

Constipation Relief Strategies

Because your tummy shouldn't feel like it's holding a balloon festival...

- Sufficient Hydration
- Salt on the tongue
- quality healthy oils
- Apple a day
- Stress reduction
- Sunshine and Vit D
- Circadian Rhythms
- Fermented foods
- Posture and squatting position
- Sleep hygiene
- Supplements (ask more)
-

FLAXSEED: can be a natural remedy for constipation due to their high fibre content and mucilage properties. They contain both soluble and insoluble fibre, which help add bulk to stool and make it easier to pass. The mucilage in flaxseeds also supports bowel function by promoting smoother digestion. Studies suggest that flaxseeds may even be more effective than some fibre supplements in relieving constipation. To use them, you can consume ground flaxseeds (1–4 tablespoons per day) mixed into food or drinks, as whole seeds and flaxseed oil may not be as effective. Drinking plenty of fluids alongside flaxseeds is recommended to maximize their benefits.

PSYLLIUM HUSK: is a soluble fibre that helps relieve constipation by absorbing water and forming a gel like substance in the intestines. This increases the bulk and weight of stool, stimulating bowel movements and making it easier to pass. Unlike stimulant laxatives, psyllium does not force intestinal contractions but instead promotes natural digestion. It also acts as a prebiotic, supporting gut health by encouraging the growth of beneficial bacteria. Psyllium is gentle enough for daily use and can be mixed with water or added to food.

SLIPPERY ELM: may help with constipation due to its mucilage content, which forms a gel-like substance when mixed with water. This can coat and soothe the digestive tract, adding bulk and softness to stool, making bowel movements more comfortable. While there isn't direct scientific research proving its effectiveness for constipation, anecdotal evidence suggests it may support digestion and ease symptoms of IBS and chronic constipation. It has also been used historically as a natural digestive aid

CASTOR OIL: on the belly may help with constipation by stimulating digestion and bowel movements. Castor oil has natural anti-inflammatory and laxative properties, and when applied topically, it can increase circulation to the abdominal area, potentially supporting digestion and relieving bloating. Some people use castor oil packs, where a cloth soaked in warm castor oil is placed on the stomach to enhance absorption and relaxation. This method is believed to help trigger intestinal contractions, promoting bowel movements.

HEAT PAD THERAPY: Applying warmth to the abdomen may relax muscles and encourage bowel movements.

ABDOMINAL MASSAGE: Gentle stomach massage can help stimulate digestion and relieve bloating.

EXERCISE: especially walking, can help relieve constipation by stimulating digestion and encouraging natural bowel movements. Movement increases blood flow to the intestines, helping food pass through the digestive system more efficiently