

**LIBRACIN NATURAL MEDICINE IND. LTD**

A photograph of a person's midsection, showing their hands pressed against their stomach, suggesting abdominal pain or discomfort. The person is wearing a grey t-shirt and dark blue jeans.

# **CONSTIPATION**

**- CAUSES & NATURAL REMEDY -**

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## MEANING

Chronic constipation is infrequent bowel movements or difficult passage of stools that persists for several weeks or longer. Constipation is generally described as having fewer than three bowel movements a week.

Though occasional constipation is very common, some people experience chronic constipation that can interfere with their ability to go about their daily tasks.

Chronic constipation may also cause excessive straining to have a bowel movement and other signs and symptoms. Treatment for chronic constipation depends in part on the underlying cause. However, in some cases, a cause is never found.

## CAUSES

Chlamydia may be transmitted by:

1. Having unprotected vaginal sex with an infected person
2. Having unprotected anal sex with an infected person
3. Having unprotected oral sex with an infected person
4. Having genital contact with an infected person

As chlamydial infection presents no symptoms in at least 70 percent of carriers, an infected person may pass it on to their sexual partner without knowing.

**Childbirth:** An infected mother can pass the infection on to her baby during childbirth. Sometimes, the infection may lead to complications for the infant, such as pneumonia.

Chlamydia cannot be transmitted through:

- Contact with a toilet seat that has been used by an infected person
- Sharing a sauna with infected people
- Sharing a swimming pool with infected people

- Touching a surface that an infected person had previously touched or coughed/sneezed on.
- Standing close to an infected person, inhaling the air after they have coughed or sneezed
- Sharing an office with an infected colleague.

The bacterium, *Chlamydomphila pneumoniae*, which causes respiratory infections, including pneumonia, is different from *C. trachomatis*, the sexually transmitted infection.

*Chlamydomphila pneumoniae* is an airborne bacterium and is not a sexually transmitted infection. This article focuses entirely on *C. trachomatis*.

## SYMPTOMS

Signs and symptoms of chronic constipation include:

- Passing fewer than three stools a week
- Having lumpy or hard stools
- Straining to have bowel movements
- Feeling as though there's a blockage in your rectum that prevents bowel movements
- Feeling as though you can't completely empty the stool from your rectum
- Needing help to empty your rectum, such as using your hands to press on your abdomen and using a finger to remove stool from your rectum

Constipation may be considered chronic if you've experienced two or more of these symptoms for the last three months. Constipation most commonly occurs when waste or stool moves too slowly through the digestive tract or cannot be eliminated effectively from the rectum, which may cause the stool to become hard and dry. Chronic constipation has many possible causes.

## **BLOCKAGES IN THE COLON OR RECTUM**

Blockages in the colon or rectum may slow or stop stool movement.

Causes include:

- Anal fissure
- Bowel obstruction
- Colon cancer
- Narrowing of the colon (bowel stricture)
- Other abdominal cancer that presses on the colon
- Rectal cancer
- Rectum bulge through the back wall of the vagina (rectocele)

## **PROBLEMS WITH THE NERVES AROUND THE COLON AND RECTUM**

Neurological problems can affect the nerves that cause muscles in the colon and rectum to contract and move stool through the intestines.

Causes include:

- Autonomic neuropathy
- Multiple sclerosis
- Parkinson's disease
- Spinal cord injury
- Stroke

## **DIFFICULTY WITH THE MUSCLES INVOLVED IN ELIMINATION**

Problems with the pelvic muscles involved in having a bowel movement may cause chronic constipation. These problems may include:

- Inability to relax the pelvic muscles to allow for a bowel movement (anismus)
- Pelvic muscles don't coordinate relaxation and contraction correctly (dyssynergia)
- Weakened pelvic muscles

## CONDITIONS THAT AFFECT HORMONES IN THE BODY

Hormones help balance fluids in your body. Diseases and conditions that upset the balance of hormones may lead to constipation, including:

- Diabetes
- Overactive parathyroid gland (hyperparathyroidism)
- Pregnancy
- Underactive thyroid (hypothyroidism)

## RISK FACTORS

Factors that may increase your risk of chronic constipation include:

- Being an older adult
- Being a woman
- Being dehydrated
- Eating a diet that's low in fibre
- Getting little or no physical activity
- Taking certain medications, including sedatives, narcotics, some antidepressants
- or medications to lower blood pressure
- Having a mental health condition such as depression or an eating disorder

## COMPLICATIONS OF CHRONIC CONSTIPATION

- **Swollen veins in your anus (haemorrhoids):** Straining to have a bowel movement may cause swelling in the veins in and around your anus.
- **Torn skin in your anus (anal fissure):** A large or hard stool can cause tiny tears in the anus.
- **Stool that can't be expelled (faecal impaction):** Chronic constipation may cause an accumulation of hardened stool that gets stuck in your intestines.
- **Intestine that protrudes from the anus (rectal prolapse).** Straining to have a bowel movement can cause a small amount of the rectum to stretch and protrude from the anus.

## HERBAL REMEDY

Libracin detoxification herbal alternative is the answer:

- a) **Bitters of Green:** <http://libracin.com/product/bitters-of-green-complex/>
- b) **Aloe Vera:** <http://libracin.com/product/aloe-vera-plus-bitters-aloes/>
- c) **Bounty:** <http://libracin.com/product/bounty-herbal-tea/>
- d) **Multi-Herbal:** <http://libracin.com/product/multi-herbal-tea/?>
- e) **Stage-A:** <http://libracin.com/product/Stage-a/>
- f) **Libracin Herbal Tablet:** <http://libracin.com/product/libracin-herbal-tablet-sp/>
- g) **D. Nutrishield:** <http://libracin.com/product/nutri-shield/>



## CONTACT US



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### ABUJA FCT:

#### KUBWA:

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#### ZUBA:

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#### DUTSEN:

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#### BWARI:

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#### MPAPE:

Ansar Plaza,  
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