



Listen to your gut

Easy & simple at-home solutions to regaining your stomach health.



Upset stomachs may come and go, but if you're experiencing a case of regular bloating or constipation, it may be time to address your troublesome gut.

As the saying goes: "listen to your gut."

Although exact solutions for your individual gut problems may require some help from an experienced professional, here are some simple at-home solutions you can try to help alleviate your symptoms.



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Functional Health Practitioner

Suffering from chronic constipation problems?

I'd love to help.

For a more comprehensive look, schedule a free, risk-free consultation with me today!

Daily diet add-ons

1. Increase your daily fiber intake

Sources include:

- Beans, lentils & legumes: kidney, black, garbanzo, edamame, split peas & lima.
- Berries: blackberries, blueberries, raspberries & strawberries.
- Whole grains: quinoa, sorghum, millet, amaranth, oatmeal.
- Soluble fiber: psyllium husk & seeds, flaxseeds, chia seeds, whole grains like oat bran & amaranth.
- Fruits & veggies of all kinds.



Motility Seed Mix

- In a coffee grinder or blender mix equal parts of linseed/flaxseed, chia seeds, pumpkin seeds, sunflower seeds & almonds until a powder forms.
- To maintain freshness, only grind enough to last a few days.
- Once blended, store in an air-tight container & refrigerate.
- Sprinkle on meals, add to a smoothie, mix into water & drink, or use it to coat proteins like a crumb mix.



Start with
 $\frac{1}{2}$ tsp per day &
build up to 2 tbsp
daily.

Tip:

Add 1-2 tbsp of oils in main meals as an easy way to up your healthy fats intake.



2. Increase your daily fat intake

Sources include:

- Avocados
- Macadamia & olive oil
- Nuts & seeds
- Fish oil, butter, ghee, egg yolks, yogurt & sour cream

3. Introduce polyphenol & probiotic-rich foods

Sources include:

- Dark fruits (elderberries, black currants, blueberries, cherry, strawberry, blackberry, plum, raspberry, red apple, black grapes),
- Nuts & seeds (flaxseeds, chestnuts, hazelnuts, pecans, black tahini)
- Vegetables (purple & red carrot, purple & red potato, red cabbage, spinach, red onion, broccoli, carrot, red lettuce)
- Grains (red & black rice, red & black quinoa), black olives, olive oil
- Probiotic-rich foods: sauerkraut, kimchi, coconut yogurt, kefir, kvass, fermented pickles, kombucha, tamari, miso, tempeh



Tip:

Avoid probiotic-rich foods if you suffer from histamine issues & SIBO.





4. Increase intake of potassium-rich foods

Sources include:

- Potassium broth (watch for SIBO)
- Celery juice (watch for issues with oxalates),
- Coconut water,
- Avocado, banana, cantaloupe/ honeydew, kiwi

Potassium broth recipe
by Weston A. Price:

- potato peels from 6 scrubbed potatoes
- 1 sliced onion
- 2-3 sliced carrots
- 1-2 sliced celery ribs
- fresh or dried parsley
- 2-4 quarts filtered water

Supplementation

Magnesium (citrate or hydroxide)

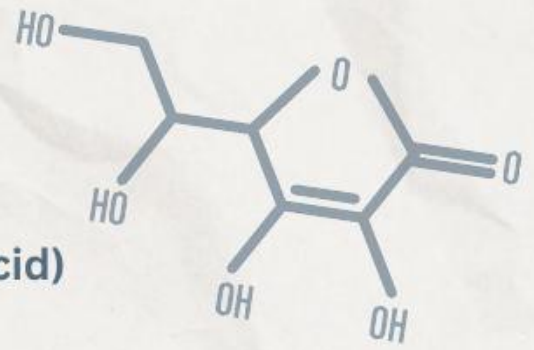


Dosage tip:
300-1200mg, 1-2x
daily, night &
morning,
if needed

- Safe to consider during pregnancy & breastfeeding
- Pure magnesium citrate products: Pure Encapsulations, Magnesium Citrate; Now Foods, Magnesium Citrate
- Magnesium blend products: Now Foods, Magnesium Caps; Earth's Bounty, Oxy-Cleanse; Global Healing Center, Oxy-Powder; Renew Life, Cleanse More



Vitamin C (pure or buffered ascorbic acid)



- Safe to consider during pregnancy & while breastfeeding.
- Don't recommended if you have oxalate issues.
- Take with a full glass of water & separate from all foods, meds & other supplements.
- Time before bed. Add a second dose at wake-up, if needed.



Dosage tip:
1000-5000mg,
1-2x daily with or
without
magnesium.

C Flush

High doses of vitamin C have been shown to have a natural laxative effect, which can provide some relief for constipation sufferers.

Schedule a free consultation appointment with me and receive a free C Flush handout .





Enemas Things to Know

Constipation is a severe condition that slows down the movement of your stool (poop).

Enemas are **injections of fluids used to cleanse or stimulate the emptying of your bowel**. This procedure has been used for years to treat constipation and similar issues.

Important things to consider before use:

- Not safe to use during pregnancy.
- Avoid when there are structural issues with the colon like hemorrhoids & rectal prolapse.
- May not be effective for all types of constipation or related issues.
- Practice deep breathing, meditation, comfortable environment, & music to help relax.
- Complete daily for 7 days. The use weekly.

Enema How-To

- Purchase an enema kit.
- Allow up to 1 hour for the full process if using for the 1st time.
- Use on an empty stomach, first thing in the morning, or 2hrs away from food.
- Fill the enema with 500ml – 1L warm, filtered water.
- Start by lying on your right side.
- Allow 10-15 mins for water to flow into colon. Then, hold water for 15-20 mins, massaging stomach anti-clockwise.
- If needed, shift onto left side for a few mins, then back to right side.
- You should achieve 1-2 bowel movements once enema is completed.
- Note: coffee enemas are great for re-toning the nerves of the colon.

