

A cup of coffee can really help with intestinal emptying. But this is not the only drink supporting regular stools.

**Water.** She makes a chair softer, helps him easier to pass through the intestines. Studies show that people with functional constipation, which consumed 25 g of fiber and drank 2 liters of mineral water per day, was much more often than those who drank as much as they wanted.

**Pear juice.** It contains a sorbitol ingredient that accelerates the intestines.

**Plum juice.** It contains a combination of fiber, sorbitol and antioxidants that is useful for the intestines. According to the results of research, in people who drink plum juice, the chair was more often more normal, and dry and hard - less often.



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**Herbal tea.** Tea with a dandelion and hay contain substances that stimulate the movement

of food through the digestive system, and contribute to the emptying of the intestines. This is stated by Steisi Woodson, a master of science, a registered nutritionist-nutriologist, a licensed nutritionist-nutritionist.

**Kefir.** The health of our intestines largely depends on the balance of harmful and useful bacteria in it. Studies demonstrate that the use of probiotics (which is many in kefir) can contribute to the growth of beneficial bacteria.

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