

I'm not a bot



























[illegible]

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 help align your posture and GI tract. When to avoid or use caution: If you have balance issues or mobility concerns, make sure your 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 speeds up its passage. Soluble fiber, found in oats, flaxseed, and legumes, absorbs water and forms a gel-like substance. This softens 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 body. In some cases, you need to support your gut with probiotics or fermented foods first. Once 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 can worsen constipation. People with IBS may need to avoid insoluble 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 caution: Castor oil is potent and may cause cramping or diarrhea. Do not 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.