



Constipation is not a  
problem- it's a  
symptom to a problem

*Correcting constipation with 7 easy steps*

Kylie Dowling | Clinical Nutritionist



## About the author

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Kylie is a clinical nutritionist and colon hydrotherapist with nearly ten years of clinical experience in helping clients reach glowing health from the inside out. She is passionate about using food as medicine and empowering you through knowledge to get back on track.

Specialising in gut health and the influence of your microbiome on your entire system, she is particularly dedicated to those who have searched high and low for answers to no avail.

Kylie Dowling

# What is constipation?

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Constipation doesn't just mean you're not having a daily bowel movement...

- ☞ Movements that look like rabbit droppings
- ☞ Having a daily bowl movement but it feeling incomplete
- ☞ Having loose bowl movements (yes - what you think may be diarrhea may be back flow constipation!)

... it comes in many different forms!








## The implications of constipation on your health

- 1 REABSORBING TOXINS
- 2 RECYCLING HORMONES
- 3 CAUSING MICROBIOME IMBALANCE WHICH IMPACTS OTHER BODY SYSTEMS



# Where do you sit? ↓

## Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

Type 1 has spent the longest time in the colon and type 7 has spent the least. The ideal stools are types 3 and 4, especially type 4, as they are most likely to glide out without any fuss.

What type of stools are best?

- \* The feeling you need to go is definite but not irresistible
  - \* Once you sit down on the toilet there is no delay
    - \* No conscious effort or straining is needed
  - \* The stool glides out smoothly and comfortably
- \* Afterwards there is only a pleasant feeling of relief
- \* All this is most likely if the stool is Bristol Stool Form Scale, type 4

# Correcting Constipation

This guide takes you through step by step process of correcting constipation - you can't get to the root cause before addressing these simple, cost effective steps. Once the foundations are right we can take a deeper dive if necessary... though sometimes this is enough to correct constipation!

**H2O**

**Posture**

**Fibre**

**Stomach  
Acid**

**Exercise**

**Massage**

**Breathe  
Work**

# 01. H2O

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Hydration is **essential** to hydrate our cells. If our cells are not hydrated our body will pull water from wherever it can to hydrate the cells and this will be from the colon leaving you with dry, hard to pass stools.

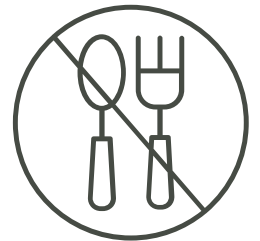


2-3L of filtered water a day

Herbal tea is included, but if you have coffee you need 2 extra glasses of water (caffeine is dehydrating!)

Make sure you sip your water if you skulk it it will go straight through

Don't drink with meals or if you do only a small amount as this will dilute your Hydrochloric acid in the gut and affect digestion.



Start your day with a large glass of lemon water with a pinch of himalayan or celtic sea salt.

Purchase a 2 litre water bottle to track your daily intake.

Get an app on your phone such as "Drink water reminder (free) "

**Prevents constipation | Hydrates cells | Supports detoxification**

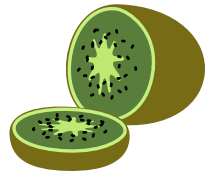
## 02. Fibre

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Eating a diet high in fibre is not only essential for good health but also to prevent constipation by adding bulk to your stools and making them easier to pass. The fibre adds bulk and absorbs water making it easier to pass through the colon (particularly soluble fibre which forms a gel like substance help for better nutrient absorption). We generally don't eat enough fibre daily.



Foods containing fibre: fruit, vegetables, nuts, seeds, whole grains and legumes.



Increase your fibre with every meal

→ Start by aiming for 2 cups of vegetables with each meal; this is your non starchy veg leafy greens, cucumber, broccoli, zucchini, fresh herbs, tomato, you know the ones the list keeps going.

→ We want to aim for 25-30gms each day.

In particular include soluble fibre like 2 green kiwi fruits a day, ground flaxseeds, chia seeds. Our gut bacteria love fibre and love diversity.



### BENEFITS

Our gut bacteria love fibre, in return you will have better bowel movements and more health promoting gut bacteria.

Help with hormone balance.



## Ingredients

- 1/2 cup rolled oats (gluten free)
- 1/4 cup chia seeds
- 1 cup nut milk or water
- pinch of celtic sea salt and cinnamon
- 1 cup of fruit - berries for blending or grate an apple or carrot through.
- yogurt coconut plain for topping
- for topping extra fruit such as 2 kiwi fruit or your choice

## Directions

1. Place the oats, seeds, milk, salt, and cinnamon in a jar with a lid. Refrigerate overnight.
2. Puree the berries.
3. Stir oats with your frozen berry puree and top with yogurt and more berries, nuts,

NOTE: HIGHLY recommend making this in batches you can do 3 at a time, all in individual jars for easy grab and go breakfasts.



## 03. Posture

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The colon has a natural kink that helps to maintain continence, when we sit on the toilet this partially relaxes the tight muscle around the colon, blocking the flow of waste. When our feet are elevated and our posture goes into a squat position this fully relaxes the muscle and allows the colon to empty quickly and completely.



Please watch <https://www.youtube.com/watch?v=YbYWhdLO43Q>



Please purchase <https://www.squattypottyaustralia.com/>

Also check out ebay as you can buy them for around \$20 including postage

## 04. Massage

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Gentle massaging of the abdomen in a clockwise direction can help move colon contents along the gut.

Castor oil packs to the abdomen may be useful in resolving constipation.

Used externally, castor oil is a powerful anti-inflammatory. Apply oil directly to skin, and cover with a clean, soft cloth (e.g., flannel) and plastic wrap. Place a heat source (hot water bottle or heating pad) over the pack and let sit for 30 to 60 minutes. For best results, use three consecutive days in one week.

## 05. Stomach Acid

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Production of Stomach acid is important, this makes sure that food is effectively broken down, absorbed and better for eliminating waste.

When your acid is low, you won't digest your food properly and consequently, you can end up with constipation, bloating, indigestion and pain.

Apple cider vinegar is a natural product which will help stimulate the production of stomach acid. Taking 20ml of organic apple cider vinegar before meals is a great way to encourage the natural production of acid by your stomach, supporting digestion and avoiding constipation and other unpleasant digestive symptoms.



### Easy steps to increase your stomach acid

- 20 mls of organic apple cider vinegar with the mother in 30mls of water. Drink 15 minutes before each main meal.
- Increase bitter foods in your diet: rocket, endive, radicchio, artichoke.
- Support stress response as stress can reduce hydrochloric acid (see next page - breath work!)

## 06. Breath Work

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Never underestimate the power of deep breathing. This technique offers amazing benefits to all aspects of health such as relaxation, decreasing muscle tension, lowering heart rate and blood pressure, increasing blood oxygenation and so much more.

As for GI symptoms, activating the diaphragm helps to gently massage internal organs which can reduce abdominal pain, urgency, bloating and constipation. By diaphragmatic breathing you are switching on the parasympathetic system (rest and digest).

### DIAPHRAGMATIC BREATHING

1. Sit or lie in a comfortable place. Close your eyes.
2. Place one hand on your chest and one hand on your abdomen. The bottom hand should do the moving. The top hand should remain still or only move as the bottom hand moves.
3. Inhale through your nose for about 4 seconds, feeling your abdomen expand. (You may feel slight tension the first few times you inhale.)
4. Hold your breath for 2 seconds.
5. Exhale very slowly and steadily through your mouth for about 6 seconds. The mouth should be relaxed.
6. Repeat for 5-15 minutes.



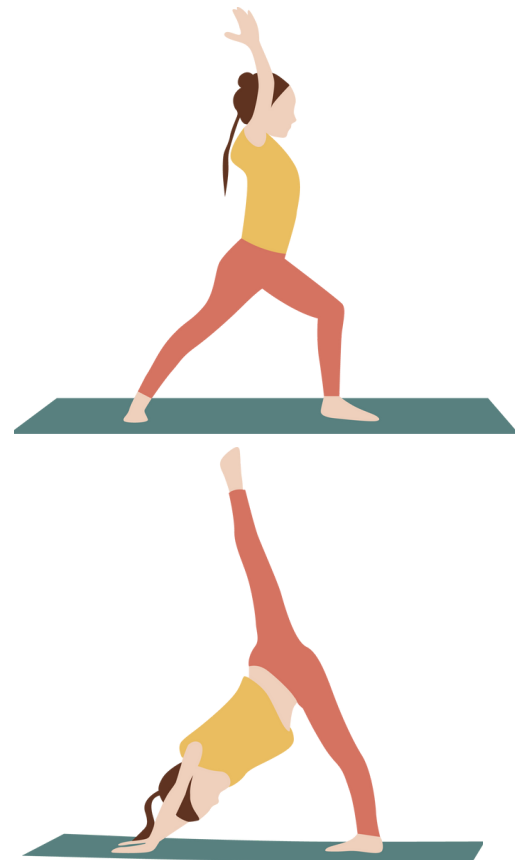
# 07. Exercise

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## Keep Moving!

Stimulating the colon via physical activity helps to stimulate the muscles (peristalsis) in the colon, which encourages bowel movements.

Exercise also increases blood flow around the body which aids in the digestion process and helps to move waste through the bowels.



## MANAGING STRESS

Exercise is also a great way to support your stress response and stress has been linked to constipation therefore daily exercise helps to reduce stress levels, which can help alleviate constipation.

- Start slowly with 30 minutes of gentle walking.
- Do what you love - yoga, pilates, team sport, swimming or a walk on the beach!



7 DAY

# HABIT TRACKER

IN ORDER TO CORRECT CONSTIPATION WE NEED TO CONSISTENTLY FOLLOW THESE STEPS. PRINT THIS PAGE OFF AND MARK EACH OFF EVERY DAY YOU SUCCESSFULLY COMPLETE THEM.

WEEK OF: \_\_\_\_\_

## STEPS FOR CORRECTING CONSTIPATION

01 Starting your day with lemon & salt water

02 2- 3 L Filtered Water

03 2 cups of vegetables per meal

04 ACV 15 mins before meals

05 5-15 mins of diaphragmatic breathing

06 Gentle exercise

07 Please write in the circle your daily  
bristol stool chart type

(S) (M) (T) (W) (T) (F) (S)

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## REFLECTION NOTES

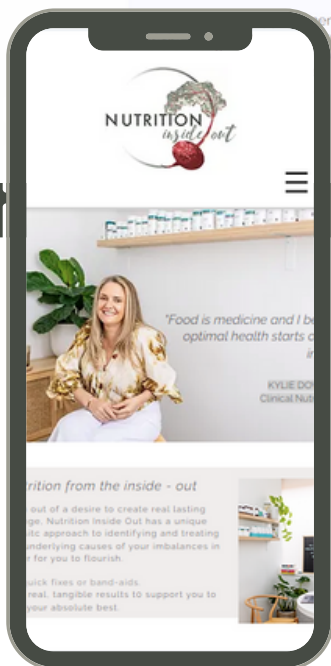
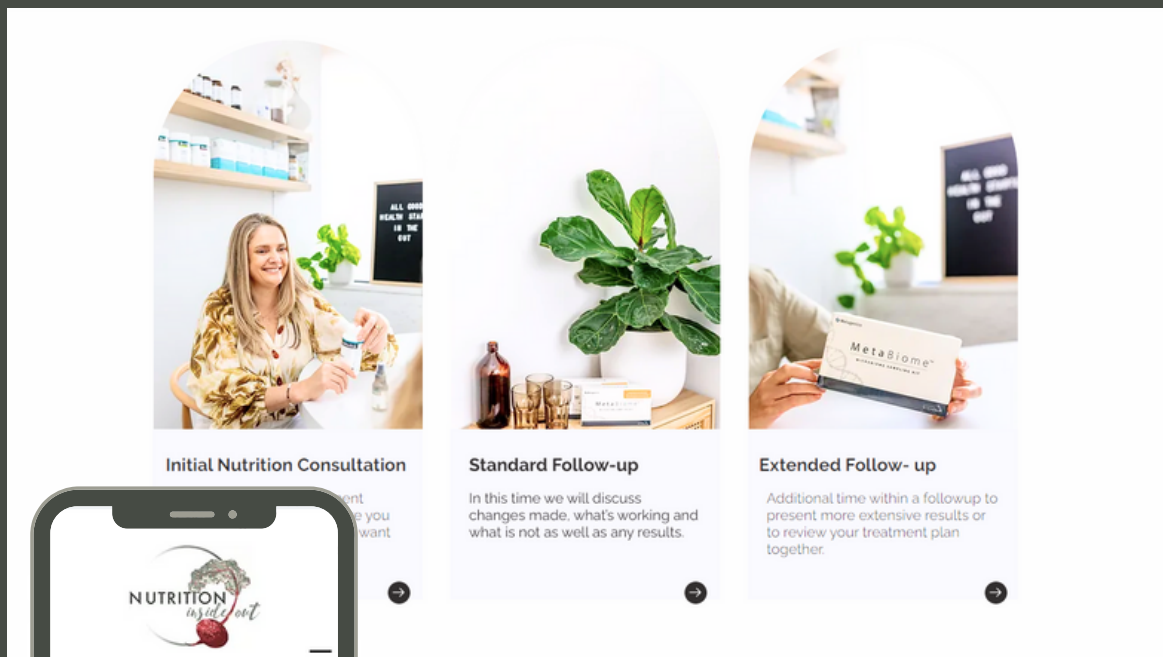
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## Book in a discovery call

These steps and tools are the foundation of correcting constipation, and hopefully after integrating them into your life, constipation will be a thing of the past! Though for some, there will be deeper underlying causes that need to be addressed. Book in a discovery call if you are ready to dive deeper and reach optimal health.

**LET'S GET TO YOUR ROOT CAUSE**