



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

