

CONSTIPATION CONDITION PROTOCOL

Supplementation Regimen:

For Immediate Relief

- 3 Flora Plus, 4 times a day
- 3 Digest-A-Meal, 3 times a day
- 1 Optimal Soft Cleanse, 3 times a day

Maintenance

- 2 Digest-A-Meal, with meals
- 1 Flora Plus, 3 times a day
- 1 Optimal Soft Cleanse, morning and night
- 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 Regimen:

- 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 kimchi.
- Drink plenty of water.

Exercise Regimen:

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

Additional Recommendations:

- 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.