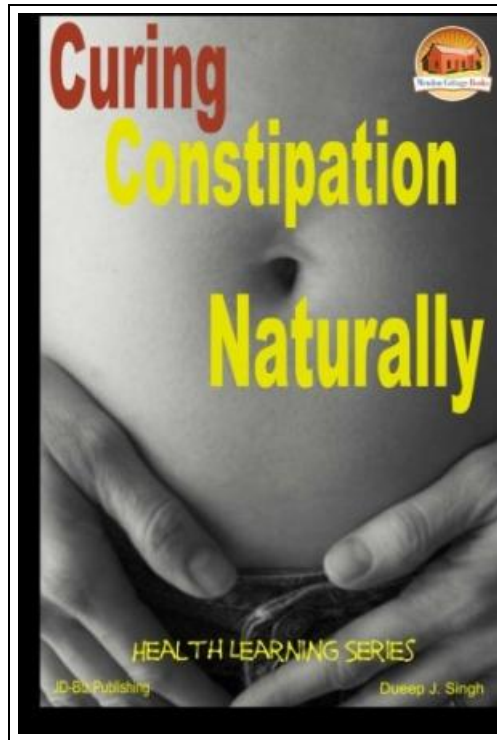


Curing Constipation Naturally



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Reviews

Very good e book and helpful one. it was writtern quite properly and helpful. I am quickly could possibly get a enjoyment of looking at a composed book.

(Connor Lowe IV)

CURING CONSTIPATION NATURALLY



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Curing Constipation Naturally Table of Contents Introduction What Is Constipation? Symptoms of Constipation Rules to Prevent Constipation Eating Skins Harmful Effects of Constipation Easy Tips for Controlling Constipation Diet Beans Sweet Almond Oil Honey Traditional Rose Jam-Gulkand Carrots Raw Onions and Garlic Ginger Pomegranates Pomegranate Digestive Chutney Using Copper Utensils Flatulence Heartburn Piles Bloating Healthy Sprouts Mix Conclusion Author Bio Publisher Introduction Did you know that more than 7.4 million people in the United States alone suffer from some form of constipation? Multiply that about 10 times or more and you are going to get the global statistics for this tiresome digestive problem. This means about 12 of the world population suffers from chronic or mild dyschezia - which is the medical term for costiveness or constipation. USD260 million are spent every year by people looking for over the counter remedies, and around USD7 billion is being spent on healthcare for just this one particular digestive problem, in the United States alone.



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