

Laxatives

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BECAUSE...

1. They irritate the entire digestive tract.
2. They upset the pH of the stomach and digestive process.
3. They artificially stimulate peristalsis.
4. They aggravate the nervous systems.
5. They cause cramping and discomfort.
6. They are unpredictable.
7. They may give instant relief, but potential long term damage to the lining of the digestive system.
8. They cause dehydration since they move the chyme through too quickly interrupt water absorption to cells.
9. They create a vicious cycle of diarrhea / constipation / diarrhea / constipation / diarrhea / constipation.
10. They cause weakness in the colon muscles and potential ballooning and strictures.
11. Long term use can reduce muscle tone and the colon become distorted.
12. They cause excess mucous build up to protect and shield the colon from the irritation.
13. Ultimately, they cause a worse constipation problem.
14. Finally, they no longer work.