



Constipation: I want, but I can't (Colección Salud)

Guillermo Rosas

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Constipation by itself is not a disease like people think; it is a significant symptom of other ailments. 2 of 10 adults suffer from this. Why does it happen to us? Causes are mainly because of our age or a low fiber diet but there are also other factors. If we don't care about this ailment we could have some difficulties that make us feel uncomfortable such as mood swings or hemorrhoids. How can I prevent it? Besides going to the doctor, it is necessary to take some recommendations, for example, drink lots of liquids.

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