

# Constipation

May develop in a right sided person (830209); Normally people get constipation if you don't take chillies... Indians never suffer from this disease, because they have always a little chillies in their food. A little chillies is alright... you can develop a little taste for chillies... it's alright. It cleanses you, and it has vitamin C also in it, so it's quite good for colds and things (881207)

- Jai Shri Mataji -

Source:

[www.sahajvidya.org.uk/jsmsy](http://www.sahajvidya.org.uk/jsmsy)

## Tape References

### Date/Ref - Title - Qual - mins

-881207 Mooladhara - Aurangabad - see 881207 good 30

830209 Problems of Left, Right and Centre - Bombay good 65

881207 Why do we come to India-Dec 88/1 - India

- end -

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