

Mayo Clinic Minute

5 tips for constipation without medication

Video	Audio
Laura Meihofer Physical Therapy Mayo Clinic	"Roughly 42 million people suffer from constipation."
Vivien Williams	Physical therapist Laura Meihofer has 5 tips to help get things moving.
Laura Meihofer	"The first is, I like to look at how much water is someone getting."
Vivien Williams	Drink half of your body weight in fluid ounces. So if you weighed 150 pounds, drink 75 ounces a day. Any liquid will do, but water's best.
Vivien Williams	2. Fiber. Women should get between 21 to 25 grams of insoluble fiber a day. Men from 30 to 38 grams. Grab fruits, veggies, whole grains and nuts. 3. Exercise.
Laura Meihofer	"The more we sit, the more our gut doesn't move and doesn't process our food."
Vivien Williams	4. Reduce stress
Laura Meihofer	"Everyday stresses blocks our brain's ability to communicate with our gut to say, 'Hey, its OK. It's time to rest, repose, relax, digest that food.'"
Vivien Williams	And 5. If you've got to go, go. Don't put it off. For the Mayo Clinic News Network, I'm Vivien Williams.