

Oregon State Agricultural College Extension Service

CORVALLIS, OREGON

Cooperative Extension Work in Agriculture and Home Economics

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Corrective Practices for Constipation*

Constipation is a widespread modern disorder. Characterized by sluggishness and depression, it paves the way for other physical ills. Cathartics do not cure but rather aggravate it and should not be taken habitually except on the advice of a physician. Many constipation cases can be corrected through (1) right food habits; (2) habitual hours for bowel elimination; (3) suitable exercise taken regularly. Constipation due to other causes should be diagnosed and treated by a physician.

SUGGESTIONS FOR FOOD SELECTION

Good food habits include a generous use of water and such bulky foods as vegetables, fruits and whole grain cereals.

Breads and Cereals.....	Bran muffins	Cracked wheat		
	Oatmeal bread	Oatmeal		
	Triscuit	Rollled oats		
	Whole wheat bread	Shredded wheat		
Vegetables.....	Asparagus	Cauliflower	Spinach	
	Beans, string	Celery	Other greens	
	Beets	Corn	Onions	
	Broccoli	Greens	Peas, green	
	Brussels sprouts	Chard	Squash	
	Cabbage	Kale	Tomatoes	
	Carrots	Lettuce	Turnips	
	Fruits..... Eat skins of fruits if practicable.	Apples	Grape juice	Pears
Apricots		Grapefruit	Pineapple	
Cherries		Lemon juice	Plums	
Dates		Melons	Prunes	
Figs		Oranges	Raisins	
Grapes		Peaches	Rhubarb	
Other Foods.....		Bacon	Honey	Vegetable oils
		Butter	Molasses	Water,
	Buttermilk	Peanuts	6 to 8 glasses	

*This bulletin is based on an earlier publication now out of print, "Corrective Feeding for Constipation" by Marjorie M. Smith.

Exercises Suggested for the

Adapted by Miss LAURA McALLESTER, Dep

FIRST SERIES



1a. Lie flat on floor, arms on abdomen, and heels touching floor.

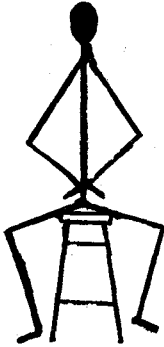


1b. Draw left knee to chest, pressing knee against arms.
Repeat right and left 10 to 15 times.

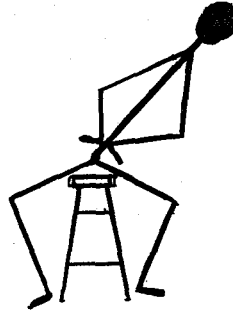


1c. Draw knees to chest, pressing knees against arms.

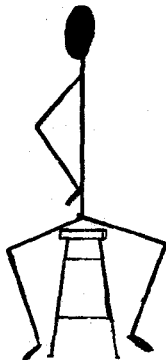
SECOND SERIES



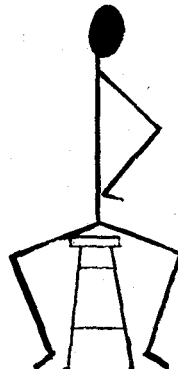
2a. Sit astride a chair or stool, grasp chair with knees, hands on hips.



2b. Bend body forcibly to left; bend body forcibly to right. Repeat left and right 10 to 15 times.



2c. Sit astride a chair or stool, grasp chair with knees, hands on hips.

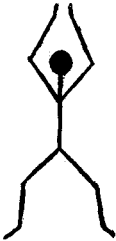


2d. Twist body forcibly to left; twist body to right.
Repeat left and right 10 to 15 times.

Correction of Constipation

Department of Physical Education for Women.

THIRD SERIES

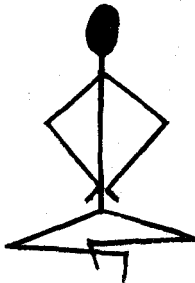


3a. Stand erect, hands over the head, feet spread two to two and one-half feet apart.



3b. Bend oblique forward, touching fingers to toes if possible, alternating one side then the other. Keep knees straight.

FOURTH SERIES



4. Sit cross legged on the floor, hands on hips. Trunk circling: Bend body to left, circle forward, to right side and to upright position 8 to 10 times. Reverse right, forward, left, and up.

FIFTH SERIES



5a. Knee chest position: Kneel, thighs at right angle to body, forehead resting on floor —arms bent bearing part of the weight with the head.



5b. Stretch left leg backward keeping toe on floor.



5c. Raise left leg upward.



5d. Return to 5b position.



5e. Return to 5a position (four counts). Repeat left and right 10 to 15 times.

SUGGESTIONS FOR SERVING ANTICONSTIPATING FOODS

Bread and cereals. Eat whole grain cereals rather than those that have been refined by the removal of all roughage in the milling process. Bran may be added to a refined cereal to replace the roughage lost in milling. Such a mixture as Roman meal may be used with good results. Eat stale or toasted whole wheat bread rather than fresh bread. Gingerbread made with whole wheat flour is an excellent dessert. If bran and the coarse cereals prove to be irritating, roughage may be supplied from such other sources as vegetables, fruits, and agar agar.

Vegetables. Eat generous servings of at least two bulky vegetables other than potato each day. These may be served in various ways.

1. In combination as main dish for dinner or luncheon with or without eggs: (a) Creamed carrots, buttered spinach, boiled potato, crisp celery, poached egg. (b) Scalloped corn, buttered beets, baked potato, lettuce salad.

2. In combination or separately as salads: (a) Fresh, raw vegetables such as cabbage, carrot, celery, onion, turnip. (b) Cooked vegetables such as peas, beets, asparagus. (c) Raw and cooked vegetables such as string beans, shredded celery.

Fruit. Eat fruit in some form at least twice a day.

1. Juice.

2. Fresh or stewed for dessert.

3. Combination.

a. Fresh or dried stewed fruits for breakfast—baked apples with raisins, stewed figs and fresh pears.

b. Salads as main dish at luncheon or supper or in place of dessert at dinner—banana, date, orange, nuts; apple, grapefruit, cherry.

c. Fresh or cooked as desserts—fruits in season; fruit souffles, custard, cobbler or fruit pies.

SUGGESTIONS FOR DAILY SCHEDULE

1. On rising drink two glasses of water, hot or cold as preferred. A level teaspoonful of salt may be added to each half pint of water. Take exercises.

2. At breakfast eat—

a. Fruit, fresh or dry, raw or cooked, with skins when possible.

b. Whole grain cereal.

c. Whole grain bread with butter.

d. A glass of water.

e. Anything else desired in moderate amounts.

3. Go to the toilet soon after breakfast at the same hour each day. Considerable time may be needed to bring about complete evacuation of the bowels.

4. At 10 a.m. drink one or more glasses of water or buttermilk.

5. At noon eat—

a. Vegetables, generous servings of at least two vegetables other than potato.

b. Whole grain bread with butter if desired.

c. A glass of water.

d. A serving of fruit.

e. Anything else desired in moderate amounts. In some types of constipation it is advisable to omit meat, coffee, tea, and cheese except cottage cheese.

6. At mid-afternoon drink one or more glasses of water.

7. At night eat—

a. Fruit.

b. A large serving of at least one vegetable other than potato.

c. Whole grain bread with butter if desired.

d. A glass of water.

e. Anything else desired in moderate amounts.

8. At bedtime drink a glass of water.

9. In any dietary program an adult should include one pint of milk daily in some form.

10. Eat regularly, slowly, and chew thoroughly.

11. If a cathartic habit has been established previously use decreasing doses until none is required. Agar agar may be used.

12. Be active in the open air at least one hour each day.

13. Be cheerful. Do not worry.

14. Persist in following the foregoing treatment. A condition of long standing cannot be overcome in a few days.