

Treatment for Chronic Constipation

High quality multivitamin

Fiber cocktails: Add one heaping tsp. of bran (use oat, soy, or rice bran) to an 8 oz. glass of water or diluted fruit juice. Stir briskly and drink quickly, and follow with a second glass of water. Or take two fiber tablets and drink two large glasses of water. You can be allergic to fiber. If you get more constipated, develop cancer sores, or dark circles under your eyes then stop the fiber and call the office.

Magnesium: 250-800 mg a day in divided dosages. If you get loose stools cut back your dose by 200 mg.

Flaxseed oil: 1 Tbsp. twice a day. (If you have nausea, burping, or bloating, take the oil with digestive enzymes containing the bile salts for several weeks.)

Digestive enzymes. If you do not want to purchase these separately then sip water mixed with 1 tsp. apple-cider vinegar and 1 tsp. honey—or with the juice of a fresh lemon—throughout your meal. If you think that you need some bile stimulation, use supplements with black Russian radish powder, beet powder, urva ursi, yellow dock, or milk thistle. These can all be found at your compounding pharmacy.

Folic acid: 400 mg a day

Aloe vera juice: 1/3 cup mixed with water or juice before bed and on rising

Thiamine (B1): 100-300 mg once a day

Probiotics: 2-3 capsules twice a day

Inositol: 100-300 mg a day. It is also contained in unrefined whole grains, citrus fruits, and brewer's yeast. Inositol is a B vitamin.

Pantothenic acid: 500 mg to 3 grams a day.

Adapted from D.L. Berkson "Healing Digestion"