I'm not a bot



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You're bloated and blocked. You strain on the toilet, but ... nothing. You're constipated. Constipation is frustratingly common. For some people, it's a chronic condition. For others, it's a rare occurrence caused by factors like stress, food choices, changes in routines, surgery or medications, says gastroenterology specialist Bryn DeSantis, CNP.But no
matter the cause of your constipation, you can find relief — it's just a matter of how. DeSantis shares nine tricks you can try at home to return to regular bowel movements. Learn about the symptoms of constipation and how to find relief. How to get rid of constipation naturally Chronic constipation is something you need to see a healthcare provider
about. But if you only experience occasional constipation, you'll probably be able to address it yourself by following these nine tips. 1. Drink plenty of waterBeing dehydrated can change the consistency of your poop, making it harder and less mobile. So, if you're feeling stopped up, your first step should be increasing your water intake. While you're at
it, DeSantis recommends you reduce drinks with caffeine dehydrates your body by increasing urination. And stay away from alcoholic beverages, which can both dehydrate your gastrointestinal (GI) tract. 2. Adjust your dietIf you're struggling with constipation, one of the first places to look for answers is in your kitchen.
You need to eat lots of high-fiber foods (like prunes) to keep your poop soft and bulky. The following are examples of high-fiber foods to add to your diet: Grains like oatmeal, granola, whole-wheat breads and pastaLegumes like lentils, black beans or chickpeasVegetables like broccoli, kale or carrotsFruits like apples, raspberries or pearsNuts like
almonds, flaxseed or pistachiosIf you already eat a high-fiber diet, consider taking a fiber supplement. If you think you may need to take daily fiber supplements to stay regular long-term, talk to a healthcare provider. You should also avoid highly processed foods (canned, boxed and fast foods) and high-fat foods like red meat. Ditto for fried foods,
which contain very little fiber and aren't good for your overall health. Changing your diet often improves constipation but it's best to make these changes gradually. Doing anything too aggressively could make you feel even crummier. You should also start fiber supplements slowly. And make sure to increase your fluid intake with the fiber. If you don't,
your constipation may worsen. "Sometimes, fiber supplements and high-fiber foods can make you feel worse by increasing gas and bloating," explains DeSantis. "Eating too much fiber supplements without enough fluids can plug you up like a bear in hibernation." So, be sure to start gradually, increase fluids
adequately and back off if the foods or supplements worsen symptoms. See a provider if fiber and fluids aren't helping your constipation. Increase your physical activity f your poop isn't moving, it's a sign that you probably should. When you exercise, you speed up several important bodily functions. Your circulation increases, as does the amount of
oxygen in your blood. You also engage the muscles that are responsible for pushing waste out of your bodies play host to trillions of bacterial
cells. Most of them reside in our gut. Some of those bacterial houseguests make us sick, but others play a vital role in our health. When the balance of good to bad bacteria tilts, it can throw off basic bodily functions, including digestion. There's some evidence that eating a diet that's rich in probiotics can help keep you regular. Just stay away from
dairy products with high-fat content. Low and non-fat yogurts are a good source of natural probiotics. Fermented foods like sauerkraut, kombucha, miso and kimchi are non-dairy probiotic-rich options. For some people, probiotic supplements can help to regulate digestion. But there are limited studies to support them specifically for constipation —
and the supplements aren't closely regulated by the U.S. Food and Drug Administration (FDA). DeSantis again recommends talking to a provider before adding another pill to your daily regimen.5. Give yourself time (but not too much!) Try waking up a little earlier to allow time to eat breakfast and then move your bowels. Warm drinks and food can
stimulate the urge to go. And you probably feel most relaxed in your home bathroom. But don't get too relaxed in there. The more time you spend on the toilet, the more likely you are to strain, which can cause hemorrhoids. Limit toilet-sitting to 10 minutes max. "As tempting as it may be, don't take your cell phone or laptop into the bathroom with
you," DeSantis advises.6. SquatMany of us sit on the toilet just like we'd sit on a chair. But our bodies prefer another position entirely. The best squat to move things along has your knees elevated higher than your hips. These days, there are lots of products on the market designed to help you into a squatting position. But you can also DIY it by
hugging your knees or resting your feet on a small stool while you sit on the toilet.7. Don't hold itThis one's a no-brainer but very important. If you feel the urge to go when you're out and about, don't avoid using a public restroom. "Don't become too busy for your body, which is a frequent trigger for constipation in today's world," DeSantis warns.8
Manage stressThere's an undeniable connection between what's happening in our heads and what's happening (or not happening) in our guts. In fact, constipation frequently occurs alongside anxiety and depression. When we're stressed, our bodies respond by entering fight-or-flight mode. That process involves getting flooded with extra stress
hormones like cortisol and adrenaline. Those hormones slow down digestion and other body functions that aren't necessary to survive in the short term. After all, you can't take a detour to the toilet when you're being chased by a saber-toothed tiger! But when you're dealing with chronic stress, a sluggish gut becomes a problem. That's why stress
management is important for digestive health. Mindfulness practices like taking breaks, deep breathing, meditation, yoga and journaling can help you stay relaxed and in the moment. DeSantis also recommends working with a mental health provider if you're feeling overwhelmed. They can teach you the coping skills you need to address tummy-
twisting stressors when they pop up.9. Consider over-the-counter medications f you can't seem to get the relief you need from the tactics we've shared, it may be time to look into over-the-counter stool softeners or laxatives. DeSantis says most can be used safely when taken occasionally. If you're not sure which option is right for you, talk to a
provider. If you have a chronic medical condition — particularly a condition that involves your kidneys, heart or liver — don't take over-the-counter medications without first speaking to your provider. When to see a doctorSometimes, simple changes aren't enough. If your constipation doesn't respond to home treatments or changes in your diet (and
lasts for weeks or longer), DeSantis recommends getting yourself checked out to exclude more serious medical causes. It's especially important to see a professional if you have other symptoms, like pain, rectal bleeding, weight loss, diarrhea, nausea or weakness. Chronic constipation can be a sign of medical conditions
like:HypothyroidismHypercalcemiaCeliac diseaseColon cancerIrritable bowel syndrome (IBS)When is constipation itself is rarely an emergency. But it can become an emergency if it becomes severe or is accompanied by other symptoms. DeSantis urges you to get immediate help if you're experiencing:Severe abdominal
painRectal bleedingVomitingUnexplained weight loss You might be constipated if you have fewer than three bowel movements per week. You might try exercising, staying hydrated, and eating a high-fiber diet for natural constipation relief. High-fiber foods for constipation relief include fruits, legumes, vegetables, and whole grains. You may also
consider using an osmotic agent, such as magnesium citrate, or a stimulant laxative for immediate constipation relief at home. These medications, available over the counter, can help you pass a hard stool. Anyone can have difficulty pooping from time to time. The inability to pass stool can be a chronic issue for some people. Constipation becomes
chronic when it slowly worsens over months or, in some cases, years. Read on to learn how to naturally relieve constipation quickly. Constipation means having fewer than three bowel movements per week. The stool might be hard, dry, or lumpy and hard to pass. You may also feel like all stool has not passed. What causes constipation varies from
person to person. Knowing why you can't empty your bowels may help you find a constipation treatment that works. People with constipation often have difficult or infrequent bowel movements if you're consuming a diet low in fiber or leading a sedentary
lifestyle. Maybe you get constipated when you travel because your usual bathroom routine is disrupted. Ignoring the need to poop and "holding it" can also be a side effect of taking certain medications. These include iron, opioids, antidepressants, and calcium channel blockers. Some people have a
form of pelvic floor dysfunction known as dyssynergic defection. This dysfunction causes the muscles that usually relax when pooping are contracting. Biofeedback therapy can be an effective treatment in this case. This neuromuscular training helps correct the biomechanics of pooping. Constipation can be a symptom of diabetes, hypothyroidism, or
neurological disorders. A bowel blockage can also prevent stool from passing normally. See a healthcare provider if you're older than 50 and haven't had a colorectal cancer or some other bowel blockage. It might help to avoid dairy
products if you are constipated. Some people have an intolerance to lactose, which is a sugar found in dairy products. Lactose intolerance to lactose intoleranc
feel the urge to have a bowel movement. Some evidence suggests that caffeine has a laxative effect and triggers muscles in the digestive system to contract. Keep in mind that this effect may worsen constipation or diarrhea in people with irritable bowel syndrome (IBS). It might help to remove coffee from your diet if you have IBS to see if that
improves symptoms. Adequate fiber intake is helpful for digestion and can improve constipation. Fiber helps bulk stool up and keeps it moving through the digestive tract. High-fiber foods can regulate bowel movements and alleviate constipation. These foods include: Fruits: Apples, berries, pears, and orangesLegumes: Black beans, chickpeas, and
lentilsNuts: Almonds, peanuts, and pecansVegetables: Broccoli, carrots, collard greens, and green peasWhole grains: Oatmeal or whole wheat bread Only 5% of the population gets enough fiber per day for women
and 28-34 g per day for men. Psyllium has several advantages over other types of fiber. This type of soluble fiber comes from the husks (seed coat) of some flowering plants. Research has shown that psyllium is beneficial for relieving constipation. It also lowers cholesterol, improves blood sugar control, helps you feel full for long periods, and controls
blood pressure. Psyllium is found in over-the-counter (OTC) products like Metamucil. Other bulking agents include methylcellulose, a type of plant fiber and kimchi and supplements contain healthy gut bacteria that may ease constipation. These bacteria help soften stool and
increase the number of bowel movements. A study published in 2022 suggested that probiotics can significantly improve constipation. The study authors identified the bacteria Lactobacillus plantarum as being especially helpful in easing constipation. The
effects of supplements vary and depend on dosage, frequency of use, and interactions with current medications. Talk to a healthcare provider or pharmacist before starting any probiotic supplements in people who don't eat enough fiber. Prunes may get their
laxative effect from a dose of fiber. There's nearly 3 g of fiber in a serving of five dried prunes. Prunes are also a source of sorbitol, or a sugar alcohol. Sugar alcohol. Sugar alcohols can irritate the gut in some people. FODMAP is short for fermentable oligosaccharides, monosaccharides, and polyols. These sugars may cause constipation in some
people. Going on a low-FODMAP diet means eliminating and then slowly reintroducing potentially troublesome foods, such as: Beans and legumesDairy productsFruits with pits, such as apples, avocados, or cherriesGarlicHigh fructose corn syrupHoneyOnionsSugar alcoholsWheat This process helps you figure out what foods are causing your gut
issues. You can do the diet at home, but it's usually supervised by a healthcare provider or registered dietitian nutritionist. Bowel training includes trying to poop at the same time every day. After breakfast is a good time, as eating stimulates the bowel. Placing your feet on a stool can help place your body in a better pooping position. It also helps
relax your pelvic floor muscles. Research has shown that using a stool decreases straining and helps completely clean out the bowels. Not rushing the process and giving yourself enough time to poop also helps. Try visualizing the process and giving yourself enough time to poop also helps. Try visualizing the process and giving yourself enough time to poop also helps. Try visualizing the process happening while you're going to the bathroom. Use deep breathing, which will help you relax. A review published
in 2019 found that exercise has significant benefits in improving the symptoms of constipation. Movement affects digestion because it helps move food, gas, and stool along the digestive tract. The researchers noted, however, that the studies reviewed were not well-structured. More research with better-designed studies is needed. Stress is a risk
factor for developing IBS, which can cause constipation. Reducing stress can help manage IBS. Simple ways to manage stress include finding time to relax and practicing meditation or tai chi. Certain types of yoga can also decrease stress and improve constipation. Poses that include twisting and placing pressure on the abdomen can help you pass
stool. Water is essential for many processes in our bodies, including digestion. However, there's no universal recommendation for water intake. Many variables, from activity level to age to sex, determine whether you're hydrated. As a general rule, the National Academy of Medicine recommends 2,700 milliliters (ml) of water per day for women and
3,700 ml per day for men. That's about 11.5 cups for women and 15.5 cups for men, in addition to the water you get from food. Stimulant laxatives, taken by mouth or as a suppository,
increase water content in the gut and increase intestinal activity. They include senna, or an herbal laxative found in products to relieve constipation. These products to relieve constipation by speeding up your bowel movements. Avoid using these products as the first line
of treatment. Only use laxatives for severe constipation or if other treatments haven't worked. Talk to a healthcare provider before using laxatives if you're pregnant. Magnesium citrate is an osmotic agent that may alleviate constipation. Osmotic agents help soften stool, making it easier to pass. Magnesium citrate is an osmotic agent that may alleviate constipation.
The medication comes in a powder you can mix into a drink or as a liquid you take by mouth. A bowel movement typically happens within 30 minutes to six hours of taking magnesium citrate. Natural remedies for constipation relief at home include exercising, staying hydrated, and eating a high-fiber diet. High-fiber foods include fruits, legumes,
vegetables, and whole grains. You can also get immediate constipation, or fewer than three bowel movements per week. They can diagnose an underlying cause and
advise medical treatment. Frequently Asked Questions You can relieve constipation quickly at home by: Eating plenty fiber Regularly exercising Staying hydrated Taking a stimulant laxative Using an osmotic agent like magnesium citrate to soften stool High-fiber foods can regulate bowel movements and alleviate constipation. These foods
include: Fruits Legumes Nuts Vegetables Whole grains Consult a pediatrician if you have an infant with constipation. They can recommend the appropriate treatment, such as giving your infant juice or water between feedings. Infants older than 4 months can try high-fiber
solid foods, such as beans, apricots, prunes, or spinach. Thanks for your feedback! High-fiber foods can have many benefits, such as keeping the gut healthy, boosting heart health, and promoting weight loss. Vegetables, fruits, seeds, lentils, and other plant-based foods can add fiber to the diet. According to the most up-to-date Dietary Guidelines for
Americans, the adequate intake (AI) of fiber for adult women. But most people in America do not meet this goal. The average fiber intake in the United States is 17 g, and only 5 percent of people meet the adequate daily intake. People need to get both soluble and insoluble fiber from their diet. Eating a
fiber-rich plant-based foods that include beans, lentils, and peas. Beans are a good source of fermentable fibers. This fiber moves into the large intestine and helps to feed the diverse colony of healthy bacteria in the gut. The following are some of the best legumes for fiber: Navy beans are one of the richest sources of fiber. They are also high in protein
Add navy beans to salads, curries, or stews for an extra fiber and protein boost. Fiber content: Navy beans are a popular U.S. staple. People can eat pinto beans whole, mashed or as refried beans. Along with their high-fiber content, pinto beans are a great source of calcium and iron. Black beans
contain good amounts of iron and magnesium. They are also a great source of plant-based protein. If people who follow a vegan diet combine black beans with rice, they will be getting all nine essential amino acids. Split peas are a great source of iron and magnesium. They go well in casseroles, curries, and dahl. There are many types of lentils,
including red lentils and French lentils. They make a great addition to couscous, quinoa dishes, or dahl. Mung bean flour to make pancakes. Adzuki beans are used in Japanese cuisine to make red bean paste, which is a traditional
sweet. People can also boil these fragrant, nutty beans and eat them plain. Not only are lima beans a great source of plant-based protein and fiber. They are also full of iron, vitamin B-6, and magnesium. Use this legume as a base for hummus and
falafel.Kidney beans are a rich source of iron. Kidney beans are a great addition to chili, casseroles, and salads. Soybean products as dietary replacements for meat and dairy. Fresh soybeans can also be eaten raw or added to salads as edamame. Baked
beans are rich in fiber and protein. They are available from most grocery stores. Try to buy brands with reduced sugar and salt to get more health benefits. Green peas are available canned or fresh. Green peas are a great source of fiber, protein, vitamin C, and vitamin A.Among the many health benefits of vegetables, they are a great source of dietary
fiber. Vegetables with a high-fiber content include: Share on PinterestArtichokes are high in fiber as well as vitamins C and K, plus calcium, and folate. Grill, bake, or steam whole artichokes are packed with vitamins C and K, plus calcium, and folate. Grill, bake, or steam whole artichokes are high in fiber as well as vitamins C and K. Artichokes are packed with vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are packed with vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as well as vitamins C and K. Artichokes are high in fiber as vitamins C and K. Artichokes are high in fiber as vitamins C and K. Artichokes are high in fiber as vitamins C and K. Artichokes are high in fiber as vitamins C and K. Artichokes are high in f
One medium artichoke contains 6.9 g of fiber (20.5 percent of AI). As a staple vegetable, potatoes are a good source of B vitamins plus vitamin C and magnesium. Fiber content: One large potato, baked in its skin, contains 6.3 g of fiber (18.8 percent of AI). Sweet potatoes are one of the starchy vegetables. They are high in vitamin A. Fiber content: One large potato, baked in its skin, contains 6.3 g of fiber (18.8 percent of AI). Sweet potatoes are one of the starchy vegetables. They are high in vitamin A. Fiber content: One large potato, baked in its skin, contains 6.3 g of fiber (18.8 percent of AI). Sweet potatoes are one of the starchy vegetables. They are high in vitamin A. Fiber contents of AI).
large sweet potato, baked in its skin, contains 5.9 g of fiber (17.6 percent of AI). Winter squash vegetables are a bountiful source of vitamins A and C. Fiber content: One boiled parsnip contains 5.8 g of fiber (17.3 percent of AI). Winter squash vegetables are a bountiful source of vitamins A and C. Fiber content: One boiled parsnip contains 5.8 g of fiber (17.3 percent of AI). Winter squash vegetables are a bountiful source of vitamins A and C. Fiber content: One boiled parsnip contains 5.8 g of fiber (17.4 percent of AI).
squash contains 5.7 g of fiber (17 percent of AI). Broccoli is a cruciferous vegetable and source of vitamins C and A. Cruciferous vegetables also have lots of antioxidant polyphenols. Fiber content: One cup of cooked broccoli florets contains 5.1 g of fiber (15.2 percent of AI). Pumpkin is a popular vegetable and source of vitamins A and K and calcium.
People use it in sweet and savory dishes. Fiber content: A standard portion of canned pumpkin contains 3.6 g of fiber (10.7 percent of AI). People can boost their daily fiber intake by including healthful monounsaturated fats that are beneficial to
heart health. They are popular in salads and for making dips. Fiber content: One peeled avocado contains 9.2 g of fiber (27.4 percent of AI). Pears are full of fiber, as well as vitamins C and A, folate and calcium. Keep a few pears in the fruit bowl, or serve them with dessert. Fiber content: One medium pear contains 5.5 g of fiber (16.4 percent of AI).
AI). Apples are a good source of vitamins C and A and folate. Make sure to eat the skin as well as the apple flesh, as the skin contains 5.4 g of fiber (16.1 percent of AI). Raspberries are a great source of antioxidants. These ruby-red berries also contain vitamins C and K. Fiber content: Half
a cup of raspberries contains 4 g of fiber (11.9 percent of AI). Similarly to raspberries, blackberries are full of healthful antioxidants and are a great source of vitamins C and K. Fiber content: Half a cup of blackberries contains 3.8 g of fiber (11.3 percent of AI). Prunes, or dried plums, can help promote digestive health. Although high in fiber, prunes
can also be high in sugar, so eat these in moderation. Fiber content: Five prunes contain 3.4 g of fiber (10.1 percent of AI). Oranges are surprisingly a good source of fiber orange contains 3.4 g of fiber (10.1 percent of AI). Bananas are a great source of nutrients, including
potassium, magnesium, and vitamin C. They can be included in baking or eaten on their own as a snack. Fiber content: One medium banana contains 3.1 g of fiber (9.2 percent of AI). Not only is this tropical fruit a source of fiber, but it also has a very high amount of vitamin C and contains vitamin A. Try guava in smoothies or juices. The rinds are
edible, which means they can make a great fruit snack when on the go. Fiber contain healthful fats, high concentrations of protein, and they often have essential omega-3 fatty acids. High-fiber nuts and seeds include: Share on
PinterestPeople can use buckwheat to make soba noodles. Despite its name, buckwheat is a seed and not a grain. Buckwheat groats are grain-like seeds from a plant that is more closely related to rhubarb than wheat. It is rich in magnesium and zinc. Buckwheat does not contain gluten. People traditionally use buckwheat in Japan for making soba
noodles. It has also gained popularity in other countries. People can add the groats to breakfast cereal or smoothies. Buckwheat flour is an excellent gluten-free alternative to plain flour for baking and cooking. Fiber content: Half a cup of buckwheat groats contains 8.4 g of fiber (25 percent of AI). People originally cultivated chia seeds in Central
America. Not only are these edible seeds high in fiber, but they also contain high levels of omega-3s, protein, antioxidants, calcium, and iron. People may get more health benefits from ground chia seeds into a fine powder, using a food processor or mortar and pestle. Fiber content: Each tablespoon of chia seeds into a fine powder, using a food processor or mortar and pestle. Fiber content: Each tablespoon of chia seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder, using a food processor or mortar and pestle. Fiber contents are the seeds into a fine powder are the seeds into a fine powder and the seeds into a fine powder are the seeds into a fine powde
contains 4.1g of fiber (12.2 percent of AI). Quinoa is another pseudocereal and is also an edible seed. This seed is high in antioxidants, magnesium, folate, and copper, as well as vitamins B-1, B-2, and B-6. Quinoa is useful for people who are sensitive to gluten. Quinoa flour is excellent for baking, and people often include the flakes in breakfast
cereals. Fiber content: Half a cup of quinoa contains 2.6 g of fiber (7.7 percent of AI). Pumpkin seeds are a brilliant source of healthful monounsaturated and polyunsaturated fats, as well as magnesium, and zinc. Fiber content: A quarter cup of pumpkin seeds contains 1.9 g of fiber (5.7 percent of AI). Almonds are high in vitamin E, which acts as an
antioxidant, as well as calcium and healthful, monounsaturated and polyunsaturated fatty acids. Fiber content: Ten almonds contain 1.5 g of fiber (4.5 percent of AI). Popcorn is a healthful, monounsaturated and polyunsaturated fatty acids. Fiber content: Ten almonds contain 1.2 g of fiber (4.5 percent of AI). Popcorn is a healthful, whole food snack. It is a source of zinc, folate, and vitamin A. Avoid popcorn brands high in sugar and salt. Fiber content: Ten almonds contain 1.2 g of fiber (4.5 percent of AI). Popcorn is a healthful, whole food snack. It is a source of zinc, folate, and vitamin A. Avoid popcorn brands high in sugar and salt. Fiber content: Ten almonds contain 1.2 g of fiber (4.5 percent of AI). Popcorn is a healthful, whole food snack. It is a source of zinc, folate, and vitamin A. Avoid popcorn brands high in sugar and salt. Fiber content: Ten almonds contain 1.5 g of fiber (4.5 percent of AI). Popcorn is a healthful, whole food snack. It is a source of zinc, folate, and vitamin AI. Avoid popcorn brands high in sugar and salt. Fiber contents are sugar and salt. Fiber
(3.6 percent of AI). Whole grains help to keep the heart healthy and make people feel fuller after meals. High-fiber whole grains include: People make freekeh from roasted green wheat is the whole-wheat grain popular in Middle Eastern cuisine.
Processing bulgur wheat involves cracking the wheat germ open and parboiling it. Bulgur wheat is a traditional ingredient in tabbouleh and pilafs. Use it as an alternative to rice in warm salads. Bear in mind that it is not gluten-free. Pearled barley is great as a side to meats, or in salads or stews. The following tips can help people increase the amount
of fiber they get in their diet each day:avoid peeling vegetables, as the skins contain plenty of fiber, including celluloseswap white bread for wholemeal breadswap white bre
husk or other fiber supplements when unable to meet the adequate intake through dietFiber is an essential part of a healthful diet, though most people in the U.S. do not meet the good bacteria in the gut. It can also help with weight
loss. People can increase the amount of fiber they get from their diet by choosing high-fiber foods and following certain dietary tips, such as not peeling off edible skins on fruit and vegetables. Foods that are naturally rich in fiber have many other health benefits, too. Eating a wide variety of whole foods will help people meet their daily needs for fiber
and other key nutrients. Medical News Today has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content is accurate and current by readings and integrity. You can learn more about how we ensure our content is accurate and current by readings and integrity.
our editorial policy. Appendix 7. Nutritional goals for age-sex groups based on dietary Fiber. (2015, December) report: 09003, apples, raw, with skin (includes foods for USDA's food distribution program). (2018, April) report: 09038, avocados,
raw, California. (2018, April) report: 09040, bananas, raw. (2018, April) report: 09203, oranges, raw. (2018, April) report: 09203, oranges, raw. (2018, April) report: 09204, blackberries, raw. (2018, April) report: 09204, blackberries, raw. (2018, April) report: 09205, pears, raw. (2018, April) report: 09207, plums, dried (prunes), uncooked. (2018, April) report: 09207
09302, raspberries, raw. (2018, April) report: 11007, artichokes, (globe or French), raw. (2018, April) report: 11299, parsnips, cooked, boiled, drained, without salt. (2018, April) report: 11357, potatoes, white, flesh and skin, baked. (2018, April) report: 11508, sweet potato,
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edition. (2015, December) report (all nutrients): 45333036, authentic freekeh, upc: 745042525189. (2018, July) elements of healthy eating patterns. (2015, December) We all poop. But there might be times in your life where it can be difficult to have a bowel
movement one to two times a day or every two to three days. But in general, if you have three or fewer bowel movements a week, hard stools or strain to have a bowel movement, then you may have constipation. Your stool can become dry and dense, it may feel like you haven't fully emptied your bowels and it becomes painful to poop. According to the
National Institute of Diabetes and Digestive and Kidney Diseases, about 16 out of 100 adults have symptoms of constipation, so you're not alone. So, is there anything you do to help you go? Gastroenterologist Samita Garg, MD, shares ways to alleviate your constipation at home. Learn about the symptoms of constipation and how to find relief. How to
relieve constipation naturallyHere are some ways to tackle your constipation at home. Take a fiber supplement can help relieve constipation. "Fiber supplements are bulking agents," says Dr. Garg. "They add weight, size and soften the stool, which helps move the stool through your intestines." There are many options available over
the-counter online or at stores. They come in different forms like powder, fiber thins, capsules and gummies. Options include psyllium (Metamucil®), methylcellulose (Citrucel®) or plant-based prebiotic fiber (Benefiber®). Dr. Garg notes that fiber supplements can cause some minor cramping, as they're gentle laxatives, but they're generally well-
tolerated. And when it comes to how often you should use a fiber supplement, it depends on how often you most days of the week, for
example, you might want to take it on a regular basis like once daily."Eat foods high in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel in fiber and plant-based so you feel well, says Dr. Garg.What you eat can affect your bowel habits, your gut microbiome and how you feel well and how you feel w
general. Adding high-fiber foods to your diet can help regulate your bowel movements by bulking up your stool and helping it move through your intestines faster. These foods are high in fiber: Whole-wheat pasta. Barley. Chickpeas. Edamame. Lentils and split peas. Blackberries. Raspberries. Pears. Artichoke hearts. Brussels sprouts. Chia
seeds. Avocado. Oatmeal. Whole grain bread. Prunes. Drink water Drinking water seems obvious, right? But many of us struggle to stay properly hydrated throughout the day. The National Academies of Science, Engineering and Medicine recommends the following for daily fluid intake: 125 ounces (3.7 liters) for men. 91 ounces (2.7 liters) for
women. "Drinking lots of water, especially warm or hot water in the morning, can help you have a bowel movement," encourages Dr. Garg. Staying hydrated can help you regularly. If you're experiencing constipation, drinking water can help trigger a bowel movement. Exercise If you're feeling bloated and sluggish and haven't had a bowel
movement in a few days, try moving around. "Movement and exercise can stimulate the abdominal muscles and blood flow to your intestines," says Dr. Garg. But don't think you need to go run a marathon or sign up for a spin class. Something as simple as walking around the block can get things unblocked. Also, having a regular daily routine and
prioritizing sleep can help with having regular bowel movements. Use a laxative that can help ease your constipation. Most of these can be purchased over-the-counter online or at the store. Osmotic laxative that can help ease your constipation. Most of these can be purchased over-the-counter online or at the store. Osmotic laxative that can help ease your constipation.
softens stool by pulling water into the intestines," says Dr. Garg. Stimulant laxative. Options include bisacodyl (Dulcolax®) and senna-sennosides (Senokot®). "These types of laxative as needed, or sometimes more
regularly depending on how significant or severe your constipation is," notes Dr. Garg. You can find stool softener and a laxative stimulant paired together," says Dr. Garg. You can find stool softener and a laxative stimulant paired together, says Dr. Garg. You can find stool softener and a laxative stimulant paired together, says Dr. Garg. You can find stool softener and a laxative stimulant paired together, says Dr. Garg. You can find stool softener and a laxative stimulant paired together, says Dr. Garg. You can find stool softener and a laxative stimulant paired together, says Dr. Garg. You can find stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop, you could try a stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the stool softener and still haven't been able to poop to the 
store. Options include docusate sodium (Colace®) and docusate calcium (Surfak®). Drink coffee can stimulate the muscles in your digestive system. In fact, caffeinated coffee can stimulate the muscles in your digestive system.
stimulate colonic contractions and the gastrocolic reflex, which causes increased movement of the lower GI tract in response to the stretch of the stomach from eating or drinking," explains Dr. Garg.Get into a squat position. Squatting or using a stool
can help your stool pass more easily. "Some people learn maneuvers and techniques over time of how to pass stool that aren't workWhile there's a host of things that can help relieve your constipation, there are certain things you shouldn't do as
well. First, don't strain. "If you don't feel like you need to go, you shouldn't be sitting there and trying very hard," stresses Dr. Garg. "Don't strain or push yourself." Straining can lead to a prolapsed rectum, rectal bleeding or rectal pain and pressure. Also, while laxative cleanses may seem like they can help clean out your bowels, Dr. Garg doesn't
recommend them regularly because they can cause dehydration and electrolyte imbalances. When to see your doctor. "If it's a constant problem despite making
changes then it might be chronic constipation or something else, and it may be beneficial to see a physician," says Dr Garg. Also, if you experience any of the following, it's time to see your doctor. Weight loss. Severe or persistent abdominal pain. Rectal bleeding. Loss of appetite. Nausea and vomiting. Overall, constipation is something we all deal with
from time to time. Focus on adding fiber to your diet, exercising most days and staying hydrated — and going to the bathroom when you feel like you have to. At-home remedies can also help relieve your constipation. "Sometimes, it might be trial and error with some of remedies to see what works best for you, but your GI [gastrointestinal] doctor can
help," says Dr. Garg. We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our processVarious home treatments can help manage constipation, such as drinking more water and eating fiber. If home remedies do not help, over-the-counter and prescription medications
are available. Constipation affects around 20% of people in the United States, resulting in 8 million doctor visits per year (1, 2). People may experience constipation due to the foods they eat or avoid, their chronic constipation is unknown. This
is known as chronic idiopathic constipation. Constipation is characterized by the following symptoms (3):fewer than three bowel movements per weekhard, dry, or lumpy stoolsdifficulty or pain when passing stoolsa feeling that not all stool has passedConstipation can have a serious negative effect on quality of life, as well as on physical and mental
health (1, 4, 5). There are many natural ways to help relieve constipation. People can do these in the comfort of their own homes, and most of them are supported by science. Here are 13 natural home remedies to relieve constipation. Being dehydrated regularly can make a person constipated. To prevent this, it is important to drink enough water and
stay hydrated (6, 7, 8). When a person is constipated, they might find relief from drinking some carbonated (sparkling) water. This can help them rehydrate and get things moving again. Some studies in people with indigestion, or dyspepsia, and
people with chronic idiopathic constipation (9, 11). However, drinking carbonated drinks such as sugary soda is not a good idea, as these beverages can have harmful health effects and may make constipation worse (12, 13). Some people with irritable bowel syndrome (IBS) find that carbonated drinks worsen their symptoms, so these individuals may
 wish to avoid sparkling water and other carbonated drinks. Bottom line: Dehydration can cause constipation, so be sure to drink enough water may be even more effective at relieving constipation. To treat constipation, doctors often tell people to increase their dietary fiber intake. This is because increasing fiber intake increases the
bulk and consistency of bowel movements, making them easier to pass. It also helps them pass through the digestive system more quickly (14). In fact, one 2016 review found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constipation benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constitution benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constitution benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constitution benefited from supplementing with fiber (15). However, some studies have found that 77% of people with chronic constitution benefited from supplementing with fiber (15). However, some studies have found that 77% of people with the fiber (15). However, some studies have found that 77% of people with the fiber (15). However, some studies hav
problem worse. Others report that dietary fiber improves stool frequency but may not help with other symptoms of constipation, such as stool consistency, pain, bloating, and gas (16, 17). There are many different dietary fibers, but in general, they fall into two categories: insoluble fibers and soluble fibers. Insoluble fibers — present in wheat bran,
vegetables, and whole grains — add bulk to stools and may help them pass more quickly and easily through the digestive system. Soluble fibers — present in oat bran, barley, nuts, seeds, beans, lentils, and peas, as well as some fruits and vegetables — absorb water and form a gel-like paste, which softens the stools and improves its consistency. Non-
fermentable soluble fibers, such as psyllium, are the best choice for treating constipation (18, 19, 20). One 2020 review found psyllium fiber are available online. Studies examining the effects of insoluble fiber as a treatment for constipation have
yielded mixed results. This is partly because insoluble fiber can make the problem worse in some people with a functional bowel problem, such as IBS or chronic idiopathic constipation, as they are fermented by bacteria in the gut and lose their water-holding
capacity (22). To prevent constipation, people should aim to consume a mix of soluble and insoluble fibers. The total recommended fiber intake per day is 25 grams (g) for females and 38 g for males (14). Bottom line: Try eating more high fiber foods. Supplementing the diet with soluble non-fermentable fiber, such as psyllium, can also help. Various
research studies have reported that exercise could help improve the symptoms of constipation. Because of this, some healthcare experts recommend increasing exercise to get the stool moving (23). That said, not all studies agree that exercise treats
constipation. Therefore, more research is needed (27). Other studies have reported that although exercise did not always improve the number of times people went to the bathroom, it did reduce some symptoms and improve digestive symptoms and improve the number of times people went to the bathroom, it did reduce some symptoms and improve digestive symptoms and improve the number of times people went to the bathroom, it did reduce some symptoms and improve digestive symptoms and improve digestive symptoms and improve digestive symptoms and improve digestive symptoms.
quality of life scores. However, vigorous exercise (jogging) could make symptoms worse for some (29). Try doing some gentle exercise — such as going for regular walks, swimming, cycling, or jogging — to see if it helps. Bottom line: Exercise may reduce the symptoms of constipation in some people. Share on PinterestYana Iskayeva/Getty ImagesFor
 some people, consuming coffee can increase the urge to go to the bathroom. This is because coffee stimulates the muscles in the digestive system (29, 30). In fact, one 1998 study found that caffeinated coffee can stimulate the gut in the same way that a meal can. This effect was 60% stronger than drinking water and 23% stronger than drinking
decaffeinated coffee (31). Coffee may also contain small amounts of soluble fibers that help prevent constipation by improving the balance of gut bacteria (32, 33). That said, the bowel-stimulating qualities of caffeine may be stronger in people with IBS. It could also make digestive symptoms worse (30). People with IBS can try removing caffeine from
their diet to see if it helps. Learn more about foods and beverages that can relieve constipation here. Bottom line: Coffee can help relieve constipation by stimulating the muscles in the qut. It may also contain small amounts of soluble fiber. Senna is a popular safe and effective herbal laxative that helps treat constipation (34, 35). It is available over the
counter and online, in both oral and rectal forms. Senna contains plant compounds called glycosides, which stimulate the nerves in the gut and help speed up bowel movements (36). Doctors consider Senna safe for adults for short periods of time, but people should consult a doctor if their symptoms do not go away after a few days. Doctors usually do
not recommend Senna for pregnant women, those who are breastfeeding, or people with certain health conditions, such as inflammatory bowel disease. Bottom line: The herbal laxative Senna is a popular remedy for constipation. It stimulates the nerves in the gut to speed up bowel movements. Probiotics may help prevent chronic constipation.
Probiotics are live, beneficial bacteria that naturally occur in the gut. They include Bifidobacteria and Lactobacillus. People can increase their levels by eating probiotic foods could help improve this balance and prevent
constipation. One study mentioned in a 2019 review found that taking probiotics for 2 weeks can help treat constipation by producing short-chain fatty acids. These may improve gut movements, making it easier to pass stools (38). Alternatively, try a probiotic
supplement. Some studies have found that people started to feel the benefits of these supplements after 4 weeks (39). Try taking probiotic roods include: Bottom line: Probiotics may help treat chronic constipation. Try eating
   robiotic foods or taking a supplement. A person can speak to a doctor or pharmacist about choosing an appropriate laxative. Different types have varying methods of action, but all are effective for constipation (40, 41). A doctor may recommend one of the following types: Bulking agents: These are fiber-based laxatives that increase the water contents
of stool. Stool softeners: These contain oils to soften stools and ease their passage through the gut. Stimulant laxatives: These stimulate the nerves in the digestive system. However, people should not take most of these
laxatives on a regular basis without speaking to a doctor. Bottom line: Laxatives are effective for relieving constipation. Speak to a doctor or pharmacist about the best ones to use. Constipation (42, 43, 44). FODMAP
stands for fermentable oligosaccharides, monosaccharides, monosaccharides,
probably need to pay attention to other aspects of their diet, such as getting enough water and fiber, to experience relief from their symptoms (46, 47). Bottom line: A low FODMAP diet may help relieve IBS-related constipation. However, that alone may not provide sufficient relief. Glucomannan is a type of soluble fiber from the roots of the konjac
plant. Some research suggests that it is effective against constipation (48). As well as improving bowel movements, glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the effect of glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the glucomannan may act as a prebiotic to improve the balance of good bacteria in the gut. One review on the glucomannan may act as a prebiotic to improve the glucomannan may act as a prebiotic to improve the glucomannan may act as a prebiotic to improve the glucomannan may act as a prebiotic to improve the glucomannan may act as a 
consistency or benefit treatment overall (50). However, another controlled study found no significant effects (51). People can get glucomannan may help treat constipation in some people. Sources include supplements and shirataki noodles. Prebiotics are an
indigestible carbohydrate fiber. Prebiotics include oligosaccharide and inulin. Although dietary fibers reduce constipation by improving the consistency and bulk of stool, prebiotics have their effects by improving the consistency and bulk of stool, prebiotics have their effects by improving the consistency and bulk of stool, prebiotics have their effects by improving the consistency and bulk of stool, prebiotics include oligosaccharide and inulin. Although dietary fibers reduce constipation by improving the consistency and bulk of stool, prebiotics include oligosaccharide and inulin. Although dietary fibers reduce constipation by improving the consistency and bulk of stool, prebiotics include oligosaccharide and inulin. Although dietary fibers reduce constipation by improving the consistency and bulk of stool, prebiotics include oligosaccharide and inulin. Although dietary fibers reduce constipation by improving the consistency and bulk of stool, prebiotics have the consistency and bulk of stool and bulk
the balance of the gut bacteria (37, 52). In fact, some prebiotics may help increase the frequency of bowel movements, as well as make stools softer (53). chicory Jerusalem artichokesqarliconions bananasleekschickpeas However, garlic and onions are not included in a low FODMAP diet as these foods can trigger symptoms in people with IBS. Bottom
line: Foods that contain prebiotic fibers can improve digestive health and the balance of beneficial gut bacteria. Prebiotics may help relieve constipation. It is a type of osmotic laxative that people can buy over the counter or online. Taking moderate amounts of magnesium supplements of magnesium supplements.
can help relieve constipation. Doctors use higher dosages to prepare and clean out the bowel before surgery or other medical procedures (54, 55). Bottom line: Taking magnesium citrate, an over-the-counter supplement, can help relieve constipation. Share on PinterestPrunes are a natural laxative. People often tout prunes and prune juice as nature's
remedy for constipation — and for good reason. Prunes may be the most accessible natural solution available. In addition to fiber, prunes contain sorbitol. This is a sugar alcohol that has a laxative effective dosage may be around 50 g,
or seven medium prunes, twice per day (59). However, people with IBS may want to avoid prunes, because sugar alcohols are high FODMAP foods. Bottom line: Prunes can be a very effective remedy for constipation. In people with an intolerance to it, eating dairy can cause
constipation due to its effect on the gut's movements (60). This includes children who are intolerance, they can see their doctor for diagnosis. The doctor may recommend temporarily removing dairy from the diet, while increasing other calcium-rich foods
to see if it improves the symptoms. Bottom line: Dairy or lactose intolerance may cause constipation. Examples include stool softeners,
bulking agents, stimulant laxatives, and consuming more probiotics. A doctor or pharmacist can advise on which type of laxative they recommend. Laxatives and dietary changes can help treat constipation. This can include consuming more fiber, drinking more water, and consuming more probiotics. Constipation typically refers to fewer than three bowel
movements in a week. Severe constipation may refer to fewer or no bowel movements. Constipation may also accompany potentially serious symptoms such as rectal bleeding, an inability to pass gas, vomiting, fever, and back pain. A person who is
constipated may pass fewer than three bowel movements a week, have difficulty passing stool, and pass stool that is hard, lumpy, or dry. Constipation is uncomfortable and has a number of potential underlying causes. However, many home remedies and natural methods can help. If constipation persists, a person can talk to their doctor to identify the
cause and find an effective treatment. That said, many of the natural home remedies in this article can provide significant relief. Read the article in Spanish. Constipation Complementary Medicine Medi
journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. 1. Brenner, D. M., & Shah, M. (2016). Chronic constipation [Abstract]. . Wald, A. (2016). Constipation: Advances in diagnosis and
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management and future perspectives. This post may contain affiliate links. Read my full disclosure here. Constipation is a common problem, especially as we age. These home remedies for constipation can help restore bowel regularity. We include an explanation of how they work, how to use them, and when to avoid them or use caution. Constipation
is a marked by infrequent or hard-to-pass bowel movements, often leading to bloating, discomfort, and fatigue. While over-the-counter laxatives are effective, many people turn to natural remedies for gentler, longer-term support. (See "What's a Healthy Bowel Movement" to help determine your BM status.) Before we get started, I'd like to mention
one of the biggest causes of constipation - ultra processed food. More than half the calories consumed in the United States come from highly processed foods, and that is not good for anyone's gut. Start with your diet if constipation is a chronic issue. Magnesium helps relax the muscles in the intestinal wall and draws water into the colon, making it a
natural osmotic laxative. This supports smooth, regular bowel movements. Magnesium citrate is often used as a supplement for short-term constipation relief because it acts quickly and predictably. Foods like leafy greens, nuts, seeds, and dark chocolate provide this essential mineral naturally. Magnesium also supports nerve function and may help
reduce stress, which indirectly supports digestion. It's my go-to home remedy for constipation. Use coupon code "COMMONSENSE10" to get 10% off of magnesium-rich foods like bananas, greens, and almonds. Use magnesium supplements as needed. When
to avoid or use caution: Overuse can lead to diarrhea, electrolyte imbalances, or cramping. People with kidney disease should avoid supplementation unless monitored. Magnesium may interact with medications, which help
move waste through the colon. It also reduces stress, which can impact gut motility and function. Even gentle movement, like walking or yoga, can encourage bowel movement, like walking or yoga, can encourage bowel movement, like walking or yoga, can encourage bowel movements. Regular physical activity also promotes better posture and abdominal strength, which can impact gut motility and function. Even gentle movements are the colon. It also reduces stress, which can impact gut motility and function activity also promotes better posture and abdominal strength.
Heads-up: Avoid intense workouts if you're sick, injured, or recovering from surgery. Choose gentle movement if you're new to exercise. Hydration is essential for healthy bowel function because water from the stool, leading to hard, dry waste. Drinking
adequate fluids ensures that fiber can do its job efficiently and that the digestive system stays lubricated. Warm fluids, especially in the morning, may gently stimulate bowel contractions. Home remedies: Drink 8-10 glasses daily. Start your day with warm water and lemon. When to avoid or use caution: Individuals with kidney disease, heart failure,
or on fluid restrictions should consult a doctor before significantly increasing fluid intake. For extra impact, opt for warm lemon water. The citric acid in lemon juice may stimulate gastric acid production and improve bile secretion, both of which aid digestion. Warm water helps rehydrate the digestive system and may trigger the gastrocolic reflex—a
natural urge to have a bowel movement after eating or drinking. This combination is especially useful in the morning when the digestive system is just waking up. It's a gentle, accessible remedy that supports daily regularity. Lots of people start their day drinking coffee to help them poop, but lemon water has other benefits, too. I drink lemon water
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most mornings, either warm or at room temperature, depending on the season. It also helps to clear congestion and anything left over from detox during sleep. Home remedies: Drink a glass of warm lemon water in the morning on an empty stomach. When to avoid or use caution: Acidic lemon juice may irritate tooth enamel or trigger acid reflux in sensitive individuals. Rinse your mouth afterward or drink through a straw to protect your teeth. Herbal teas are another great option for soothing warm liquids. Certain herbal teas have natural laxative or digestive stimulant properties. Senna tea contains anthraquinones, compounds that irritate the lining of the bowel and trigger peristalsis. Other

teas, like peppermint and ginger, help relax intestinal muscles and reduce bloating, supporting more comfortable digestion. A warm cup of tea also increases fluid intake, which is essential for soft stools. Home remedies: Drink a cup of herbal tea such as peppermint, ginger, or Senna (short term), . When to avoid or use caution: Senna is a stimulant laxative and should only be used short-term to prevent dependence or electrolyte imbalance. Some herbs may interact with medications or be unsafe during pregnancy or breastfeeding. Licorice root tea can raise blood pressure in sensitive individuals Our bodies are designed to eliminate more easily in a squatting position. When you sit on a regular toilet, your rectum stays slightly kinked, which can make it harder to pass stool. Squatting straightens the rectum and relaxes the puborectalis muscle, allowing for a smoother and more complete bowel movement. We'll email this post to you, so you can come back to it later! It's one of the simplest ways to relieve constipation—no supplements or teas required. We have a Squatty Potty in every bathroom. Home Remedies: Prop your feet up on a small stool (like a Squatty Potty) while sitting on the toilet to mimic a squat. Practice squatting daily when not on the toilet to mimic a squat. setup is stable. Don't strain—this is about position, not pressure. Straining may contribute to hemorrhoids, and you don't want that. Probiotics are beneficial bacteria that support a balanced gut microbiome—essential for proper digestion and regular elimination. These bacteria help ferment undigested fibers, producing short-chain fatty acids (SCFAs) that stimulate colonic motility. Fermented foods like yogurt and kimchi naturally contain probiotics and enzymes that aid digestion. A healthy gut flora also reduces inflammation, which can improve symptoms of chronic constipation. Home remedies: Eat yogurt, kefir, sauerkraut, or kimchi, or take a probiotic supplement. When to avoid or use caution: People who are immunocompromised should avoid probiotic supplements unless approved by a doctor. Some fermented foods may cause gas or bloating. Choose plain, unsweetened options to avoid added sugars. Prunes are a time-tested natural type of laxative due to their high fiber and sorbitol content. Sorbitol is a sugar alcohol that draws water into the intestines through osmosis. This act as a natural stool softener and stimulates peristalsis (intestinal movement). Additionally, prunes contain phenolic compounds that may further stimulate the digestive tract. The combined effect helps relieve mild to moderate constipation without harsh chemicals. Home remedies: Eat 4-6 prunes or drink a small glass of prune juice daily. When to avoid or use caution: Sorbitol may cause gas, bloating, or diarrhea in those with sensitive guts or IBS. Diabetics should monitor intake due to the fruit's natural sugar content. Dietary fiber can increase stool bulk, soften stool, and stimulate bowel movement through the intestines. There are two types of fiber. Insoluble fiber, found in foods like whole grains and vegetables, adds physical bulk to stool and helps it pass more easily. Fiber also feeds your gut bacteria, which play a big role in keeping things regular—but here's the twist: it can feed both the good and bad bacteria, depending on your gut health. If your gut microbiome is out of balance—say, after antibiotics or a long stretch of stress—certain fibers might feed overgrown or harmful microbes, causing gas, bloating, or discomfort. This is why I don't recommend fiber at the first home remedy for constipation. This doesn't mean fiber is bad, but rather that it's important to go slow and listen to your microbiome is better balanced, fiber becomes your digestive ally again. Home remedies: Eat more high fiber foods like beans, oats, prunes, whole grains, flaxseeds, and vegetables. When to avoid or use caution: Increasing fiber too quickly can cause bloating, gas, and cramping. Not drinking enough water with added fiber or use low-FODMAP options. Olive oil acts as a lubricant in the digestive system, helping to soften stool and ease its passage through the colon. It may also stimulate bile production, which can assist with digestion and promote regularity. Castor oil has a stronger effect, stimulating the intestinal muscles directly to increase motility. It works quickly but should be used only for short-term relief due to its potency. Home remedies: Take 1 tablespoon of extra virgin olive oil on an empty stomach. Use castor oil sparingly (½-1 tsp) when needed. When to avoid or use castor oil internally during pregnancy, as it can trigger uterine contractions. Avoid long-term use to prevent dependency. Sometimes home remedies for constipation are not enough. If constipation: Lasts more than a week Comes with pain, blood, or sudden weight loss Happens often enough to interfere with your life Occurs along with nausea, vomiting, or fever Don't try to tough it out. Get checked out to rule out any underlying health conditions. Constipation is a nudge from your body that something's out of balance—but it doesn't have to become a long-term problem. With a few daily habits like staying hydrated, eating fermented foods, and keeping your body moving, most people can find relief without medication. Just remember that every remedy isn't for every person. Listen to your body, go slow, and when in doubt, talk to a trusted healthcare provider. This article is written by Laurie Neverman. Laurie is a lifelong learner with a passion for natural remedies and holistic healing. She's successfully improved her eyesight and cleared her psoriasis.