

Constipation

*“All Diseases Begin in the Gut”
(Hippocrates)*

Constipation is the most common gastro-intestinal complaint all over the world. According to the naturopathic definition, constipation is an epidemic. The mainstream clinical definition of constipation is ‘you have not had a poo at least 3 times during the last week’. Yet nature tells us, ‘What goes in must come out’ therefore every main meal should ideally produce a bowel movement and it should be without difficulty. Most of us eating a modern western diet living a busy modern western lifestyle are very fortunate if we go once a day, once again we have changed our expectations of what is healthy.

Why we need to poo

The wastes from the digestive process that are not eliminated properly produce toxins, which can be absorbed by the blood stream and may be carried to different parts of the body. When the digestive system and eliminative organs are not working properly, to rid the body of this accumulating putrefactive build-up in the colon, the resultant toxins are carried back into every part of the body.

Some symptoms of Chronic constipation

- Abdominal distress
- Abdominal pains
- Bad breath
- Body odour
- Fatigue
- Flatulence
- Haemorrhoids
- Headaches
- Indigestion
- Irritability
- Poor sleep
- Skin problem
- Straining of stools
- Varicose veins
- Weight gain

Lifestyle Recommendations

- Take your time at chewing your foods
- Respect and attend to the urge “Don’t Ignore It”
- Take your time at the toilet, if there aren’t enough toilets in your home, use an improvised one or make a composting loo in the garden.
- Do not strain
- Squatting is the best position to adopt
- Accept any smells and noises as natural, carry with you tissues and wipes so you’re always ready to stop what you’re doing and go if you’re away from home.

- Aim for 8-9 hours sleep a night, ideally going to bed at 10pm when the body starts to detox and fully digest nutrients. Stop eating 2 hours before bedtime this will allow a good night's sleep and easier bowel movements in the morning.
- If your job is stressful, you feel you can't go to work or you're busy with the family at breakfast time then go to bed earlier so you can rise early and leave 1-2 hours before leaving the house and the comfort of your own loo.
- Meditate once or twice a day to help calm the mind and breathe deeply.
- Walk at least once a day for 30 mins. Other physical exercise like swimming, yoga and tai chi are all beneficial to the gut area.

Drink more Water

Drink 1-2 mugs of warm water on rising in the morning

Drink 1-2 litres of water per day (some of this may include herbal teas without milk)

Do not drink with your main meals. At other times sip warm water throughout the day, if possible every hour but stop drinking 30 mins before eating food and for 2 hours after.

Eat more Veg

Aim to fill your plate with veg then add a little protein or gluten free grain.

But avoid potatoes, beans and raw apples (stewed are fine especially with cinnamon)

Drink vegetable juices

Add more Fibre

Try adding more fibre to your foods; porridge can be made with coarse oatmeal, baking with wholemeal flour (beware of the health food market's labelling of refined foods as 'light'), brown rice and wholemeal couscous, cooking and eating veg with their peel on, adding seeds to meals. Ground linseed can be added to all soups and porridge.

If eating almonds always blanch them to remove the skins. Avoid bran, this is an irritant to the gut.

Wheat and dairy free diet

This sounds easier for some than others but could be worth a try to see the benefits.

Try my bread alternative recipes. Use yoghurt instead of milk.

Avoid dry foods

Crackers, ryvita, oatcakes, rice cakes, beef, pork, grilled foods, nuts

Reduce carbohydrates

Replace pasta, bread and rice with well cooked quinoa, buckwheat and millet

Replace potato with swede

Try my 'alternatives to carbs' recipes

Avoid whole beans, make sure lentils and chickpeas are cooked well so they fall apart

Herbal remedies

- Use my Digestive Root Tea
- Use Mohsin Easy Digest Professional compound available from me
- Use any of the following herbs, roots need boiling for 5-10 mins, leaves can be steeped in boiling water for 5 mins...

Chicory, dandelion, marshmallow and liquorice root, fennel seed, chamomile, meadowsweet, senna leaves (seek professional advice before using senna)

Other natural remedies

- Take a good probiotic supplement or live yoghurt
- Use 1 to 3 tbsp of linseed (*Linum usitatissimum*) twice a day with 2 glasses of water. Or add it to your foods. Eat it whole or grind it using a mini blender/food processor.
- 1 teaspoon of sweet almond oil in a glass of warm milk at night
- 1 tsp slippery elm powder with a little ground cinnamon mixed in a small cup of warm water. Take with every meal or just at night before bed.

Disclaimer:

This information is provided for education and information purposes only. Please consult your healthcare professional for personal advice.

Reference source

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