



Treatment

Chinese Medicine uses herbs to treat any type of constipation. If the bowels have become too dry we decrease the heat, if too cold, we increase the heat (both these conditions are caused by consuming too much of the wrong foods, or too little of the right foods.) The body then becomes able to eliminate correctly. We also educate the patient on how to correct whatever they are doing that may be causing the problem so it doesn't reoccur.

Correct nutrition, exercise and physical activity, taking the time to eliminate when the body needs to, relaxing and relieving stress, and the consistency of a good daily routine are essential to maintaining not only healthy bowels, but good health in general. All waste should be eliminated within 24 hours after eating.



Ni's Chinese Medical Center...

was established by Bo-Shih Ni and has been serving Florida for over 25 years. The physician's of Ni's Chinese Medical Center practice at superior levels due to Dr. Ni's training of ancient healing wisdom, something not found in American schools. Dr. Ni's knowledge is so extensive that he is a treasured professor not only in the U.S. but also in China and Taiwan.

Acupuncture, Chinese herbs, and Food as Medicine are utilized to expedite healing and provide lasting results. The goal is to restore balance to the internal system. Once balance has been obtained, our physicians teach their patients winning strategies to maintain it. This knowledge is frequently sought out by local groups, therefore; our physicians conduct monthly seminars and are available for speaking engagements. Visit our website, www.drboni.com, for current events.



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Constipation

Understanding

What it is

And

What Causes it

Ni's Chinese Medical Center

Board Licensed Acupuncturists

Melbourne (321) 757-9731

Most People...

...in this country suffer from some form of constipation but don't realize it, because they misunderstand what it is and what causes it. Healthy elimination of stool means two or more good bowel movements every single day. We eat and drink everyday and our body accumulates wastes everyday, so we must eliminate wastes everyday, within twenty-four hours of consumption. Otherwise, wastes accumulate and putrefy day after day, toxins and gases build up, and the body becomes poisoned by its own wastes. **Cancers** and many other health problems originate from this filthy environment within the body. The colon (and kidneys) must be kept clean in order to have good health and be free of disease..

5 main causes of constipation

- 1.) **Lack of activity/exercise:** Most people have sedentary jobs and lifestyle, they don't take time to exercise, they drive everywhere, they watch TV a lot. The body must have movement/exercise on a regular basis, the correct kind of exercise.
- 2.) **Overeating and eating the wrong foods:** Eating more than the body needs for its daily energy use; eating too much bread, pasta, potatoes, sugar, deep fried foods, fast foods (these are all like sugar to the body and create too much internal heat which dries out the stool); eating too much meat and not enough vegetables and fruits; eating processed foods; and eating too late at night on a regular basis..
- 3.) **Stress, unrelieved:** Most people don't know how to really relax or take the time to relax. Thinking about work or other concerns while you eat dinner, take a walk, watch a show, drive home, etc. is NOT relaxing and relieving stress. We all **MUST** take some time every day to give our mind a break from any kind of worry. When we remain constantly stressed, we can't let our muscles and our body relax, so the body tightens up continuously and holds everything in, including the stool.
- 4.) **Use of drug medications,** especially pain killers: this is a very common side effect of western medicines; some cause more problems than others. The longer the use of certain drugs, the worse the constipation.
- 5.) **Lack of balance in lifestyle:** Many people live at too fast a pace, their priorities are incorrect, and they don't take the time to eat right, to exercise, or even to sit in the bathroom long enough to eliminate their wastes when their body is 'urging' them to do so; they put it off until later. When these 'urges' get ignored long enough they decrease more and more

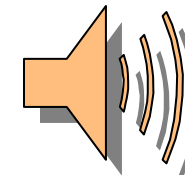
and constipation ensues. We must also have a reasonable daily routine, eating and resting with regularity, in order to avoid chronic constipation.

Symptoms

Some of the symptoms of constipation include:

1. Less than two bowel movements per day
2. Incomplete bowel movements each day
3. Bloating, feeling of fullness, gas
4. Poor appetite
5. Nausea
6. Hard or lumpy stools
7. Difficulty in passing stools, straining
8. Hemorrhoids
9. Watery stools, diarrhea
10. Headaches

Do not ignore symptoms of constipation or any other symptoms. They are the body's warning signal that something is out of balance and needs attention. It is after symptoms are ignored long enough that the body develops diseases.



LISTEN TO YOUR
BODY.