



An excess of water keeps the feces soft, and that is very important in the obese, that commonly suffer from constipation and a spastic colon. While a patient is under treatment, we never permit the use of any kind of laxative taken by mouth. We explain that while following the restricted diet it is perfectly satisfactory and normal to have an evacuation of the bowel only once every three to four days, and that provided plenty of fluids are taken, this never leads to any disturbance. Only in those patients who begin to fret after four days do we allow the use of a suppository. Patients who observe this rule find that after treatment they have a perfectly normal bowel action and this delights many of them almost as much as their loss of weight.

You may find that “Smooth Move” herbal tea found in the health food section of any grocery may be a natural way to relieve constipation. Adding fiber to the diet may increase bowel motility. Caution: a proportionate amount of water needs to be consumed when increasing fiber. Ask your doctor to prescribe something if this condition persists longer than 5 days.

