

### How to have healthy bowel movements

{youtube}Lhpcg4tA89w{/youtube}

#### Home Remedies:

- Develop a habit of drinking water in the morning. Start with 2 glasses of water, and increase intake up to 6 - 7 glasses.
- After washing them in hot water, three or four dried figs can be soaked overnight in water. Eat them first thing in the morning, and drink the water in which they were soaked. They should also be taken in the evening.
- Drinking warm water with lemon juice and a pinch of salt is good. This can be taken several times a day.
- For chronic cases, take 1- 2 Tablespoons of castor oil before bed and Aloe Vera gel can also be taken to ease the symptoms.

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