

CONSTUPRATION

Meaning: Constipation is a condition characterized by infrequent or difficult bowel movements, often resulting in abdominal discomfort and a sensation of fullness.

1. Constipation can lead to discomfort and a feeling of fullness in the abdomen.
2. Many people experience constipation at some point in their lives due to dietary changes.
3. Drinking plenty of water and eating fiber-rich foods can help alleviate constipation.
4. Chronic constipation may require medical attention to rule out underlying health issues.
5. Stress and lack of physical activity are common contributors to constipation.

Source: sentences.whatistheurl.com

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