

THE CONSTIPATION HANDOUT

Constipation is a term used to define when a person's quantity and quality of a bowel movement is chronically deficient. While most of us believe constipation is not going at least every day, constipation is when a person does not have a significant morning bowel movement within 2 hours of waking. Normal bowel movement looks and feels like you cleaned your pipes, the stool sinks to the bottom of the bowl, is brown in color and has only a lightly offensive odor. Anything outside of this is constipation and may pose severe health consequences down the line if not addressed. Please work with our office or your practitioner before taking any nutritional supplement. The following deficiencies impact a person's constipation:

- Lack of stomach acid
- Lack of short-chain fatty acids
- Lack of soluble and insoluble fiber
- Lack of butyric acid
- Magnesium deficiencies, specifically magnesium citrate
- Yeast overgrowth or other dysbiosis
- Too much biofilm
- Too much white flour products (gluten-free as well)
- Too much animal protein
- Cow dairy sensitivity
- Gluten sensitivity
- Food intolerances
- Too much methane
- Eating too fast
- High stress

We encourage you to work with us to resolve constipation. Here are some of the strategies you might find are a part of your plan and can discuss with us if not in your plan yet.

- Global Healing Center Oxypowder (high-dosed oxygenated magnesium)
- A digestive enzyme which contains betaine. We prefer Pure Encapsulations.
- Butyrate: We prefer Apex Energetics Enterovite.
- If you are taking an antacid please schedule with us before taking any supplement.
- Do a cleanse with us
- Break up biofilm. We prefer SFI Interfase Plus.
- Eliminate dairy, gluten, white flour, and rice for 30 days
- Epsom salt baths (2 cups) soak for 20 minutes 3x a week
- Castor oil packs (see us for a plan)
- Stress work - deep breathing

Handout courtesy of www.optim8healthandwellness.com