CONSTIPATION

So many people suffer from constipation. Constipation can completely ruin a good day, leaving you feeling tired, achy, feverish, headachy. It leads to hemorrhoids, varicose veins, bad breath, liver damage and the body can re-absorb the toxins sitting in the colon.

Here are underlying reasons you may have constipation:

1. **Eating too little fiber. Fiber absorbs water and gives bulk to the stool, allowing it to pass more easily from the bowel. The best fibers are psyllium, flax and okra (there are many others also). These plants contain mucilage which absorbs many times its volume and has a slippery substance, soothing the intestinal tract, allowing for easier bowel movement. Pectins and gums are other types of good fiber. Wheat bran, cellulose, hemi-cellulose, and lignin are also often used as fiber but you must be a little careful with these, an excess of this type of fiber might irritate the delicate lining of the intestinal tract.**

2. **Not drinking enough water. Without enough water present, our body usurps the water it needs from our intestinal tract. If your stool is dry and compact or hard, this is an indication of lack of water. The best liquids to drink are pure water, herbal teas, soups and broths. Be careful of drinking a lot of juices, they may contain sugar. Regular tea and coffee are not recommended. Alcohol is counterproductive, it dehydrates the body. Pure water is the best. How much water is enough? Look at the diet, if you are a vegetarian eating mostly vegetables and fruit then your diet is already high in liquids so you don't want to tax your kidneys by drinking 8-14 glasses of water a day (perhaps you only need 4-6 glasses of water). If you are a meat eater, or eating commercially prepared foods, then 8-14 glasses of water will not be excessive.**

3. **Eating too much protein, and also not getting enough oil. High protein diets (eg. Dr. Atkins type) tend to constipate. Oils on the other hand help to soften the protein hardened stools. The best oils to take in are the pure, cold pressed essential fatty acid oils such as flaxseed oil, evening primrose oil, borage oil, black currant seed oil, hemp seed oil. Using bio-kinesiology methods will help determine the oils best suited for the body. Adding fish body oils to the diet will round out the nutrients needed by the body for healthy oils. Cooking any oil completely damages the pure goodness that the body receives and so doing any type of cooking with oil is limited to very small amounts of regular type olive oil or sesame oil. For salad dressings, the best way is to make your own by using 4 parts of a cold pressed oil such as liquid Flaxseed Oil, or Safflower Oil or Sunflower Seed Oil or Extra Virgin Olive with, with 1 part Apple Cider Vinegar or Balsamic Vinegar (you can add a little mustard, spices or herbs, seasalt and pepper if you wish).**

4. **By using antibiotics, you have wiped out all the healthy bacteria in the digestive tract. The drug doesn't have the intelligence to know who is good or bad bacteria, so it just kills all the bacteria. When the bacteria re-establishes itself, the aggressive types such as candida albicans, grows profusely and brings imbalances to the gastro tract, causing constipation, bad breath, digestive problems, cravings, yeast infections. This does not self-correct and sometimes never returns to normal. Taking acidolphilus daily for a month or more will help in re-establishing the sweet good bacteria. You can take these by mouth, but the best way is to implant by using an enema, a teaspoon full of acidolphilus is a pint of warm pure water into the colon and holding it for 20 minutes or more before evacuating. The bacteria then starts to reproduce over a period of time and really helps it re-establishment in the bowel.**

5. **A lack of magnesium may be indicated. The body requires magnesium daily. It helps maintain the bowel integrity by promoting a looser stool (that's why Milk of Magnesia works on constipation). Lack of magnesium also can cause heart palpitations, anxiety attacks, pituitary functioning, gall or kidney stones.**

HERE'S A SUMMARY OF HELPERS FOR CONSTIPATION:

- **Give up eating anything white eg. dairy, white flour, white rice. You may need to give up wheat or gluten products.**

- **Take healthy oils into the body - olive oil, flaxseed oil, evening primrose oil, borage oil. Make sure you get lots of them daily. Also take a multiple mineral supplement if available, and eat lots of fiber such as legumes, beans, vegetables.**

- **Drink 6-8 glasses of water throughout the day and night. If water goes through you too fast, add a pinch of Himalayan salt (or seasalt, or celtic salt) to the water to help retain the moisture in the body. When you get up in the morning, first thing is to drink 1-2 glasses of warm water.**

- **Constipation contributes greatly to the toxicity levels in the body and therefore pain/inflammation. You should have 2-3 soft stools a day and if not, take supplements (not laxatives) that will help: Cascara Sagrada Turkey Rhubarb Psylium husks Flaxseed Oat Bran Marshmallow root Fenugreek seed Cayenne Ginger root**

- **Avoid Senna herb, a powerful laxative, but tends to weaken the sphincter muscles of the rectum.**

- **Take 1,000-2,000 mg essential fatty acids of omega 3(fish) and omega 6 (plant) oils.**

- **Do some exercise every day.**

- **Increase magnesium to 400-600 mg daily (magnesium citrate)**
- **Take in 500 mg or more each meal of Vitamin C.**
- **Eat a high fiber diet (see information at the end of this handout to help you)**
- **Include ground organic flaxseed (2 Tablespoons) in the morning which you ground up prior to eating.**
- **Up to 2,000 mg MSM (natural sulfur) daily can be tried.**
- **Psyllium husk powder mixed in water or caps taken with large glass of water morning and evening.**
- **10 tablets or capsules of Spirulina daily or similar high natural mineral supplement.**
- **Introduce bitter herbs and greens into the diet (dandelion, burdock rt., watercress, arugula, mustard greens, stinging nettle greens, chicory, chickweed, escarole, radicchio, endive, mesclun greens) really helps constipation.**

Here is our Herbal bowel tonic formula to help constipation:

2 ½ parts Cascara Sagrada powder
3 parts Psyllium powder
¼ part cayenne pepper powder
1 part Slippery Elm powder
1 part Marshmallow root powder
1 ½ part Rhubarb root powder (aka turkey rhubarb root)
½ part Fenugreek powder
Mix all together, cap. Take 2 at night with 8-10 oz water at bedtime. Put a glass of water by bedside and if you wake up in the night, drink some more water.
If you don't take this will water, it will do the opposite.

Foods to help Constipation

Water – sip, don't gulp. At least 4 cups a day (tea and other drinks using water do not count)
Prunes – natural laxative
Kiwifruit
Apples
Flaxseeds
Pears - fiber
Beans eg. black, pinto, red, navy, garbanzo

Rhubarb
Artichokes (prebiotic)
Kefir
Figs
Sweet Potatoes
Lentils
Chia Seeds – high fiber
Oat Bran
Coffee – acidic and caffeine
Whole Grain Cereal
Brown Rice, Wild Rice
Bananas, Peaches, plums, blackberries
Avocados – high magnesium
Coconut Water
Green tea – some caffeine
Yogurt – probiotic
Raisins
Cashew Butter
Figs
Popcorn
Leafy greens
Oats
Jam to move bowels: 1 cup prunes, 1 cup dates, 5 cups boiling water. Pit the dates and prunes, chop them up and add them to the boiling water. Should get 20 Tbsp from this. Can use on cereal, toast or whatever you wish. You eat everything, don't strain and throw out the liquid.

Foods that cause Constipation

Milk, dairy products
Red Meat
Fried Foods
Fast Foods
Highly processed foods, processed grains
Alcohol
Unripe bananas
Persimmons

ADDING FIBER TO THE DIET

- **Start slow. Adding too much fiber too quickly can result in intestinal gas, diarrhea, cramping and bloating. Consider increasing your fiber intake gradually over a few weeks.**
- **Drink fluids. As you eat more fiber, remember to drink plenty of fluids. Some fibers work best when they absorb water, so being well hydrated can help prevent uncomfortable bowel movements.**
- **Most people think that they are eating lots of fiber when they eat a salad, but check it out – lettuce, celery are quite low in fiber. Adding some canned beans to**

your salad will definitely improve your intake of fiber.

FRUITS	SERVING SIZE (grams)	TOTAL FIBER (grams)
Avocado	1med (150g)	10g
Guava	1 cup (165g)	9g
Raspberries	1 cup (123g)	8.0
Blackberries	1 cup (144g)	7.6g
Pear	1 med (178g)	5.5g
Mango	1 cup (165g)	5.0g
Apple with skin	1 med (182g)	4.5g
Blueberries	1 cup (148g)	3.6g
Banana	1 med (118g)	3.0 g
Orange	1 med (140g)	3.0g
Strawberries	1 cup (144g)	3.0g
Figs	3 med.	3.0g
Cherries	pitted (154g)	2.9g
Rhubarb	1 cup (120g)	2.8g
Grapefruit	1 med. (230g)	2.5g
Nectarine	1 med. (150g)	2.4g
Pineapple	1 cup (165g)	2.3g
Peach	1 med (150g)	2.3g
Kiwi	1 med (76g)	2.1g
Grapes	1 cup (151g)	1.0g
Prunes	med. (66g)	.9g
Apricots	med. (35g)	.7g
Watermelon	1 cup (152g)	.6g

VEGETABLES	SERVING SIZE (grams)	TOTAL FIBER (grams)
Artichokes	1 med (120g)	10.3g
Green peas	1 cup (160g)	8.8g
Collard Greens	1 cup	7.6g
Pumpkin	1 cup (245g)	7.1g
Turnip Greens	1 cup	5.0g
Potato (boiled)	1 med (213g)	4.8g
Sweet corn	1 cup (154g)	4.2g
Sweet potatoes	1 med. (130g)	3.9g
Cabbage	1 cup	3.9g
Beets	1 cup (136g)	3.8g
Swiss Chard	1 cup	6.7g
Winter Squash	1 cup	5.7g
Beet Greens	1 cup	4.18g
Carrots	1 cup (128g)	3.6g
Brussels sprouts	1 cup (88g)	3.6g
Turnips	1 cup (130g)	3.1g
Cauliflower	128g	3.0g
Onions	1 cup (160g)	2.7g

Kale	**1 cup (67g)**	**2.6g**
Eggplant	**1 cup (67g)**	**2.5g**
Summer Squash	**1 cup**	**2.5g**
Bell pepper	**1 cup (92g)**	**2.5g**
Broccoli	**1 cup (91g)**	**2.4g**
Spinach	**100g**	**2.2g**
Asparagus	**100g**	**2.1g**
Bok Choy	**1 cup**	**1.6g**
Tomatoes	**Med (123g)**	**1.5g**
Celery	**1 cup**	**1.4g**
Mushrooms	**1 cup (72g)**	**1.0g**
Zucchini	**1 cup (124g)**	**1.0g**
Lettuce	**1 cup (47g)**	**1.0g**
Cucumber	**1 cup (104g)**	**.7g**

GRAINS(cooked)	**SERVING SIZE (grams)**	**TOTAL FIBER (grams)**
Spaghetti, Whole-wheat	**1 cup (151g)**	**6.0g**
Barley, pearl	**1 cup (157g)**	**10.6g**
Bran flakes	**¾ cup (30g)**	**5.5g**
Quinoa	**1 cup (185g)**	**5.0g**
Oatmeal	**1 cup (234g)**	**2.4g**
Oat bran	**¾ cup**	**2.2g**
Popcorn (air popped)	**3 cups (24g)**	**3.5g**
Brown rice	**1 cup (195g)**	**3.5g**
Bread, whole wheat	**1 slice (32g)**	**2.0g**
Bread, rye	**1 slice (32g)**	**2.0g**

LEGUMES, NUTS, SEEDS (cooked)	**SERVING SIZE (grams)**	**TOTAL FIBER (grams)**
Dried peas	**1 cup**	**16.27g**
Split peas	**1 cup (196g)**	**16.0g**
Lentils	**1 cup (198g)**	**15.5g**
Pinto beans	**1 cup**	**15.3g**
Kidney beans	**1 cup**	**5.8g**
Black beans	**1 cup (172g)**	**15.0g**
Lima beans	**1 cup**	**`13.0g**
Cannellini, canned	**1 cup (180g)**	**13.0g**
Navy beans, canned	**1 cup (180g**	**13.0g**
Chia seeds	**1 oz (28.35g)**	**10.0g**
Almonds	**1 oz (28.35g)**	**3.5g**
Pistachios	**1 oz (28.35g)**	**3.0g**
Sunflower seeds	**1/4cup (32g)**	**3.0g**
Chickpeas	**1 cup**	**2.4g**

MEATS (cooked)	**SERVING SIZE (grams)**	**TOTAL FIBER (grams)**
All meats		**.0g**

An Example of High Fiber Eating:

1 cup of raspberries added to 1 cup of cooked oatmeal with half a serving of almonds could provide about 13.5 grams of fiber.
A bean and vegetable salad may provide about 11 grams of additional fiber.
Together those two meal ideas supply most of the daily fiber goal for people who consume 2,000 calories a day.