

Tips to Avoid Constipation.

1. Take 15 minutes every morning to relax before rushing out the door. (Sit cross-legged on a hard floor and sip hot water if experiencing severe constipation.) Deep breathing exercises are also helpful to do at this time. I.e. Breathe from belly not chest.
See the information here: <http://modernherbalmedicine.com/articles/breathe-your-way-to-better-physical-and-emotional-health.html>
2. Avoid anything containing white flour, rice & white sugar, as much as possible. (called the "white plague.")
3. Remove as many of the external stresses from your life such as: being 'too busy' plus deal with internal stressors like; lies you tell yourself, 'stuffing' your feelings, feeling bad about yourself and any "co-dependent" or "co-addictive", or addictive behaviour.
4. Drink at least 1 to 2 litres of water per day between meals. (non-chlorinated)
5. Eat lots of fibre in your diet. If you can eat grains, eat whole grains. Regardless, everyone should take a fibre drink once per day. See the information here:
<http://www.hiraihealth.com/pdf/How%20to%20take%20a%20fiber%20drink.%202012.pdf>
6. Eat lots of "live food" like sprouts, fresh vegetables, juices, raw salads, fruit and avoid deep fried and heavy foods containing wheat, dairy, beef or pork. (These are all hard on the liver.)
7. If your colon lacks tone, do the colon exercises listed on the 'Colon Regime' article here:
<http://www.hiraihealth.com/pdf/Colon%20Therapy%20Regime%202012.pdf>
8. Get checked for a nutrient deficiency if you are still constipated. If you are low in any of the B vitamins, lecithin or acidophilus, - these help the colon stay lubricated and toned up.
9. Eat and drink fermented foods, and I don't mean alcoholic fermented beverages. I mean Water Kefir, Milk Kefir, Kombucha, Fermented Vegetables etc. These help to maintain a healthy digestive tract.
10. When traveling, take your enema bag along. (Refer to 'How to Give Yourself a High Enema.' <http://www.ozonelab.com/monica/enema.htm>) You can also benefit from doing a colonic before and after you travel. Book these appointments ahead of time. Also, herbal laxatives such as Senna, Cascara sagrada are okay for occasional constipation. Do not take herbal laxatives as a long-term solution. Please consult with me during your next appointment so I can help you determine the cause of your constipation and a plan to address this properly.
11. If you are on drugs or medication, check to see if constipation is a side effect. I.e. Pain killers cause constipation. There are herbal alternatives to help with pain.
12. Iron supplements can also cause constipation. Herbal iron supplements are superior as they do not cause constipation and absorb better to.
13. Have an assessment to determine if your stomach or liver may be causing the constipation you are having.