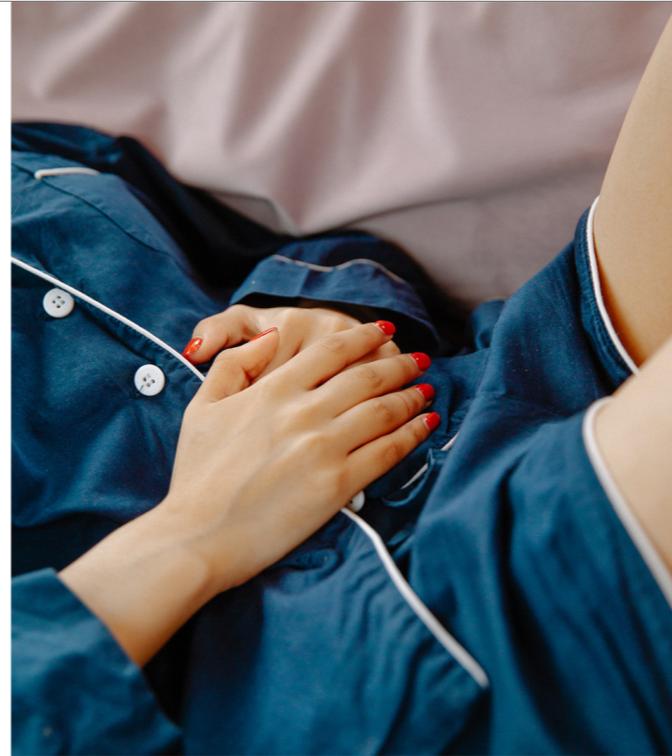




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## Recommendations for constipation





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Drink a ton of water



1. Start by drinking a ton of water. Particularly early in the day. If you can get 1-2 litres in by 1PM, it will take care of the hydration question...and make overnight urination less of a chore.



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## Move your body



2. Move your body daily. Your gut is essentially a muscle. If you move, it moves...gravity is your friend. If you are inactive, your bowels will be sluggish. Full stop. Even if it's a 20 minute after dinner walk, you need to increase your activity to help nature do its work. If you are chained to a desk, get up once per hour even if it is just to do a few toe raises and a stretch. Decompressing the abdomen assists with movement.



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Increase your fibre  
intake



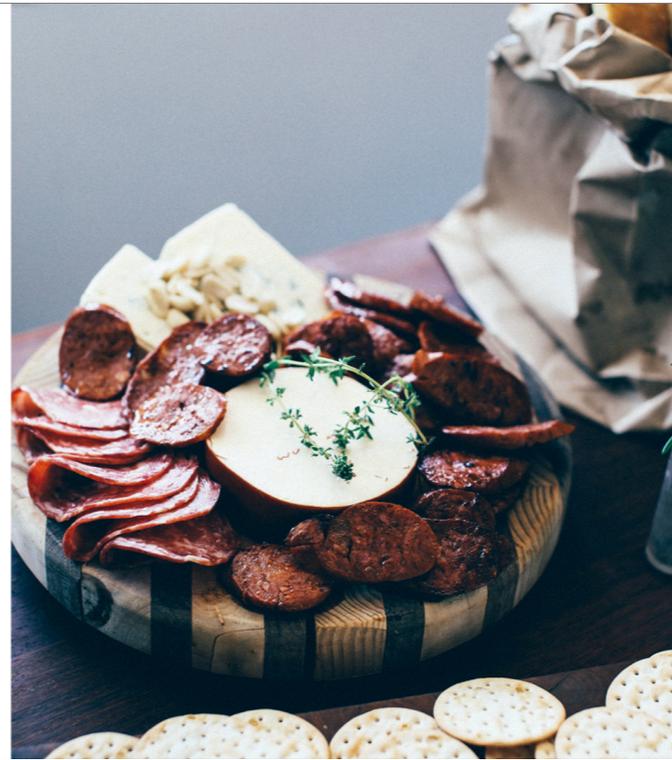
3. Increase your fibre intake. Women need 25 grams a day. Men need 38 grams. Let's dive deeper into this fibre thing! An easy place to start? With psyllium. It's a special soluble fibre (gluten free) that is non-fermentable – meaning it won't cause a ton of gas which is great when you're already constipated. I start my clients with 1 tsp of ground psyllium in a smoothie or morning oats. Over two weeks, work up to 1 tbsp. Drink a ton of water!

Bonus: But my secret unconventional remedy for constipation is kiwifruit!. Kiwifruit has been shown to increase stool volume, frequency and improved consistency. Take two kiwifruit/day and call me next week and let me know how it goes



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## Foods to watch for



Foods to watch for: If you eat meat and cheese, pare back. Watch out for processed foods with added fibre, particularly inulin. Inulin is highly fermentable by the resident bacteria in your colon, which means they produce a whole lot of gas when they encounter it.



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Foods to add



Foods to add: Prunes. Yep, your grandma's fave food. They work, and are way more delicious than you remember. Try eating 5-6 nightly as a snack. Or try the recipe in the video! And drink coffee! Coffee contains a substance which stimulates motility in the colon. Avoid caffeine? You can still get some of the benefits by drinking decaf.

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## Supplements to try



Supplements to try: Take a probiotic. The type of microbes living in your gut can stop you up, such as methanogens, which belong to a class of microbes called archaea. They produce methane gas (just like the cows!) and that methane can permeate into your gut lining and slow peristalsis. Taking a good probiotic can help bring you back into better balance. Or try supplementing with magnesium.

**Hope This Helps!**

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