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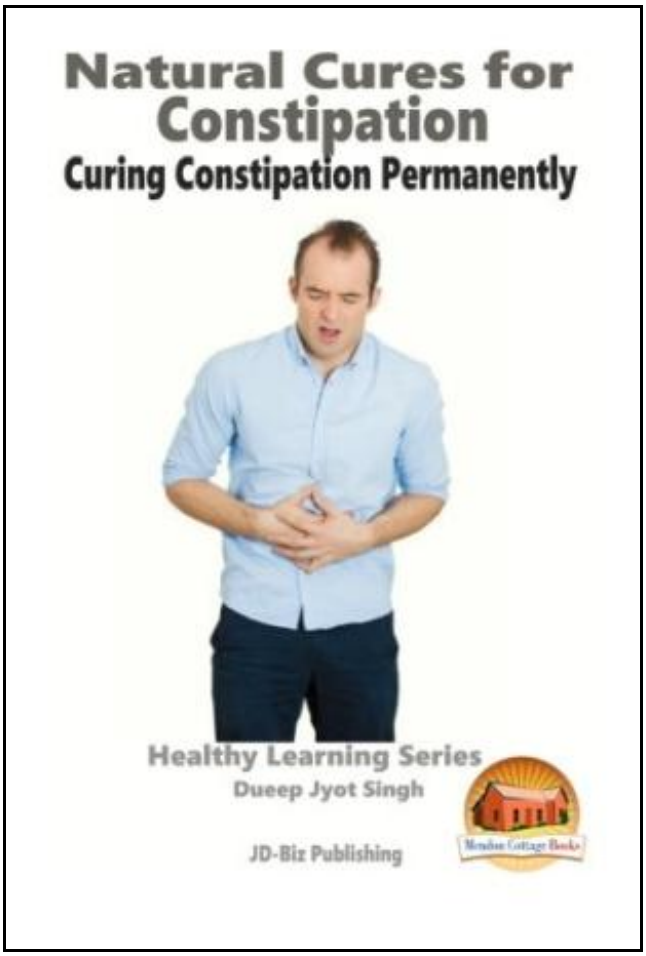

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Reviews

Absolutely essential study book. It normally fails to price excessive. I realized this ebook from my dad and i encouraged this publication to find out.
(Mariela Stroman)

NATURAL CURES FOR CONSTIPATION - CURING CONSTIPATION PERMANENTLY (PAPERBACK)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction How Does Constipation Happen Symptoms of Constipation Reasons for Chronic Constipation Increasing your liquid intake Water Therapy Irregular Bowel Movement Habits Sedentary Lifestyles Factors Encouraging Constipation Curing Constipation Naturally Diet Ripe Guavas Carrots and Citrus Fruits Gooseberries Apples Conclusion Author Bio Publisher Introduction Constipation is one of the ailments besetting mankind down the ages. Believe it or not, there were ancient Eastern medical treatises written in olden days, which had about 236 natural remedies to cure constipation. So for a person who is lucky enough not to know what constipation is, it is not being able to empty the elementary canal naturally and regularly. This is a condition usually accompanied with hard fecal nodules. Constipation is one of the elements, which is often a part of human discussion, especially in social gatherings. When people begin to talk about their health, the conversation is going to go around to anybody asking the audience if they know any cure for constipation. Well brought up people may think this rather vulgar, but that is how matters stand. Nevertheless, as every human being has faced this problem sometime or the other in his life, it is an integral part of the social and natural identity of mankind.

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