



# CONSTIPATION

Irregular and infrequent bowel movement; hard and dry stool that is uncomfortable or painful to pass

## CAUSES

### INSUFFICIENT FIBER AND FLUID IN DIET

The most common cause of constipation is a lack of fiber and fluid in the diet. Fiber is important as it absorbs water and makes stool softer and easier to pass. The lack of fiber in the diet may be aggravated by inactivity or a change in one's pattern of eating meals.

#### Symptoms:

- Infrequent bowel movement
- Difficulty in passing stool
- Hard, dry stool
- Pain
- Flatulence
- Discomfort in abdomen

#### DO:

- Drink six to eight glasses of water a day.
- Eat meals at regular times.
- Establish a regular time for bowel movement each day.
- Enrich your diet with fiber-rich foods like fruits, vegetables, cereals and grains. Try drinking tea or decaffeinated coffee in the morning.
- Exercise regularly.

#### DON'T:

- Do not drink too much caffeine or alcohol, as these can dehydrate you.

# CORNS & CALLUSES

Callus - thickened, rough skin

Corn - a small, hardened bump of skin on top of a toe joint

### FRICITION

Corns and calluses appear where the body is subjected to much friction. Corns are usually caused by shoes that don't fit well. Calluses that appear in the hands are commonly caused by hand tools that are gripped in manual labor. Once the affected part of the body no longer experiences the friction, these growths on the skin eventually disappear.

#### Symptoms:

- Hard, thickened skin on toes or other parts of the body
- Pain, in some cases

#### DO:

- Wear comfortable shoes.
- Wear work gloves when handling tools.
- To hasten the healing, soak the affected area in warm soap water for five minutes. Gently rub the hardened skin with a pumice stone.

#### DON'T:

- Don't use ointments containing salicylic acid.