to consider that can cause or contribute to constipation. Age, supplements or medications, the presence of disease, and your lifestyle (stress, depression, smoking etc.) can also affect your regularity.

Because constipation can be an indicator of disease, it is important to consult a doctor about constipation. In addition to reporting your symptoms and experiences, it is a good idea to also tell your doctor about any medications you may be taking, especially if you are currently taking laxatives, or if you have a history if long term laxative use.

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Whatever the cause of constipation, you can improve your quality of life and Get going...Naturally™ with Fruit-Eze™ pure fruit regularity blend.

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