

CONSTIPATE

Meaning: To cause or lead to difficulty in bowel movements or to make the digestive system less effective.

1. High fiber diets can help prevent foods from constipating the digestive system.
2. Some medications may constipate you as a side effect, so it's important to stay hydrated.
3. Long periods of inactivity can lead to a condition that may constipate the intestines.
4. Certain dairy products, when consumed in excess, can constipate some individuals.
5. Stress and anxiety can also constipate the body's natural digestive processes.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/constipate>