

# CONSTIPATION

Constipation occurs when bowel movements are less than once per day and/or stools are hard or difficult to pass.

## POSSIBLE CONTRIBUTING FACTORS



- Dehydration
- Magnesium insufficiency or deficiency
- Insufficient intake of dietary fats
- Insufficient insoluble fiber
- Hypothyroidism
- Dysbiosis (imbalanced microorganisms or an overgrowth like SIBO/SIFO), parasites
- Food sensitivities
- Hypochlorhydria (low stomach acid)
- Chronic stress (sympathetic dominance) resulting in decreased peristalsis
- Retroflexed uterus (or other structural blockages)

## LIFESTYLE & DIETARY RECOMMENDATIONS



- Increase hydration: infusing water with lemon/herbs/fruits helps increase intake
- Decrease coffee/caffeinated teas
- Increase magnesium intake: almonds, avocado, leafy greens, kidney beans, cashews, Epsom salt bath
- Increase insoluble fiber: whole grains (except oats), non-starchy vegetables, fruits w/skin on, nuts, seeds
- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats (ex. avocados, olives, extra virgin olive oil, coconut, grass-fed butter, nuts & seeds, nut butters)
- Eliminate refined & processed foods including fried foods and hydrogenated fats/oils
- Consider an elimination challenge of dairy and gluten for a minimum of 30 days
- Daily grounding and anything to help relax the body (journal, read, meditate, deep breaths, regular massages, warm bath, petting pet)
- Practice sleep hygiene

## SUPPLEMENT CONSIDERATIONS



- Magnesium citrate (200-800mg at bedtime)
- Probiotic higher in Bifidobacterium than lactobacillus
- Digestive support (Betaine HCL if no H Pylori, digestive bitters)