

Ayurveda - Health notes

Constipation

Question: I have problems with my stomach. The movement of the bowels is weak and incomplete, and the colon is irritable. I only eat warm, fresh vegetarian meals and no cold beverages. I have tried Liver Care^a, but I'm still constipated.

Answer: In general, for more regularity, the Herbal Cleanse formula helps. Also try the following tips:

- * Eat a stewed apple for breakfast.
- * Replenish the digestive flora with fresh buttermilk (yogurt and water mixture) and have it at lunch.
- * Add bulk and water soluble fiber to your diet, such as psyllium husk, oatmeal, fruits and Courgette.
- * Cook your foods with equal amounts of turmeric, cumin and coriander.
- * Take a walk about a half hour after lunch.
- * Increase the digestive fire by chewing about 1/4 teaspoon of fennel seeds 3-4 times daily between meals. Mix raw and baked seed together - 50% of each.

Constipation is a Vata imbalance. So, before bed, apply Rejuvenation Massage Oil to your hands and feet.