

Constipation

S	L	R	O	L	R	X	E	H	E	H	S	E	W
T	H	O	F	R	S	R	T	A	I	I	L	O	I
X	E	R	E	L	E	E	B	E	W	E	R	T	I
S	H	R	E	T	B	E	S	M	T	L	O	F	T
X	R	W	A	U	X	U	W	O	L	O	I	I	E
D	O	W	T	D	X	S	O	R	E	V	P	B	T
B	I	B	O	E	O	T	S	R	I	T	S	R	N
F	R	U	I	T	S	L	S	H	A	B	B	E	F
R	E	C	T	A	L	P	R	O	L	A	P	S	E
E	X	E	R	C	I	S	E	I	B	W	M	A	L
S	T	R	E	C	E	E	I	D	S	O	A	I	S
S	R	E	N	E	T	F	O	S	L	O	O	T	S
E	L	A	X	A	T	I	V	E	S	O	F	W	I
E	T	O	I	L	E	T	R	O	U	T	I	N	E

LAXATIVES
RECTAL PROLAPSE
HAEMORRHOIDS
FRUITS
EXERCISE
WATER
TOILET ROUTINE
FIBRE
STOOL SOFTENERS
BOWELS

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