

WHAT IS CONSTIPATION?



A condition in which there is difficulty in emptying the bowels, usually associated with hardened faeces.

SOME CAUSES OF CONSTIPATION INCLUDE:

- Changes to what you eat or your activities.
- Not enough water or fiber in your diet.
- Eating a lot of dairy products.
- Not being active.
- Resisting the urge to poop.
- Stress.
- Overuse of laxatives.
- Some medications (especially strong pain drugs such as narcotics, antidepressants, and iron pills)

SYMPTOMS OF CONSTIPATION

- Passing fewer than three stools a week.
- Having lumpy or hard stools.
- Straining to have bowel movements.
- Feeling as though there's a blockage in your rectum that prevents bowel movements.
- Feeling as though you can't completely empty the stool from your rectum.

NEUROTHERAPY TREATMENT

Treatment	(10) Medulla
	Left side treatment formula
	(10) On the spine (L1 to L5)
	(10) Beside the spine (L1 to L5)
	(10) Round arrow (L1 to L5)