

Constipation

Constipation is something most people will experience at some time in their life, even if just once. It is pretty common, it affects some people chronically and others may experience it only once or twice in their lifetime. Causes vary but can include: dehydration, inadequate fiber, a disruption in routine, insufficient exercise, pregnancy, overindulgence or foods (especially rich foods), neurological challenges (like Parkinson's or MS), antacids (especially those containing calcium or aluminum), medications (especially pain killers and antidepressants), nutritional supplements (especially those with iron), colon cancer, IBS, depression, hypothyroidism, and a variety of other things. Whew, with all those different causes it's no wonder most everyone experiences constipation at some time or another in their life!

A word of caution, a "simple" fix can be the use of stool softeners or an enema. These are not a fix if used often. The body will use these things as a crutch and actually stop trying to fix the problem, instead relying on the stool softeners and/or enemas and the problem will actually become worse. The best solution is one that allows the colon to void naturally. However, in stubborn cases a stool softener or enema may need to be used, just be aware of their tendency to become addictive to the body or you will have compounded the problem.

Peristalsis is a key part of the digestive system. This is a fancy term for a series of muscular contractions that keeps food moving through the digestive tract (it is also used in the kidneys and gallbladder to move things along). There are several oils that stimulate peristalsis and will aid in moving things along through the digestive system, through the colon, and on to elimination. These oils include: Fennel, Dill, Coriander, Cypress, and the Be Young Di-gest blend.

Coriander, Dill, and Fennel are a marvelous trio of essential oils that can be used to stimulate the entire digestive process—they benefit the pancreas, assist in blood sugar control, stimulate the gallbladder, aid the liver, help with digestion, reduce gas, and stimulate peristalsis. These oils are a must have for anyone who deals with digestive issues on a regular basis. You can take 2-3 drops of any (or all) of these oils internally with your meal (assuming you are using a 100% pure, EOBBB guaranteed essential oil), rub 2-3 drops of one of these oils (or layer them on, that means put one on, then the next one, and then the last one) on the tummy (always rub clockwise, pretend you're a statue with a clock in the tummy) to aid in digestion and prevent or help overcome constipation. You can also use one (or layer) of these oils down the shin bone of both legs. You will feel tender spots, work those a little more. Work these gently; your goal is not to create bruises, just to work these reflexology points.

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2011 (208-852-2295, www.TracesEtc.com)**

The Be Young essential oil blend called Di-gest is for anything digestive, rub on the tummy or take in a capsule. You can also add a drop or two to a glass of water and drink it while you eat your meal.

Cypress essential oil helps all things circulate, including the digestive system. Use in any of the ways described above. Basil essential oil is also a great one for digestive issues, especially those in which rich foods or foods that may have caused some stomach upset or food poisoning are involved. (Note: food poisoning can be a very serious challenge, please seek qualified medical assistance in cases of severe food poisoning.)

Oftentimes constipation is caused by simple dehydration or lack of fiber in the diet. A traditional folk remedy is to drink some prune juice. This works for many people. I have also found that many people find faster results when following the prune juice with a glass of distilled water. Adding a drop of Orange or Peppermint essential oil to your water can help your body utilize the water and assist in preventing or dealing with constipation. Soaking in a tub of hot water with Be Young Healing or Balancing bath salt blends can also speed you through this challenge.

If you experience problems with constipation often, be sure you are doing your Liver Cleanse as this will often clear up a digestive issue. The liver is a vital part of our digestive system and it is often overlooked. You can learn more about the Liver Cleanse by reading our health article found in the library at www.TracesEtc.com, but put simply upon rising each morning drink one teaspoon to one tablespoon of fresh lemon juice with one drop of Peppermint and one drop of Lemon essential oil in it (make sure the essential oils are 100% pure, EOBBBD guaranteed or you will be creating more problems than you are solving. All of the Be Young essential oils are 100% pure, EOBBBD guaranteed.)

To order, for class information, or if you have questions contact:

Debby or Penny Swann

208-852-2295

www.TracesEtc.com

Disclaimer: The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBBD guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2011 (208-852-2295, www.TracesEtc.com)**