

Constipation, dos and donts

N K L B J W Z S W O D X Z U T W A R L D N J E R
G L O H O C L A D N A S A N A N A B D I O V A L
N Z Y Q G H P N J Y O J G Y F T Y X R U X C G F
V N Y X Q V C N X G Q M T F O L I W Z L A P C L
K C W W U U M M Z C B B E T S L A N N O T L T S
S Y S D I U L F E R O M K N I R D B Y W S G T I
E K G Z L V J U T A O S S F Z P B G N F D F B L
L E J U I E G D N X L D J W P P I Q A I I H K J
P M E F U Z A Q N S J A H V J T L G G B M Q G U
P E X E R C I S E R E G U L A R L Y N E R N Z U
A Z X F P L V I E A O L Z R O J H I Z R K S J E
T F N T G F M T S V N D K I W I V L R D R F J Z
A I X E H X Y N R T J B B K S S K O J O V B K G
E X O D I K Q B I D K J M G Q E A C M E N U T S
V I I M T F X D W T X G R T P S G C J S N T S K
B D T G O F N P F X B F B A T O Z O V N Q O O T
Z C N C H G C Z F Z B S V R N L G R O T I F A P
H D W Q T S R F X C Y K D W E U X B B H S U M X
P O I G D H S G N I H T T E E W S T A E T N O D
I V I Q H Z A V E G L K B E M R I R D L P N K K
L G Z L E P O K M P T W T I F K R U C P U U K L
G N M M T K I E H U U P N I A P H C A M O T S T
U N B B E R R I E S E J J Q M O S Y X N G X K G
O S N M U A V O I D F A S T F O O D S W D G Y O

avoid bananas and alcohol

exercise regularly.

stomach pain

berries

low fiber doesn't help

Drink more fluids

eat Apples

nuts

Dont eat sweet things

Avoid fast foods

broccoli

kiwi