

# Constipation

## Harmony & Health

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Quality Products for Health

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**The main cause of constipation in adults is dehydration.** Other possible causes are lack of fiber, lack of exercise, intestinal inflammation, yeast infections, a sluggish liver or gallbladder, poor digestion and parasites.

### Some Products to consider:

- **Gentle Move** provides a mild laxative action to encourage normal bowel elimination. It also tones and hydrates the colon, using triphala (a blend of 3 fruits) that is safe and effective.
- **Cascara Sagrada** acts as a mild stimulant laxative for relieving temporary constipation.
- **LB Extract, LB-X, LBS-II** are medium strength stimulant laxatives.
- **Senna Combination** is the strongest stimulant laxative.
- **UltraBiome DTX** is a fiber blend that helps to detox heavy metals and helps the body to heal leaky gut while balancing beneficial bacteria. Supports a balanced glucose response.
- **Nature's Three** is a bulk laxative better for long-term constipation. (Use with 6-8 glasses of water per day as drinking an insufficient amount of water can actually cause constipation.)
- **Magnesium** acts as a gentle laxative-type supplement as it helps the colon muscle to relax.
- **Everybody's Fiber** is a soft fiber blend for inflammatory issues such as Chron's disease, Celiac's disease, colitis, spastic colon and leaky gut syndrome. It nourishes the good bacteria in the colon, reduces inflammation and acts as a very gentle laxative.
- **Psyllium Hulls Combination** is a bulk laxative formula. (Drink immediately upon mixing and follow with another glass of water. Not drinking enough water can further constipation.)
- **Probiotics**, especially **Probiotic Eleven**, can act as a mild laxative when constipated.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Help Your Body Stay Healthy with Natural Remedies.*