

## Transit-Lax

**Box of 60 capsules**

**Box of 90 capsules**

**Box of 120 capsules**

Complex herbal compound to facilitate the intestinal transit due to its action on the liver and digestive organs with multiple objectives: to stimulate the hepatic and biliary functions; to allow a better assimilation of fats, to invigorate and moisturize the intestines.

### Constipation in overview:

Constipation is the most common gastrointestinal complaint in the United States, resulting in about 2 million annual visits to a physician.

Constipation is when the frequency of bowel movements is less than three times a week for numerous weeks. Feces are mainly made from the food we eat. At the end of digestion process, food will have the consistency of a semi pasty chyme, a part of it will be used by the body while the rest will be stocked in the colon that will absorb the water leaving the fecal substances. Those will then be directed to the rectum before being expelled by the anus.

The passage across the colon (measuring approximately 1.25 metres) can take up to seven days for severely constipated persons while it will take an average of 34 hours for normal people.

The constipation is usually accompanied by bloating, abdominal pain, effort at defecation and very often with the unpleasant feeling of incomplete evacuation.

### Causes of Constipation:

Anything that can hamper the progression of feces into the intestines can cause constipation.

#### • Technical causes:

- The motility (or contractions) of colon: The contractions of the colon allow the progression of feces to the rectum. When it contracts insufficiently, the stool progresses slowly. The quality of contractions depends greatly on the type of food that has been ingested.
- The consistency of feces: Feces that take a lot of time to go through the colon easily become hard and dry, which makes the constipation more serious because this consistency makes them difficult to evacuate.

- The accumulation of feces: the quantity increases when bowel movements are infrequent. The hard voluminous stools can be difficult and painful to evacuate, which can cause hesitation, thus creating a vicious circle.

#### • Nutritional causes:

Constipation is largely related to our nutritional habits. Sometimes it is sufficient to change these habits to resolve the problem.

#### • Causes related to diseases:

- Colopathy or "irritable bowel syndrome": The colon contracts in a spasmodic way but without projecting the feces which leads to pain and constipation (or alternatively diarrhea).
- Depression, anxiety and stress have a direct influence on our digestive system.
- Some diseases like diabetes, hypothyroidism and fever can cause constipation.
- Some drugs to treat Parkinson disease, cardiovascular problems, pain and depression and also paradoxically the regular usage of laxatives...

• **Temporary causes** : Pregnancy, menstruation.

• **Other causes** : A sedentary way of life, delaying ones bowel movement, a change of habits (i.e. travelling).

### Winning against Constipation through:

#### • Good nutritional habits:

- Eat at a regular time
- Eat slowly and chew the food well
- Avoid food known to cause constipation: "refined" foods (white bread, sugar, pasta), spicy foods, food rich in fats or which induces bloating and flatulence (white beans, lentils, too much tea or coffee...)
- Choose food rich in fibres (whole grain cereals, vegetables and fruits...)
- Drink more in between meals, not during the meals

• **Regular physical activity**: A sedentary lifestyle leads to a weakening of the abdominal muscles contributing to slow the transit. Some simple activities like walking or using the stairs can have very positive effects on the intestines. Do not hesitate to massage your belly. For those who can do more, any exercise that strengthens the abdominal muscles constitute an excellent remedy.

### Action of Transit-Lax:

All the plants in the composition of **Transit-Lax** have the purpose of facilitating the progression of feces into the colon. Some plants have a tonic action on the intestinal muscles. Other plants stimulate the production of bile by the liver and facilitate the complete assimilation of foods whereas some plants allow for the stool to maintain a certain level of humidity.

**Warning:**

Laxatives, whatever they are, should not be used continually for long periods. The intestine will lose its capacity to contract and the constipation may become chronic, with the risk of provoking an irritable colon. It is imperative to use laxatives only temporarily.

In case of prolonged constipation, consult your physician imperatively.

**Instructions:**

According to needs, take 1 to 3 capsules per day. Take the capsules after meals.

**Composition:**

Aloe barbadensis miller, Cassia senna, Emblica officinalis, Gummi tragacanthae, Curcuma longa - Plant origin capsules.

**Complementary Treatments:**

**DynOrgan:** Stimulation of vital organs, depurative

**Deflatil:** Against bloating and flatulence

**Care-H:** Efficient treatment of hemorrhoids