

CONSTIPATION?

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Dealing with continuing constipation or irritable bowel syndrome (IBS)? Magnesium Citrate along with Vitamin B6, a natural source of treatment, may be your answer. I had continuing constipation and finally came to the conclusion that this combination worked best for me. I started with 250mg of Magnesium and 50mg Vitamin B6 after the evening meal. That didn't appear to help, so I increased by adding another 125mg Magnesium and another 50mg Vitamin B6 mid-day. That 375mg Magnesium and 100mg Vitamin B6 separated like that, plus remembering to drink lots of water throughout the day, plus gulping down 5 or 6 gulps of Prune Juice from the bottle in the morning and in the evening finally did the trick. What occurs for those of us experiencing continuing constipation is the lack of the foregoing that usually means we are likely experiencing inadequate peristalsis, which is that automatic pushing you feel, those automatic contractions that happen during a bowel movement. Peristalsis moves food through the large intestine, so if you are deficient in calcium and/or magnesium, this function may slow or stop, causing constipation

<http://www.revolutionhealth.com/drugs-treatments/rating/magnesium-for-irritable-bowel-syndrome-constipation-ibs-c>

<http://www.easy-immune-health.com/is-constipation-a-side-effect-of-vitamin-d.html>

<http://www.alternative-medicine-digest.com/health-benefits-of-magnesium.html>