

## Advertising Promotion

# Inner health with the Ultimate Health Clinic

CONSTIPATION is a very common symptom, affecting virtually everyone at some point in their lives. Occasional constipation may result from many factors such as dietary changes or inactivity and will generally respond to simple lifestyle measures.

However, constipation that is chronic or recurrent may require a more concerted

effort to diagnose and then treat with colonic irrigation.

When you think about it, constipation is essentially food waste, that could be days old, sitting around in your body for longer than it should.

Waste that sits in the bowel for longer than is normal can cause your bowel wall to stretch and the muscles to function

less efficiently. If it happens over a prolonged period it can become more difficult for waste to move through the bowel, which can make you become constipated again and so the vicious circle continues.

There is no hard and fast definition of constipation but the two key symptoms are not opening your bowels regularly enough, and having to strain when you do. Try this simple questionnaire: Over the last three months

\* Have you had to

strain at least a quarter of the time that you have been to the loo?

\* Have your stools been hard or lumpy at least a quarter of the time?

\* Have you been left with a feeling that your bowel is not completely empty at least a quarter of the times that you have been to the loo?

\* Have you averaged two or fewer bowel movements a week?

If you answered yes to two or more of the above this suggests that you have a problem with constipation. Why not contact the Ultimate Health Clinic, specialist in

alternative medicine, located at 5 Shannonville on the Ennis Road for help?



**A good daily diet with plenty of bran and other fibres can help combat constipation.**