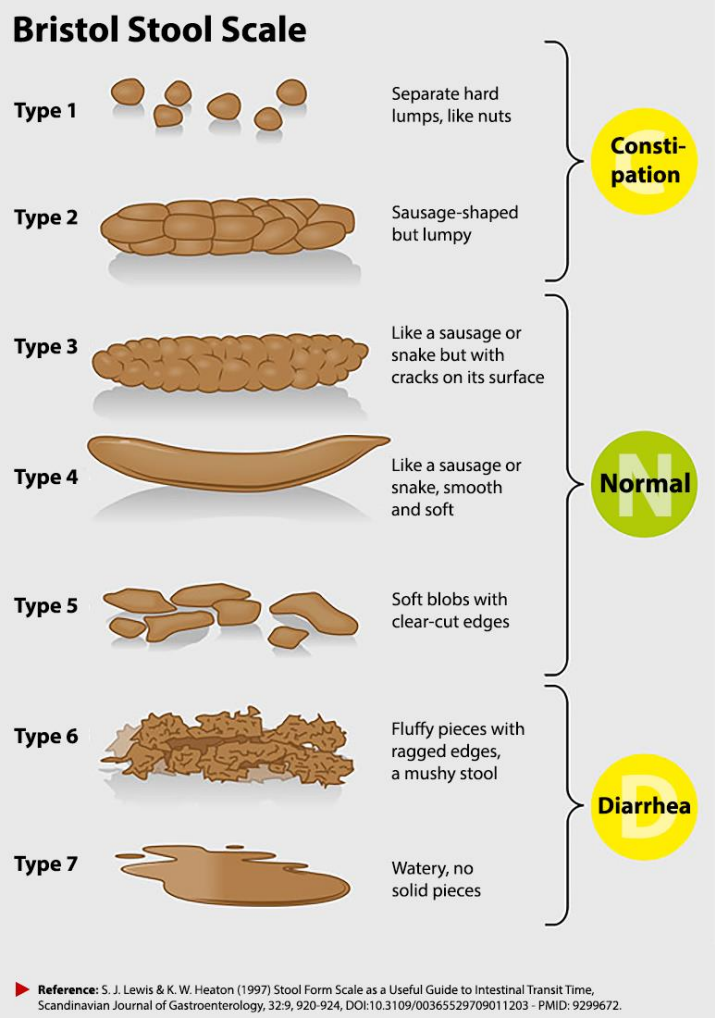
Are you eliminating well?



Foods that help ease constipation:

- Drink plenty of filtered or distilled water with some clean electrolytes.
- Vegetables, such as green peas, broccoli, spinach, brussel sprouts, sweet potato, winter squash, beats and pumpkins.
- Unsalted nuts and seeds, such as almonds, peanuts, pecans, walnuts, as well as pumpkin, sunflower, flax and chia seeds.
- In contrast, a low fiber diet may contribute to constipation. Foods low in dietary fiber include refined grains such as white bread, white rice, spaghetti and other pastas, cereals and baked goods made from white flour.