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Having Constipation

Most people have had a case of constipation before in their lives, and know the discomfort that it can cause. Any irregularity is not much fun and should be dealt with by seeing a doctor if it occurs often. It can be a temporary bowel disorder or it can be a symptom of something far more serious that could even require surgery.

Basically, constipation is defined as a condition where it is difficult for the body to expel fecal matter. If feces are hard, then it is very likely that the colon has absorbed too much water from the waste matter, drying the material out and causing the condition. This tends to happen when the feces move through the body too slowly, thus giving the colon extra time to extract the water content. It can happen once in a while, due to a person's diet and health, or it could be a case of chronic constipation.

There are a number of different symptoms that can indicate a case of constipation. The most obvious is when feces are much harder and dryer than normal, as the water has been extracted from them. This usually makes it harder to expel fecal matter and so straining often occurs during bowel movements. How often one defecates is another matter of importance. Instead of once a day, you could be only going a couple of times a week. This can also cause bloating and abdominal pain as the body struggles to expel waste.

So if you have symptoms, then what can you do? If it is not a serious case, you can look at making changes to your diet as a first and possibly only step. The main change should be an increase of water in your diet. Drinking more water and eating things like fruits and vegetables, which are natural sources of water, will often provide people with constipation relief. If it is a more serious case, then treatment can range from laxatives or stool softeners, all the way to surgery.

Constipation can be the start of something more serious, such as a bowel disorder that requires medication and surgery. However, in most cases, being constipated only means that you should drink more liquids, increase your intake of lactose, and avoid certain foods. A healthier diet can have a huge impact on how your gastrointestinal system functions. If that doesn't work, then you should see your doctor to make sure that you don't have something more serious.

Jeremy Larson is a foremost expert in how to [acid reflux medication](#). He has had extensive experience and conducted countless experiments in finding natural remedy to this ailment. He is also a highly acclaimed writer in the medical field.

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