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Constipation, characterized by infrequent bowel movements can be well cured by following a healthy diet schedule. Including fruits in diet is found to be very beneficial for treating constipation troubles. It improves the metabolic activities of body and promotes good health naturally with no health risks. Eating banana is a natural way to cure constipation through fruits. It absorbs large amount of water and makes stools easier to pass out of body. It is one of the widely recommended remedies by health practitioners to cure constipation problems. In order to attain best result, people suffering from constipation are advised to include banana regularly in their diet schedule. Pectin, an active ingredient in banana is mainly responsible for this health benefit. Apart from stimulating bowel movements, regular intake of bowel movements also helps in providing other health benefits like treating intestinal disorders, curing allergies and treating anemia.

Eating blueberries, enriched with fiber is a natural way to cure constipation through fruits. It flushes out toxins from body and promotes proper functioning of body organs. Important health benefits of including blueberry fruit in daily diet schedule include cleansing urinary tract, curing inflammation, treating toothache and lowering blood sugar levels. Similar to blueberries, including figs in diet is a natural way to cure constipation through fruits. It is found to be very effective to cure constipation problems due to colon problems. As per research, fig is found to be enriched with antioxidants, phytonutrients and vitamins. You can use figs both as fresh and as dry fruit. Apart from promoting proper bowel movements, intake of figs also helps to give other health benefits like curing vomiting, treating diarrhea and relieving itching of skin.

Strawberry, enriched with fiber is a best recommended natural cure to relieve constipation problems. In order to obtain best result, people are advised to include strawberries in their daily diet schedule. It absorbs extra fat and flushes it out of the body. To promote digestion, people are advised to drink at least eight glasses of water per day. Including grapes in diet is another way to cure constipation through fruits. It is one of the best recommended home remedies to relieve constipation troubles naturally.

Compounds enriched in this fruit juice include cellulose, sugar and organic acid. Main health benefits of drinking grape juice include curing indigestion, preventing macular degeneration and curing cataract. People suffering from constipation troubles are advised to include a good amount of green leafy vegetables in their diet schedule. It promotes faster absorption of nutrients and allows regular bowel movements.

Eating kiwifruit, well known for laxative property is a natural way to cure constipation through fruits. High dietary fiber enriched in this fruit makes digestion easier and allows easier passage of stools. Apart from treating constipation, this fruit is also found to be very beneficial to thin blood and reduce the risk of blood clots. Apple, a readily available fruit in market is yet another cure for constipation problems. Composition of both soluble and insoluble fiber enriched in apple promotes digestion and reduces the risk of constipation naturally.

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