

## Ways to Achieve Constipation Relief Naturally

Only those who suffer from constipation fully understand the term constipation relief. Why, it is all about getting free from that crappy, uncomfortable feeling you don't seem to understand where it's coming from. Worry and fret no more. Just try the following for constipation relief and you will achieve that feeling of freedom from discomfort and pain.

### Constipation Relief Seldom Tried But Always Effective Methods

**Fruits:** Fruits contain fiber. Aside from this, they are usually juicy and so give your body a lot of fluids. For constipation relief, take more amounts than the usual serving. They are great for desserts or snacks so you have a lot of opportunities to have them. They are also laden with natural vitamins and minerals for overall health. And last but not least, they don't have side effects and are not fattening.

**Oils:** Supplement your diet with different kinds of oils that have been proven effective against constipation like coconut oil, sesame seed oil or flax seed oil. You can buy these from your grocery store or you can prepare them yourself. There are a lot of materials you can consult on the proper extraction of the oils. You can use these oils to cook, bake or as salad dressing. They are safe and natural, so nothing to worry about. So, if your bowels need some more movement and activity, oil them with these oils.

**Massage:** You can self-massage your abdominal area daily for constipation relief. You can do this either lying down or standing up. Use oil to lubricate the movement of your palms on the abdomen. To do this, just slide your palms on your abdomen, starting on the right side where your appendix is. Then, move in circular motion upward toward your ribcage.

When you have reached your ribcage, move towards the left part of the abdomen and go downward again toward your groin. While massaging, be alert for some pain. If you feel any pain, see if it is intense or tolerable. If it is tolerable, you just continue massaging gently and observe if it goes away after a few days. If it is something intense, discontinue the massage and visit your doctor.

If your baby or child suffers from occasional constipation, this is also an effective way to relieve his discomfort but do it as gently as possible. The added benefit of touch therapy also strengthens the bond between the two of you. Massage your abdomen on a daily basis, applying more pressure as you progress each day.

**Exercise:** This increases the muscular contractions in the intestines, facilitating the passage of stool. Exercise also relieves stress, which is one cause of constipation. Walking is the simplest way to exercise for constipation. Generally, increase your physical activity and limit your time sitting down.

These simple steps to achieve constipation relief can help a lot in improving one's condition, not to mention his mood. Of course, don't forget to maintain a healthy diet with lots of fiber and fluids to avoid constipation altogether.

## About the Author

If you are looking for instant [constipation relief on demand](#) look no further. [Your wait is over](#) because the Poop Doc has come to the rescue.

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