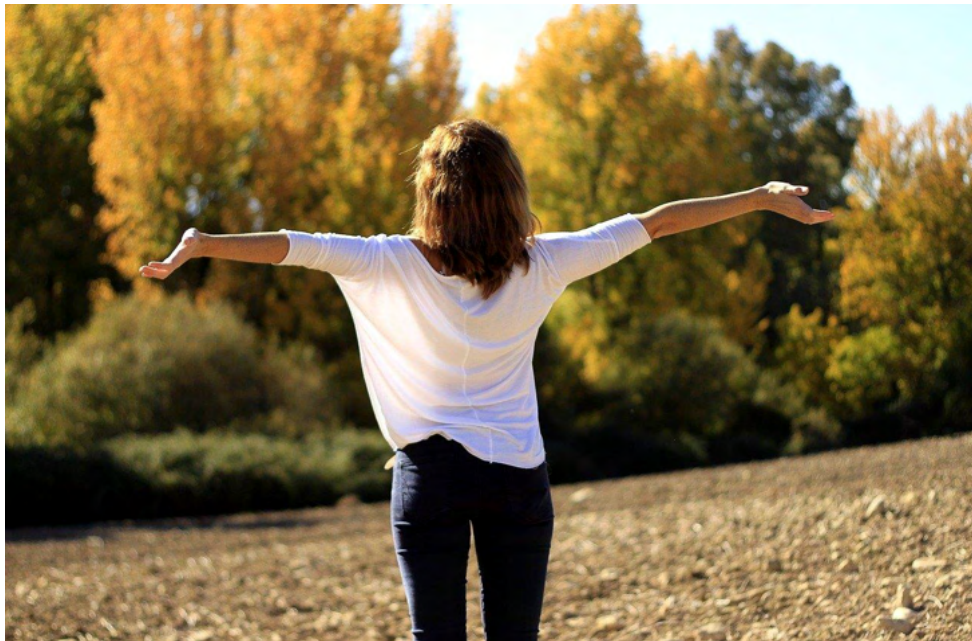


Holistic Remedies to Relieve Constipation



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What you will learn about:

- Constipation statistics
- Understanding your digestive system
- What causes constipation
- What are the triggers
- How to avoid triggers
- Mindful tips
- Easy hand reflexology tips

Introduction

Chronic Constipation Statistics

The National Digestive Diseases Information Clearinghouse (NDDIC) has found that:

- 4.4 million Americans have constipation
- 1 out of 61 people currently are having constipation issues or have ever suffered from it.
- Afflicts children, adults, pregnant women and the elderly
- \$725 million is spent annually on laxatives
- 104 million visits to the doctor

Understanding How Your Digestive System Works

Most people don't know much about their digestive health. Everyone needs to understand how their digestive system works. The path from chewing to elimination begins in the mouth, teeth, salivary glands, pharynx, esophagus, stomach, small intestine, large intestine, rectum, and the process ends at the anus canal.

The primary function of digestion is to turn food into the energy we need to live and function. Some of us have learned basic anatomy in school, but most of us were partially listening or didn't retain the information.

We need to understand the basic steps of how food processes in our bodies. You might be thinking, "Isn't eating natural that we do instinctively? Why do I need to be taught how to eat?" We are going back to the basics. So pay attention!

The digestive process starts in the mouth and ends at the anus. The digestive process is done, primarily one long tube approximately 30 feet long. The digestive system is known as the maintenance system of the body. There are four primary digestive functions:

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Ingestion - Have you ever wondered why your mother used to tell you to chew your food thoroughly? Most moms are afraid that their children were going to choke. There are significant health benefits to chewing correctly. The beginning of digestion takes place in your mouth. Your saliva contains digestive enzymes that start the breakdown of food before it starts its long journey.

Digestion – processes food by chemically breaking down food in the stomach to get it ready to be absorbed in the small intestines. The easier the food is to digest, the easier and faster the stomach can do its job. It takes a lot of energy to digest large chunks of food. The smaller the pieces, the easier and quicker it goes into the small intestines. The stomach doesn't always break down the food before it enters into the small intestines. These undigested food particles can encourage bacteria that lead to stomach discomforts such as gas, bloating, diarrhea, constipation, abdominal pain, and cramping. Onto the next part of the journey.

Absorption – Digested food travels through the small and large intestines, which can be a combined length of 30 feet. Food molecules move into the three parts of the small intestines (duodenum, jejunum, and ileum), where nutrients and water are absorbed into the bloodstream through the walls of the small intestines. Like a conveyor belt, the Peristalsis motion of contracting and relaxing muscles moves food from the small intestines to the large intestines and then the colon.

Elimination – Any non-digested food to be eliminated through the rectum, anal canal, and anus.

Your Stomach's Bestie - Hydrochloric Acid (HCl)

Many people don't realize that their stomachs may not be making enough hydrochloric acid (HCl). HCl is necessary for many bodily functions in the aid of food digestion.

Proper levels of stomach acid breaks down foods; absorbs nutrients including minerals, vitamins and folic acid; kills toxic bacteria in foods; kills pathogens that are ingested; balances the pH levels (acid/alkaline level) in the stomach and supports immune health in the small intestines. If you don't have enough stomach acid, you can't fight off infections or invasive bacteria. HCl is crucial in preventing bacteria from migrating from the small intestines and colonizing in the stomach. Think about the last time when you were sick from some bad food and how took it a long time to get over it. Proper levels of HCl could have helped you avoid it.

What Else Supports Your Digestive System?

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Liver - The liver helps us to digest and metabolize the food we eat, making it one of the most important organs in the body.

Kidney - The kidneys maintain the body's balance (homeostasis), remove waste products, filter the blood, and balance the volume of fluids in the body.

Spleen - The spleen digests food and retrieves nutrients from that food to help your body maintain its strength and health.

What is Body Inflammation?

Almost every modern disease is caused or affected by body inflammation. Your immune system can become compromised by stress, diet, and lifestyle. Everyone has had common illnesses such as sore throat, colds, broken bones, etc. Your body goes into the appropriate defense to ward off these illnesses or trauma by generating the appropriate white cells, called antigens, to fight off offensive bacteria or viruses in order to survive. Your body's immune system produces antibodies and destroys harmful invaders. This kind of body inflammation is good and necessary to kill off invaders.

Inflammation is your body's first response to a compromised immune system. When something harmful or irritating has entered into your body, your body will respond to get rid of the irritant. In the case of an infection, such as a cold, your body will flare up to heal or get rid of the in response to irritation, bacteria, and food intolerances.

What Causes Body Inflammation?

The main causes are:

- low-grade bacterial, viral, and fungal infections in the bloodstream and organs
- chronic low-grade food allergies or food sensitivities.
- imbalance of balance and fungi in the gastrointestinal tract
- Stress - Constant psychological, emotional or physical stress
- Environmental toxicity from air, water, food pollutants
- Diet and Lifestyle - too much sugar, fat, protein and not enough water

Today's Diet

According to Medical Press.com, more Americans than ever before are eating out today instead of cooking at home. In April 2015 it was reported that Americans spent \$52 billion at restaurant and bars and only \$50 billion at the grocery store. This trend is especially true for very busy people who are trying to balance work and family. People just don't have time to cook, don't want to cook or don't know how.

Today's diet is primarily very acidic, consisting of too much sugar, dairy, gluten, alcohol, meat — and GMO foods.

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Sugar

United States Department of Agriculture reports that “the average American eats 152 pounds of sugar each year, including almost 64 pounds of high fructose corn syrup (HFCS).” Refined sugar is particularly problematic because it tends to encourages overeating, is a breeding ground for bad bacteria, and encourages yeast overgrowth, bloating, gas and ulcers.

Remedy - Limit your sugar intake. The suggested daily amount to eat is 6 teaspoons for women; 9 teaspoons for men and from 12-21 teaspoons for children.

Red Meat

Red meat has a high iron content that can cause stools to become hard.

Remedy - Restricting your red meat intake as needed.

Are GMOs Hiding in Your Pantry?

What are GMOs?

Genetically Modified Organisms (GMOs) have been a controversial issue since they were introduced to the United States in 1996. GMOs are man-made organisms created in a laboratory by a process called genetic engineering. Governed by the U.S. Food and Drug Administration, a GMO can be defined as an organism whose genetic material has been altered using genetic engineering techniques. The result is new genes that would not be found in nature or through any traditional crossbreeding methods.

Today, the majority of food grown in the US is 88% GMO. Farm animals are often fed GMO products and antibiotics.

Negative Impacts of GMOs on the Digestive System

There are some findings that GMOs are a breeding ground for bacteria and viruses, causing digestive disorders and overtaxing the immune system. Digestive disorders caused by ingesting GMOs have caused irreversible effects.

Remedy - Eat organically as possible. Know where where you food source comes from.

Why Can't I Absorb Nutrients? Oh No My Villi Have Fallen and They Can't Get Back Up!

Nutrient absorption takes place in the small intestines. The villi's job is to transport food from the digestive tract, where nutrients are being absorbed through the wall of the small intestines and being delivered into the bloodstream, to your cells to provide nutrients and food for survival.

When the villi are irritated by yeast overgrowth, food allergies, and gluten, the ends of villi become blunted, short or misshapen, causing malnutrition. . Healing the villi can take several months to a year. Be patient! Inflammation didn't happen overnight.

Remedy - eat whole foods. Eliminate as much processed food as possible. If you can, eat as organically as possible.

Know Your Poops!

What are Bowel Movements?

This is the final destination of food, fiber and water we have not digested. In other words, what foods haven't been processed from the stomach and intestines ends up in the colon and the toilet.

How often Should I poop?

General guideline is different for everyone. Some people go several times a day. Some goes once and some goes every other. Only you know what is normal for you.

By traditional medical standards, if you have a bowel movement less than three times a week this is classified as "constipated."

In most cases it takes anywhere from 1-3 days for food to be processed and be excreted as waste .

What Does Your Poops Look like?

Bowel Movements come in all colors depending on what you have eaten. Normal colors are various shades of brown.

Shapes - bowel movements can be any shape and size. Most people get hung up with the "snake" or "S" shapes. Again, you have to determine what is normal for you. You need to be concern if you are straining or you are passing rabbit size bowel movement pellets

Color - Your bowels movement colors will be depended on what you have eaten and what medication you are taken or if you have diarrhea. You need to be concern if there is blood in your stools or if it is black. Black is an indicator there may be too much iron in your diet or signs of cancer or ulcers. Stools that are black is can be caused by bleeding. It is also sticky and smells bad.

What is Constipation?

- 3 or less bowel movements a week
- You feel like you are never done
- Rock hard output
- Constantly straining

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- Hemorrhoids

What happens when we are constipated and there is a backup? The water in the feces gets reabsorbed by the body causing the stools to harden in the colon. Eventually, the colon loses its muscle tone and it becomes a chronic condition.

Symptoms associated with constipation include infrequent bowel movements, hard stools, straining when passing a movement, feeling crampy, abdominal bloating, and flatulence with a need to defecate but can't pass stools.

What causes Constipation?

- Diet – Not enough fiber , too many processed foods, body too acidic o Sugar - can cause many problems with the gastrointestinal tract, including an acidic digestive tract, indigestion, malabsorption of nutrients.
 - o Fiber – people are not eating enough fiber. Women should eat 25 grams and men, 38 grams every day.
 - o Processed foods – it's easy go to convenient foods like canned goods, frozen foods, prepared foods, sweets, bread, pasta and more.
- Not enough water o It is suggested to drink half of your weight in ounces of water per day.
- Medication o There are more than 150 types of prescription and over the counter medications that can cause constipation such that we use to help us with depression, , cholesterol, pain, heartburn, blood pressure and allergies.
- Too many laxatives.
- The obsession to eliminate even though you don't need to move your bowels. ● The never completely emptying.
- Not setting aside adequate time to go to the bathroom.
- Not enough good bacteria in the digestive tract.
- Stress and anxiety.

Steps to Alleviate Constipation

- Balanced diet
- Balanced energy
- Manage your stress
- Exercise/me Time

Diet - You have billions of immune cells that are constantly working to keep you healthy by identifying and eliminating harmful substances that make their way into your blood, 70-80% of these cells live in your small intestines.

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Depending on how you feed your body, food is your foundation. Think of it this way: if you build your body on junk and processed foods you will have a weak foundation. If you build your body on nutrient-rich, organic, whole-foods you are going to have a strong foundation. Be mindful of what you eat at every meal and snack. Keep away from known food allergens and toxins. Look at what you want to eat. If wheat, sugar, dairy, and soy calls to you more times than you'd like (like they call me), and make conscious choices not to eat them and find healthier alternatives

Eat a more alkaline diet; drink half of your weight in ounces; eat whole grains; eat more fiber (but you need to drink more water, otherwise the fiber will turn into a brick); decrease alcohol, sugar and carbohydrates. To increase good bacteria, add a probiotic supplement.

Food is made to not just for enjoyment. It is your source of ENERGY!

Balance – Are you getting enough rest? I admit I am a workaholic. I can easily work day and night. I can start to work as soon as I get up in the morning and work until I go to bed. (Again, too much of a good thing is bad.) I'm still learning to STOP. When I work too much, it pushes my body into overdrive and I can't sleep. This is not good.

Exercise – If you spend most of your life sitting in front of a computer and TV. You're not living but *you're slowly dying*. For your circulation and digestive systems you need to move. If you aren't moving, you feel sluggish, inside and out. Nothing in your body is moving.

Yes, we all need quiet time to sit and reflect, but again, too much of a good thing is not good for you either. Pick up that body and move. You don't have to do all your exercise all at once.

How to start? Start off with a two minute routine. Start with walking down your driveway and getting your mail. This is a beginning of a two minute walk (one minute to and one minute back) and work up to 5, then 10, then 20 minutes...

A Digestive System's Good Friends - Supplements

Vitamin B complex, Vitamin A, and Magnesium are your digestive system best friends

Vitamin B1 – Also known as thiamin. Vitamin B1 helps to release energy from foods after digestion.

Vitamin A- aids in processing protein. 70-90% of vitamin A is absorbed in the small intestine.

Vitamin B2 – Also known as riboflavin. Vitamin B2 helps to process calories that come from proteins, fats, and carbohydrates then turning into energy for your body.

Vitamin B3 – Also known as niacin. Vitamin B3 helps to regulate appetite. Its primary function within the digestive is to control the level of bile from gallbladder and other stomach fluids that are secreted. It is important for many digestive tract functions such as processing carbohydrates, fats, and alcohol.

— *Vitamin B6* – helps your digestive system to process protein, carbohydrates and fats.

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Vitamin B9 – known as folic acid helps to process carbohydrates into simple sugars to be used for energy.

Magnesium - Magnesium is needed to aid with the digestion of food and release of nutrients for energy.

Support and Love Your Organs

Liver – Eat natural and organic food rich in antioxidants that will fight disease and toxins. Eating vegetables high in Vitamin B12 also helps the liver in digesting and metabolizing food. Avoid processed foods, high fat, and limit alcohol intake.

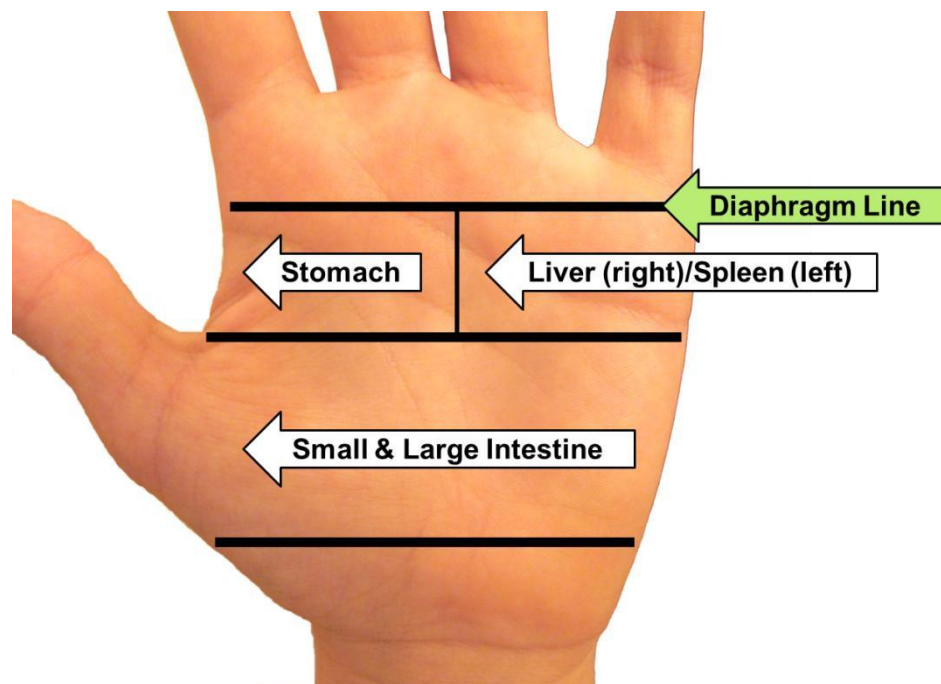
Kidney – The best food for the kidney is organic fruits and vegetables, whole grains and low fat dairy. Limit sodium and alcohol intake. Quit smoking and be more physically active.

Spleen - The best foods for the spleen are plain fruits and vegetables; proteins with healthy Omega 3 fatty acids, and drinking plenty of water. Avoid fatty food, tobacco and limit alcohol intake.

Holistic Hand Reflexology Tip to Relieve Constipation

This is a temporary hand reflexology solution for constipation problems.

You can do these steps anywhere and anytime. It only takes about 2 minutes to repeat on each hand. Most people find relief after repeating them 3 times, every other day.



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Start with either hand, palm facing you, and place your thumb on the palm starting under the pinky finger (on top of either the spleen or liver location in the above diagram). Your remaining 4 fingers support the back of the hand while your thumb does all of the work.

Like an inchworm, using the thumb walk method, walk across the diaphragm line from the pinky side to the index finger side of your hand. Bring your thumb back to under the pinky finger, but lower your thumb and finger by ¼ inch (working from the top of the hand towards the wrist). Continue from the diaphragm line to the bottom of the intestines box. Repeat 4 times. Switch to the other hand and repeat all steps.

I hope that these holistic tips will help you to find relief from constipation.

How Can the Healing Place Help and Support You?

The Healing Place specializes in helping people of all ages to find long term relief from chronic digestive problems (including constipation), chronic pain, and helps to balance hormones naturally. To start the process, we offer FREE 60 minute consultations by calling (508) 359-6463.

Educational Video

Visual learner? Want to learn more? To accompany this report, the Healing Place Energy School has made a video, **Holistic Remedies to Relieve Constipation**. In the video you will find helpful diet, exercise, hand reflexology tips, mindful activities and meditation to help eliminate constipation.

Disclaimer – If you have any questions about this information, please consult with your health care provider. The information is NOT a substitution for traditional medical care.

Happy Healing to You!

If you questions, please visit www.HealingPlaceEnergySchool.com or email us at support@healingplaceenergyschool.com