

25 Natural Home Remedies For Constipation That Work!

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Chocolate covered prunes - delicious constipation home remedy

Constipation is extremely common in people of all ages, and can leave you feeling bloated, sick, irritable, and in severe cases, can even result in loss of appetite.

Infrequent or irregular bowel movements can have a significant impact on a person's general wellbeing and day-to-day happiness, and it's highly likely that, at some point in your life, you will experience the many symptoms associated with [constipation](#).

With cases varying from person to person, symptoms of constipation include difficulty passing stools, bowel movements becoming less frequent, and stomach aches and cramps becoming a regular occurrence.

But it's not all bad news – there are numerous remedies for constipation that can help to clear up the symptoms and prevent the problem from reoccurring. There are a whole host of effective

natural home remedies for constipation that are perfect for relieving constipated bowels - it's not always necessary to head straight for the laxative box!

Be sure to check out our: [Home Remedy Infographic For Common Ailments](#)

25 Natural Home Remedies for Constipation

Olive Oil

This is one of the 25 constipation home remedies that you'll almost certainly find in store cupboards around the world. Best known as a healthy and tasty cooking fat, Olive Oil's texture and consistency also make it perfect for stimulating your digestive system. It can even prevent constipation too!

Directions

- Consume 1 tablespoon of olive oil in the morning before you eat (it's far more effective on an empty stomach).
- You can even mix the olive oil with 1 tablespoon of lemon juice to intensify the flavour (lemon juice is also widely used as an effective aid for constipation).

Fresh Lemon

There's nothing more refreshing than a burst of lemon to add flavour to your favorite drink. But did you know that it is also great for relieving constipation and getting your bodily functions moving along again?

The citric acid found in fresh lemon is renowned for stimulating your digestive system and is great for flushing out any undigested food and toxins that have built up along the walls of your colon, making it a great home remedy for constipation.

Directions

- Simply take 1 fresh lemon and 1 cup of water (warm or cold!).
- Cut your lemon in half using a sharp knife.
- Now, squeeze the juices from the lemon into the cup of water.
- Sip until it is finished.

Do this daily and it's sure to give you to kick-start your metabolism, keeping things moving as they should! Fresh lemon really is one of the most under-appreciated home remedies for constipation, but it should be one of the first you try.



Coffee first thing is a great way to stimulate your bowels

Wake up to a cup of coffee

For many of us, our daily dose of coffee is an essential part of our daily routine. Not only does it give us a much needed boost to start our day, it's also great for stimulating your digestive system (when consumed in moderation of course!).

But be warned, over indulging can have the opposite effect. This is because coffee is a diuretic, which can make you urinate more frequently therefore, if you drink too much it can lead to constipation cause by dehydrating your body. Check out our post on [bulletproof coffee!](#)

Fibre should be your best friend

Consuming a healthy, balanced diet that is high in fibre will naturally help to relive and even prevent constipation! Natural foods such berries, figs, nuts, pears, beans, broccoli and whole grain bread are bursting with natural goodness and fibre, making them perfect for softening your stools, and acting as a natural remedy for constipation.

Raisins are also worth a mention, as they are not only high in fibre but also act as an effective laxative.

Dandelions

Yes, that annoying weed that seems to pop up everywhere in your back yard is one of our natural home remedies for constipation. No, we're not joking!

The constituents of dandelions act as a gentle laxative and detoxifier. So, drinking dandelion tea will initiate bowel movements. It's really simple to make too!

Directions

- Measure 1 – 2 teaspoons of dandelion leaves and place into a mug.
- Pour 1 cup of hot water over them.
- Now cover them and let them steep for 6-10 minutes.
- If you do this at least 3 times a day, you should start to see results.

Prunes - one of the most popular home remedies for constipation!

Consuming prunes or prune juice is probably one of the most well-known constipation home remedies. Prunes are a natural laxative as they contain high amounts of fibre and sorbitol, which softens the stools naturally. Experts recommend drinking a glass of prune juice daily (early morning and late evening) in order to relieve constipation.

Baking Soda

There's probably not a store cupboard in the land that doesn't contain baking soda, mainly due to its versatile nature. So, you'll be pleased to hear that it is an effective home remedy for constipation, and the tummy aches and cramps that often come hand in hand with irregular bowel movements.

The bicarbonate works by encouraging air to leave your body, relieving the pain and pressure caused by constipation. It's easy to mix up too, simply take 1 teaspoon of baking soda, and mix it into a ¼ cup of warm water! Make sure you drink it all to achieve the most effective results! Baking soda can also be used to [treat UTIs](#).

Establish a routine

As well as all these natural home remedies for constipation, routine is also vital! With the demands of daily life pulling us in all directions, it can often be difficult to establish a routine when it comes to regulating your bowel movements. But, by setting aside around 10 minutes, 1-3 times a day to empty your bowels, it can help you to establish a routine that works around your busy life. Of course, don't be disheartened if nothing happens at first, it can take time to regulate your bowel movements. Above all, it's important to remain calm and relaxed in a place that you are

comfortable!

Keep moving

It's a proven fact. Exercising is a great way of getting your body moving and will naturally speed up your metabolism. After all, how can you expect food to move seamlessly through your body if you don't move around! Setting time aside to exercise daily will not only help to relieve constipation, but it will also prevent it occurring in the first place. It could even be a small change as simple as taking the stairs rather than the elevator. A great remedy for constipation and a way to get fit and active too!

Flaxseed Oil - one of the very best natural home remedies for constipation!

The clue is certainly in the name with this constipation home remedy... flaxseed oil is used around the world as a reliable and trusted home remedy for constipation. It works by coating the walls of the intestine and stool, naturally increasing your bowel movements. Even better, it also contains heart healthy omega-3 fats and can be enjoyed with a delicious glass of orange juice, which is also bursting with natural goodness and fibre.

And like most of these natural home remedies for constipation, this natural remedy is easy to make ... simply mix 1 tablespoon of flaxseed oil with 1 glass of orange juice and drink up!



Aloe Vera gel from the plant is best for natural constipation relief

Aloe

Widely known for its ability to soothe cuts and burns, you'll probably be surprised to hear that it is also able to soothe the cramps and tummy pains caused by constipation. Although drinking aloe juice will do the job, it's far more effective if you use pure aloe vera gel that comes straight from the plant as this is much more concentrated than juice.

Epsom Salt

Again, this is another remedy that you'll most likely find lurking in your store cupboard. Epsom salt works by drawing water from its surroundings, allowing it to soften stools and make it easier for you to pass more frequently and easily. But that's not all. [Epsom Salt](#) also contains magnesium, which naturally contracts your muscles, making passing stools a lot easier!

When you need to go, go

It's so important to always listen to your body. After all, it knows you better than anyone else, right? To prevent constipation, it's important to go to the bathroom when you need to go. By holding it in, you could cause your bowels to become clogged, making it difficult to pass stools.

Squat - exercise is a constipation home remedy!

Whether or not you like the sound of this remedy, squatting over the toilet can help to relieve constipation by kick starting your colon. This is because your body instantly recognises this position as being a time to retreat to the bathroom and pass stools!

Switch from refined foods to less-refined foods

It's important to note that these natural home remedies for constipation ease the symptoms of constipation. They do not address the underlying cause! Switching to high fiber and unrefined foods such as whole-grain cereals, pastas, and breads will make a huge impact – demonstrating how making small changes to your existing diet can relieve or prevent recurring instances of constipation, acting as a long term natural remedy.

Blackstrap Molasses

Although it's high in calories, when used occasionally, Blackstrap Molasses is an ideal solution for relieving constipation. Simply take 2 tablespoons before you go to bed every so often, and you should start to notice a difference. Renowned for its strong taste that can often be overpowering,

many people choose to add milk or fruit juice, or even prune juice, which will naturally speed up your bowel movements too!

Honey

As a mild laxative, honey is a tasty way to get your bowels moving whilst acting as a natural home remedy for constipation. Experts recommend taking 1 tablespoon of honey three times a day when using it as a home remedy for constipation, and you can even mix it with Blackstrap Molasses for an added kick! However, it's important to note that this should be used as a short-term solution as honey is extremely high in calories.

Beans

Beans are an excellent source of fibre, making them perfect for adding into all kinds of meals. Whether they're red beans, lima beans, navy beans or pinto beans, they all do the same job! One note of caution however, although beans are a great home remedy for constipation, it might be worth integrating beans into your diet gradually to prevent excessive gassiness!

Sesame Seeds

Sesame seeds are a great natural remedy for constipation. Not only are they a healthy and nutritious snack, they also soften the contents of the intestines, paving the way for softer stools that are easier to dispose of. Providing roughage and bulk, sesame is also available in a butter, paste, oil, and even Middle Eastern dips (tahini).

It's important that you only eat ½ ounce each day, and consume lots of water!

Food Diary

If you suffer from recurring bouts of constipation, it might be worth keeping a food diary to establish whether the cause is due to a particular type of food you are eating. By logging what you have eaten each day, it will be much easier to pinpoint the foods that are causing you continuous discomfort. Remember, prevention is better than cure!

Drink plenty of water

Water is a fantastic natural remedy for constipation and, what's more, it's cheap! Not only does drinking plenty of water keep you hydrated and, of course, gives you a glowing complexion, it also helps to moisten your intestines and keep them working as they should. By drinking at least 3 litres of water each day, you will be able to experience a host of health benefits! So, drink up!

Understand what's in your medications

All medications come with some sort of side effects, and constipation is one of the most common reactions to many prescribed and over the counter prescriptions.

If you are taking any form of medication, and regularly suffer from constipation, it might be worth asking your doctor whether your medication could be the cause of the problem. Some of the drugs that have been commonly linked to causing constipation include Beta Blockers and antidepressants, as well as other pain medication.

Eat plenty of fruit and vegetables

Fruit and veg offers are fantastic natural home remedies for constipation, and a diet rich in fruit and vegetables can even prevent constipation occurring in the first place.

In order to sustain a healthy and happy lifestyle, consuming your daily dose of fruit and vegetables should be high on your list of priorities. By consuming at least five healthy servings of fruit and vegetables each day, you will also be minimize your risk of suffering from constipation. And with a variety of fruits and vegetables available, there's really no excuse!

Castor Oil

Castor oil may not be too tasty but it's an ideal remedy for constipation. This is because it contains a host of compounds that, when digested, instantly stimulate both the small and large intestines. By swallowing only 2 teaspoons on an empty stomach, you'll reap the benefits within 8 hours!

Herbal or decaffeinated tea

Not only do herbal and decaffeinated teas taste delicious, they also help to get things moving so they act as a great natural remedy for constipation. They are also super good for you and come in a variety of tempting flavors!

There you go! 25 natural home remedies for constipation, that gently get things moving again.

(Prune & Coffee home remedies for constipation images from: [here](#) & [here](#))