



Remedies for Constipation

Summary

Digestive problems are among the most common ailments for which people seek natural remedies. For some digestive problems such as constipation, natural remedies are the most effective. One of the most well-known and reliable ways to relieve constipation is by consuming prunes as they are natural laxative and an excellent source of fiber.



Fiber Fruits such as raisins, [cherries](#), or [apricots](#) are a great source of fiber which stimulates the digestive system. [Almonds](#) and any other foods which boast a high fiber content are key in relieving constipation.

Teas Teas are known to help stimulate the digestive system due to the hot water acting as a stimulant. Menthol in [peppermint](#) tea relaxes muscles of digestive tract, while [ginger](#) tea is a warming herb which warms the body internally thus accelerating digestion. [Dandelion](#) tea serves as a laxative as well as a detoxifier. Drinking [chamomile](#) tea aids digestion as its anti-inflammatory and antispasmodic actions relax the smooth muscles lining the stomach and intestine.

Healthy fats Consuming healthy fats is imperative in maintaining a healthy digestive system. Some foods which contain healthy fats are nuts, [olive oil](#), [avocados](#).

Other useful herbal remedies for relieving constipation and digestive difficulties are, [lemon](#) juice, which stimulates digestive system and rids your body of toxins; [fennel](#), which is known to ease irritable bowel symptoms; and [burdock root](#), which is also known to aid digestion.

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