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apr 15 2025 in general constipation occurs when stool moves too slowly through the large intestine also called the colon if the stool moves slowly the body absorbs too much water from the stool

apr 15 2025 treatment for constipation usually begins with diet and lifestyle changes meant to increase the speed at which stool moves through the colon also your health care professional may

jan 26 2024 looking for a laxative to relieve constipation learn how different nonprescription medicines work and be aware of some risks

apr 15 2025 specialists in the department of physical medicine and rehabilitation at mayo clinic in rochester minnesota provide a treatment program for chronic constipation caused by tension or

jul 21 2025 fresh vegetables rather than high sugar fruit have been essential for me to stay regular and avoid weight gain physical inactivity can also contribute to constipation pay attention to your

jan 13 2021 if you re having difficulty with constipation here are some steps that can help soften your stools and keep your bowels moving eat more fiber adding fiber to your diet increases the weight of

find possible causes of constipation based on specific factors check one or more factors on this page that apply to your symptom

aug 2 2019 constipation typically is defined as having fewer than three bowel movements a week or other symptoms e g hard stools excessive straining or a sense of incomplete evacuation after

jul 31 2025 if you re prone to constipation this might be a benefit dr millstine says magnesium glycinate on the other hand may be a better choice for those who already have regular bowel

jan 23 2024 chronic constipation is a reality for many people more often women than men fortunately these symptoms generally respond to dietary fiber supplements or over the counter

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