

POSSIBLE CONSTIPATION

Supportive Management

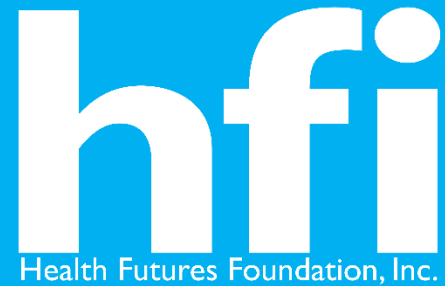
- Increase your consumption of fiber through inclusion of the following food in your diet: fruits, vegetables, whole-wheat bread, beans, and whole-grains.
 - Drink around 8 glasses (or 2 liters total) of fluid per day. Avoid drinking alcohol and caffeinated drinks (e.g. cola, coffee, tea, energy drinks), as they have dehydrating effect.
 - Move about and exercise regularly. Do physical activities that are enjoyable for you (e.g. basketball, jogging, cycling). Even brisk walking (at least 30 minutes a day, 5 times a week) is a good exercise.
 - When you feel the urge to pass stool, do not ignore it. It may harden the stools if you pass them later. If possible, have a regular schedule for your bowel movements (e.g. every morning or 30 minutes after a meal).
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Herbal Medicine

- **Papaya fruit**
 - Eat ripe papaya fruit liberally.
 - This may cause harmless yellow discoloration of the skin.
 - **Niyog**
 - Take 1-2 tablespoons of gata (milk or cream of the coconut).
 - **Linga (Sesame seeds)**
 - Eat roasted sesame seeds liberally. May be mixed with other food.
 - **Sampalok**
 - Eat pulp of sampalok fruit liberally.
 - **Malunggay**
 - Eat 1-2 cups of cooked malunggay leaves at suppertime.
 - **Other fiber-rich fruits, vegetables, and whole grains**
 - Include high-fiber food in the diet. Fruits rich in fiber include avocados, guavas, kiwi, banana, apples, berries, oranges, papaya, mangoes, pineapples, and grapes. For vegetables, choose especially the dark, leafy ones. Whole grains include oats, brown rice, and whole wheat bread.
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Consult doctor immediately if you are experiencing:

- Sudden constipation with abdominal pain, and inability to pass any stool or gas



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