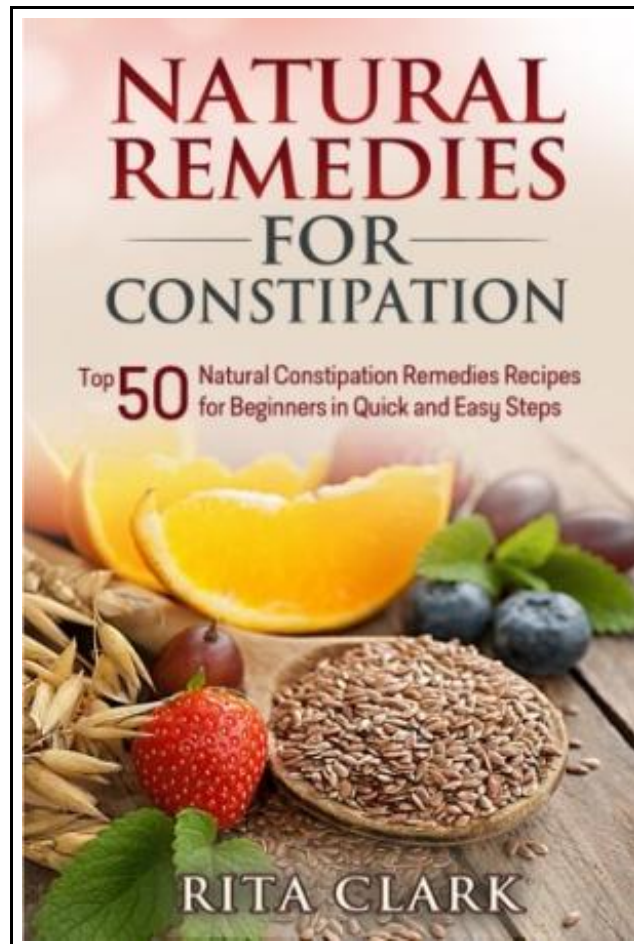


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Download **Top 50 Natural Remedies for Constipation** Constipation is a common phenomenon that most of face due a variety of reasons. Often we rush to nearest medical store and pick quick relief medications Off The Shelf . Though these commercial medications provide instant relief, they also bring with them a host of side effects which stay for a long time to come. This book aims to provide a comprehensive guide of recipes of natural remedies that can be easily prepared at home and used to overcome constipation naturally without any further side effects. The recipes that are listed in this book comprise of easily available ingredients which can be accessed by almost everyone. In fact, most of the ingredients are already there right at your home. The recipes described in this book have been collected from across the globe. Every society and civilization has over the centuries developed its own line of natural remedies. These remedies are not only effective, but are also completely safe which is what makes them so popular in today s world of chemical contamination. Here is a preview of what you will learn in this book: Recipes for constipation relief using Chamomile, Oatmeals, Beans, Sweet Potatoes and Prunes Salad recipes that keep your bowel movements smooth and help avoid constipation Collection of soups that are effective for constipation relief A host of smoothies and juices that have an amazing effect against constipation Wonderful dessert recipes that are tasty and great in your fight against constipation. This book is ideal for all those who are health conscious and want to adopt natural means for relief from common issues such as constipation. The ideas are...

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