

Appendix:

**PREVENTING CONSTIPATION MEANS OBTAINING GOOD HEALTH**

**Constipation, the modern disease that advances ageing, is the typical sign of intestinal diseases, "the root of all diseases". Therefore, to have good health, you must pay attention to constipation.**

- 1. Never** overlooking constipation
- 2 .How** to prevent constipation

**NEVER OVERLOOKING CONSTIPATION**

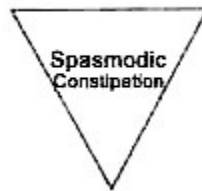
More and more people are suffering from constipation. 50% of the career women are liable to constipation and 36 % of them are with constipation lasting for over 5 consecutive days (between every two bowel movements). Therefore, it may be said that constipation is the women's greatest vexation.

As shown by certain investigations, about one tenth of the career women move bowels "once every two days" or "once every three days", and one out of every ten of them has to spend 15 minutes on each bowel movement.

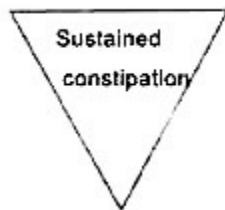
According to the investigations, the time of constipation averages 4.2 days for career women, and 2.6 days for men. It can be judged from this that many more women than men are constipated. This, however, doesn't mean that men are free from constipation in this society filled with pressure. On the contrary, constipated patients can be found here and there in the entire society.

Though constipation is the same in causing difficult bowel movements, it varies in types as follows:

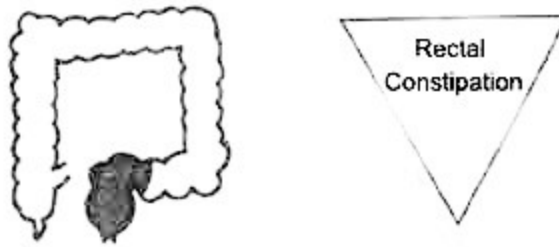
**The three types of constipation**



**1). The lower part of the large intestine is overstrained and unable to keep smooth movements, with a small volume of small-pebble-like feces.**



**2). The large intestine is too loose in tensity, thus giving rise to too weak bowel movements. This is apt to occur when one is in poor health.**



**3). Though the feces have arrived in the rectum, rectal constipation may occur as a result of the hebetudo sensuum of the nerves. The feces in this case are very dry and hard.**

Many people think constipation an upset in the body or the result of their weak constitution. They almost don't know that constipation is apt to cause cancer, diabetes, melancholia and other terrible diseases. In addition, constipation is also the cause of various other diseases such as headache, scapulodynia, halitosis, insomnia, inappetence, pachylosis, pimples on face, and physiological indisposition. Chronic constipation, in particular, may cause the reduction of immunity, hypertension, arteriosclerosis, renal damages, hepatic diseases, hemorrhoids, and possibly cancer of the large intestine.

Therefore, constipation should not be overlooked. People are apt to relate cigarette with lung cancer, but more often than not fail to notice that "constipation and cancer of the large intestine" are even more easily related with each other. As indicated by experts, the relationship between "constipation and cancer of the large intestine" is much closer than that between "cigarette and lung cancer". Constipation is not only the sign of cancer of the large intestine, but also the sigh of tumors of the large intestine, hepatic diseases and other diseases of the digestive organs.

Since constipation can directly affect our health, we should pay high attention to it and try to find out its causes. Then, what is the cause of your constipation? Please mark hereunder whichever 0 you think is right.

- much time spent on moving bowels
- the habit of not having breakfast
- want to sit down in the bus, even if not feeling so tired
- like to note others' shortcomings
- like to eat meat rather than vegetables
- walking less than 7000 paces/5 km per day
- like to take cold drinks
- stricken with gastroptosis
- with great mental pressure in respect of interpersonal relations
- eating irregularly, sometimes eating and sometimes not
- easily getting upset and confused
- engaged in office work
- changes in daily activities, such as residence changing, position changing, travelling, etc
- headache, scapulodynia, etc

- 0 often eating outside
- 0 lack of sleep
- 0 feeling stiff in the body
- 0 losing 5 kg in weight in a month
- 0 high cholesterol index
- 0 little water intake while dining
- 0 like to take medicines, and often try some new medicines
- 0 happiness, anger, sadness, pleasure, etc normally invisible on the face

How many 0s have you marked? The more 0s you mark, the higher the probability of constipation will be. In case 15 or more 0s are marked, there must be some problems with the intestines even if there are no symptoms of constipation.

Normal feces look yellow. The different shapes and colors of feces tell you the state of health. Please note the following points:

1. Hard black or dark brown feces --- syndrome of hypersensitive intestines, or constipation
2. Grayish white water-like feces --- cancer of intestines or pancreas
3. Grayish white hard feces --- hepatic diseases, or pancreatic failure
4. Green mud-like feces --- syndrome of hypersensitive intestines, or food poisoning
5. Black feces --- ulcer of stomach, duodenum or other digestive organs, or gastric cancer
6. Red feces --- hemorrhage of ulcers of the large intestine, or cancers

### **HOW TO PREVENT CONSTIPATION**

Hans.Brookes was originally a merchant travelling all over the world. Ceaseless travelling by ship, irregular diets and insufficient physical activities eventually brought on constipation. One day, he saw, in Argentina, some local people dance their waist-twisting national dances. He was astonished, at that time, to find that each of the dancers had a very perfect figure. The same sensation came to him when he saw the local people dance after he arrived in the United States. In his writings, Hans.Brookes introduced some dances that had been forgotten by the people living in the civilized world, but could stimulate the abdominal muscles and strengthen the discharging function. He hoped that these dances could be applied to our life. From this, we can see that exercises may beautify our body and prevent constipation. However, certain rules should be observed in exercises.

The basic rules concerning exercises:

1. No exercises soon after meals  
After taking meals, the stomach needs large quantities of blood. To force yourself to do exercises at this time may aggravate the burden of the stomach, making the meals difficult to absorb.
2. Paying attention to the temperature of the water for bath after exercises  
Though the temperature of water for bath varies with persons, too cold water is good

for nobody. It may be very comfortable for healthy people to have a cold shower after taking a bath in hot water. Nevertheless, people with poor health should be cautious.

3. Loose and comfortable clothes

Please wear warm and loose clothes when doing exercises. Wear sportswear or a woolen sweater in winter while a pair of shorts will be enough in summer.

4. Keeping the environment filled with fresh air

It is advisable to choose a ventilating place for exercises. Keep the windows open, if indoors, and see to it that no cold wind blows in.

5. If possible, doing exercises in front of a mirror

It may increase the effect to do exercises in front of a mirror large enough to reflect the whole body. It is advisable to wear waist-exposing clothes in summer and watch the movements of your waist while doing exercises.

6. Adjusting the times of exercises in line with the symptoms

In case of serious constipation, do exercises twice a day for 6 weeks. After that, once a day will be all right.

7. No exercises when feeling tired

Doing exercises when tired may only bring about opposite effects. Stop in case you feel short of breath after doing exercises for a while.

8. Don't cease breathing

Don't cease breathing while doing exercises, and breathe calmly.

9. It is most effective to do exercises soon after getting up in the morning

The best time for doing exercises is soon after you get up in the morning. You might do exercises in bed as well.

10. Frequently measuring your weight

Measure your weight on a scale after taking a bath to see the result of the exercises. You might also check whether you are losing fat, or whether extra body weight has been taken off.

11. Proper control is advisable for people with lumbago

People with chronic lumbago should never force themselves. In the case of pains in the back, refrain as much as possible from doing abdominal muscular exercises, and shift the focus onto the abdominal respiratory exercises.

Dr. Bakinton found that the more dietary fibers the people had, the more feces would be discharged and the shorter the time would be for the feces to pass through the intestines.

Besides, it is also very effective to massage the acupoints related to constipation. Among the acupoints related to constipation are the three major points in the waist, namely, the Dachangyu point, Xiaochangyu point and the Daju point. The Dachangyu and Xiaochangyu points may normalize the function of the intestines. They are said to be effective both to constipation, and diarrhea with its symptom utterly opposite to that of constipation.

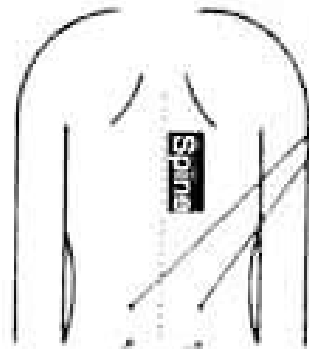
The Dachangyu points are on either side of the fourth lumbar vertebra, each about two fingers inwards to it. In other words, the acupoints are located as high as one's hands akimbo, and two fingers outwards from the spine. Have the patient lie prone, and press with strength the acupoints with the two thumbs in line with the rhythms of respiration. It is said that doing it this way is quite effective.

### Fiber Content in Foods

Foods	Eating methods	Content (g)
Sweet potato	Root, steamed	2.2
Taro	Boiled	1.9
Kidney bean	Raw, boiled	2.6
Fermented soybean	Fermented	6.7
	Unprocessed	5.2
Pumpkin	Pumpkin, raw	2.3
	Western pumpkin, raw	2.8
Bottle gourd	Dried bottle gourd	30.1
	Boiled	3.9
Great burdock	Root, boiled	11.1
White radish	Leaf, raw	2.8
	Root, raw	1.2
	Root, boiled	1.5
	Sliver	20.3
Bamboo shoots	Green stem, raw	3.2
	Canned boiled bamboo shoots	2.8
Red radish	Root, raw	2.4
	Root, boiled	3.0
Cauliflower	Flower, raw	4.8
Spinach	Leaf, boiled	4.3
Small Korean vegetable	Balled leaf, raw	5.2
Straw berry	Raw	1.3
Persimmon	Raw	1.6
	Dried persimmon	16.2
Wonderful fruit	Raw	2.9
Banana	Raw	1.7
Peach	Raw	1.2
Apple	Raw	1.3
Mushroom	Raw	4.1
	Dried	42.5
	Dried, or boiled	8.0
Siliquose pelvetia	Dried	43.3

Per 100 g of the edible part

### The Acupoints with Remarkable Curative Effects on Constipation



**The Dachangyu acupoints**

Located roughly as high as one's hands akimbo, and about two fingers outwards from the spine

**The Xiaochangyu Acupoints**

about two fingers below the dachangyu acupoint

**The Daju acupoints**

about three fingers outwards from the navel, and three fingers downwards from there

