



LINDGREN  
functional medicine

# CONSTIPATION

Digestive regularity is a critical part of your body's detoxification process. If you are not going daily, then your waste will sit there and be partially resorbed (rather than excreted). Constipation and loose stools can be thought of like 2 sides to the same coin: both indicate an imbalance in the gut. To support healthy digestion and detoxification, let's get things moving!

## FOODS FOR REGULARITY

### *osmotic/water pulling*

#### MAGNESIUM

- leafy greens
- chlorella
- spirulina
- mg. oxide supplement

#### VIT C

- kiwi
- citrus fruit
- broccoli
- leafy greens

#### SORBITOL

- prunes
- dates
- apples
- peaches
- apricots

### *stimulant*

#### FATS

- oily fish
- avocado
- coconut oil
- olive oil
- nuts & seeds

#### HERBS

- aloe vera
- triphala
- senna
- smooth move tea

### *bulking*

#### FIBER

- chia seeds
- flaxseeds
- berries
- apples
- figs

### *microbial*

#### PROBIOTICS

- sauerkraut
- kimchi
- kombucha
- yogurt
- kefir

### *beyond food, here are some tips for getting things moving:*

- drink enough water
- walk & move your body
- carve out time (digestion is only active when you are calm & relaxed)
- stimulate by massaging stomach & lower back
- pull your knees to your chest to be in optimal position
- support upper digestion (eat slowly, chew completely, use bitters, etc)
- support pelvic floor strength
- use castor oil packs

