

## **‘NUTRITIONAL TIPS’**

### **CONSTIPATION**

There are many contributing ‘Physiological’ factors to this nuisance mammalian condition. The better we understand it, the less we shall have to experience it!

North Americans are becoming notoriously more **‘Fiber Poor’** on our diets. We need to eat much more roughage on a daily basis. Learn to nibble on carrots, celery, eat bananas, whole grains, kernel corn, raw apples and other common fruits and vegetables.

You can easily take a ‘Psyllium’ dietary additive every morning with a full glass of water soon after you rise. This vegetable fiber product is generically available at most every drug store or total service domestic outlet such as ‘Target’ and ‘Wal-Mart’. It is commercially called ‘Metamucil’ (two flavours) and is generically available as ‘Fiber Therapy’.

What does this accomplish? You add very important **‘Non Digestive Bulk Fiber’** to your diet. The **‘Lower Gastrointestinal Tract’** (‘LGI’) requires fiber to properly and smoothly function. We North Americans are terrible at the **‘Fast Crummy Food Bar-itis’!** There is a plethora of poor nutrition promoted at these ‘Quick Stop’ watering and food way-stations or livery stables. Expensive and empty or void of real basic nutrition!

Remember, **“You Are What You Eat!”**

Why the full glass of water? This ‘555 Nutritional Tip’ is about **‘CONSTIPATION’**. One reason that we get this uncomfortable and damaging ‘LGI’ condition is ‘Lack Of Roughage’ but another is too high an intake of milk products, deficient exercise and being ‘Dehydrated’! Good old ‘H2O’ is a **‘Bullet-Proof Stool Softener’**.

Makes sense? If you are making hot cereal or cement and you add too little water, what do you get? A product that is not malleable or fluid and moves very little! It is hard, tight and compacted! Digestion does not like this condition or texture at all!

Start every day with a **‘Full Glass Of Fresh Pure Water’**. That generally means it may NOT come out of your tap as city water is treated and thus contaminated with deadly residual chemicals such as chlorine, fluorine and others. Knowingly so!

### **SATISFACTION GUARANTEED**

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