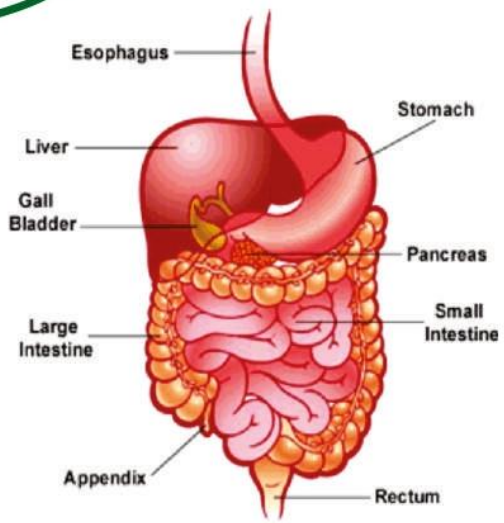
SATEJ
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Think Globally, Act Locally

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Constipation

The normal frequency of bowel movements varies widely from three a day to three a week. In general, though, you're probably constipated if you pass hard stools less than three times a week. In some cases you may also have a bloated feeling or abdominal cramping or pain



Digestive System

Signs and Symptoms

Not having a bowel movement every day doesn't necessarily mean you're constipated. You're nicely constipated, however, if you:

- Pass a hard stool fewer than three times a week
- Strain frequently during bowel movements
- Have abdominal bloating or discomfort

Causes:

Normally, the waste products of digestion are propelled through your intestines by muscle contractions. In the large intestine, most of the water and salt in this mixture are reabsorbed because they're essential for many of your body's functions. If too much water is absorbed, or if the waste moves too slowly, you may become constipated.

A number of factors can cause an intestinal slowdown, including inadequate fluid intake, a low-fiber diet, inattention to bowel habits, age, lack of physical activity, depression pregnancy, illness ,less water intake even stress.

Many medications, especially those used to treat Parkinson's disease, high blood pressure, some heart disorders and depression also can cause constipation. The same is true of most narcotics, & frequent use of laxatives often aggravates and may even cause constipation.

In rare cases constipation may signal more serious medical conditions such as colorectal cancer, hormonal or electrolyte disturbances, heart disease, gout and kidney failure.

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Benefit of SGS Therapy:

- Retrieves the Para static movement of large intestine as usual
- Positively Maintain the mucus secretion
- Regulates an ideal stool formation

Suggested Products:

Minerjal : Take 10 drops 3 times in 100 ml of Drinking water
Minerjal Lyte : Add 25 drops in 1 litre Drinking water and finishes it in a day



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