

JUICING FOR CONSTIPATION



Constipation is a common problem that millions of people suffer from every day! It's no fun and can be downright painful. But it can be prevented! The truth is, constipation should not be taken lightly. If you are experiencing the symptoms of constipation on a regular basis, it might be time to get serious about treating it before it becomes more severe. Long term constipation can turn into something worse like haemorrhoids or an anal fissure. And no one wants that!

Juice from fresh fruits and vegetables has the natural acids and enzymes needed for digestion. To prevent and relieve the pain caused by this constipation why not drink your way to better health by incorporating more fresh juice into your diet?

What juices are best for constipation?

There are many different kinds of juice that you can drink to relieve or prevent constipation. But which ones are best?

The best 'juice' for constipation is good old water. One of the main causes of constipation is dehydration. Water is the foundation of good health and it helps to flush toxins from our bodies. If you're looking for a simple way to ease lingering constipation, drink lots of liquids daily. Drinking water can be the key element in your plan to "get things moving" again. Plus it's easy enough that anyone with an unhealthy bathroom routine should have no problem to.

Fresh juices are beneficial for the digestion system and cause less inflammation in the body than other types of fruit drinks or sodas. The fibre content from fruits and vegetables helps to bulk the stool and help keep them moving through the gut.

However, the fibre from fruit and vegetables is removed by juicing so an option to increase fibre in the diet but keep it easier to eat might be to make smoothies instead of juice.

There is no one answer for what kind of juice you should drink because everyone's body reacts differently to fruits and vegetables. That being said, the most common fruit attributed to relieving constipation is the humble prune.

Prune juice

Prune juice is one of the best-known juices to improve constipation and its unpleasant side effects like bloating, gas pains, and irritability. Prunes contain sorbitol which has a laxative effect on the gut. [\(1\)](#) It is not digested and draws water into the gut to bulk up the stool and stimulate a bowel movement. Sorbitol is not digested but don't worry it won't cause discomfort and relief is just around the corner from the first glass of prune juice!

Apple juice

Like prunes, apples also contain sorbitol. However, the effect on the gut is gentler so apple juice is better for children with constipation. On the opposite side of the coin, if you have diarrhoea, eat a whole apple as the pectin (removed in juicing) helps firm up your poo! [\(2\)](#) One eight-ounce glass of apple juice contains about one gram of soluble dietary fibre, so just two glasses get you on the road to recovery from constipation.

The pectin is broken down by our gut bacteria to form short-chain fatty acids that also helps soften the stool. This process reduces how long the waste from our food takes to travel through our gut from a whole day to just a few hours.

Keeping the gut healthy is important not only for maintaining good general health but also eating enough fibre makes sure our bacterial friends that live in our gut are kept happy.

Pear juice

Pear juice is another great juice for constipation as it has 4 times more sorbitol in it than apple juice. It is another great choice for children with constipation due to its sweeter taste. A completely unrelated, but interesting and little known, fact is that pear juice can relieve hangovers after a night on the town.

Citrus fruit juice

Lemon juice is a great way to prevent constipation. It's also high in vitamin C and other nutrients that help with digestion, so it can be used as a healthy form of detoxing too! The citric acid found in lemon juice helps stimulate the muscles lining your intestines to push waste through more quickly,

Add lemons to your regular juices for a tangy flavour and to boost the benefits. Or you can add lemon juice to your daily water.

Another citrus juice great for constipation is orange juice. This juice is also rich in vitamin C and pectin which helps to soften stools. Oranges can be a great natural remedy for constipation. This citrus fruit is packed with fibre which adds bulk to the stool and stimulates bowel movements. It also contains flavanols (naringenin) that provide immediate relief when suffering from digestive problems like irritable bowel syndrome or diarrhoea. [\(4\)](#)

Pineapple juice

Pineapple juice is a delicious and refreshing drink. However, it can also help to relieve constipation. This is because of the bromelain in pineapple juice, which is a natural enzyme that helps break down proteins.

Bromelain, helps to reduce inflammation and soothes sore muscles too. Exercise is another great way to help relieve constipation. And as bromelain, helps to reduce inflammation and soothes sore muscles too, why not have a glass after exercise.

Kiwi Juice

Drinking the juice from two kiwis a day for two weeks can help with healthy bowel movements and looser stools [\(5\)](#). Kiwis are delicious and the sweet juice can lift a green vegetable juice to make it super tasty and super healthy.

Fig Juice

Another well-known go to for constipation is the good old fig. [\(6\)](#) Figs contain plenty of fibre. They also have enzymes that are known to speed up how fast waste travels along the bowel. The enzymes also help to relieve the pain of constipation. Unfortunately, figs are quite expensive and it will take quite a few figs to get enough juice to improve constipation. So it might be better to eat a whole one rather than juicing them. Alternatively, you could add the flesh from a couple of figs to a smoothie.

Spinach

Spinach is a mild tasting vegetable that is packed full of nutrients that can help ease constipation. It also has lots of fibre which we have already learnt can also help move things along. The delicate flavour means it can be added to many juices without altering the flavour. So it is another great ingredient in your juice tool box to deal with digestive issues.

Trying these juices alone or mixing them up will ensure you are never troubled by the discomfort and inconvenience of constipation again.

References

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