

Constipation

Constipation is a condition in which a person has uncomfortable or infrequent bowel movements. The stool is often hard and difficult to pass, and there is a feeling as if the rectum has not been completely emptied. The frequency of bowel movements does not necessarily translate to a constipation diagnosis, as not everyone's bowels move the same, but if you have less than four bowel movements in a week, then you are probably constipated. Constipation is usually accompanied by abdominal pain, nausea, and loss of appetite. Because of increased pressure, cellular walls can weaken and bring on hemorrhoids which are frequent with chronic constipation. Diverticular diseases are then created from increased pressure on the intestine walls.

A lack of fiber and fluids in the diet is the most common cause of constipation in the United States. Constipation can also be caused by other conditions and prescription drugs, so it is important to get checked out by your health care physician. Irritable bowel syndrome, diverticulitis, metabolic disorders (diabetes), or endocrine disorders (hypothyroidism) may also be factors in the cause of constipation.⁶⁵ Constipation is a condition that should be fixed as soon as possible because the back up of toxins and pressure on the intestinal system causes great damage.

Probiotics (healthy or friendly intestinal bacteria) keep the bowels functioning normally and maintain the proper pH balance in the system. Whether you have constipation or diarrhea, probiotics have been proven to help.⁶⁶ Probiotics are the workers in the intestines that keep things flowing properly.

Increasing water and fiber intake are of extreme importance. Fiber is a huge help for constipation⁶⁷ and it is well accepted that increasing the level of fiber in the diet is an effective treatment for chronic constipation. Psyllium is rich in dietary fiber, which is the most satisfactory prophylactic and treatment for functional constipation. Dietary fiber increases the water content of the stool and the rate of colonic transit.

The use of pectin fibers are overlooked, but are a very effective treatment for constipation. A person can get the needed fibers from specialized pectin sources in capsules, without taking multiple tablespoons of other types of fibers all the time. Plant digestive enzymes actually break down impacted macro nutrient materials stuck in the intestines and help to eliminate them.⁶⁸ Because these plant digestive enzymes are destroyed during the cooking process, plant enzymes should be taken anytime you consume cooked foods.

The non-digestion of foods is one of the biggest culprits of constipation, along with a lack of fiber and water. Flaxseeds and the oil from them act as a lubricant in the gastrointestinal tract, and antioxidants can help repair the weakened cellular wall linings caused by the stress of constipation on your system.

Protocol to nutritionally aid with constipation conditions

For Immediate Relief

3 Flora Plus	4 times a day, morning, noon, mid afternoon and night	Stabilized Probiotics
3 Digestion	4 times a day	Plant Enzymes
2 Opti-Cleanse and Repair	3 times a day, morning, noon and night	Pectin fibers to promote peristaltic movement

Maintenance

2 Digestion	with meals	Plant Enzymes
1 Flora Plus	with meals	Stabilized Probiotics
1 Opti-Cleanse and Repair	morning and night	Pectin fibers to promote peristaltic movement

*Take the Optimal Half Day Cleanse as soon as the "acute" constipation symptoms have resided.

Doing a Half Day Cleanse once every 3 to 4 months will help eliminate future problems.

Nutrition

Find and eliminate known causes of constipation. Eat a high fiber diet; include 25-30 grams a day. Fruits, vegetables and whole grains are good sources of fiber. Also, eat foods that have probiotics in them, such as yogurt, kefir and kim chee. Drink plenty of water.

Exercise

Exercise on a regular basis (minimum 30 minutes 3 times a week) can improve your immune system along with supporting a healthy gastrointestinal system.⁶⁹ Yoga has exercises to support regular digestion and reduce nervousness.

Drugs

Laxatives are recommended by most doctors. Some of these laxatives are just fiber and when used properly, do not have negative side affects. Laxatives that have drugs along with fiber in them can cause electrolyte imbalances, nausea, vomiting, diarrhea, and a decrease in your body of potassium and calcium.

3 Vitamin/Mineral Antioxidant	morning and night	Whole Food Vitamins and Patented Organic Minerals
Optimal Fruit & Veggie Complete	1 serving daily	Antioxidants from raw fruits and veggies

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