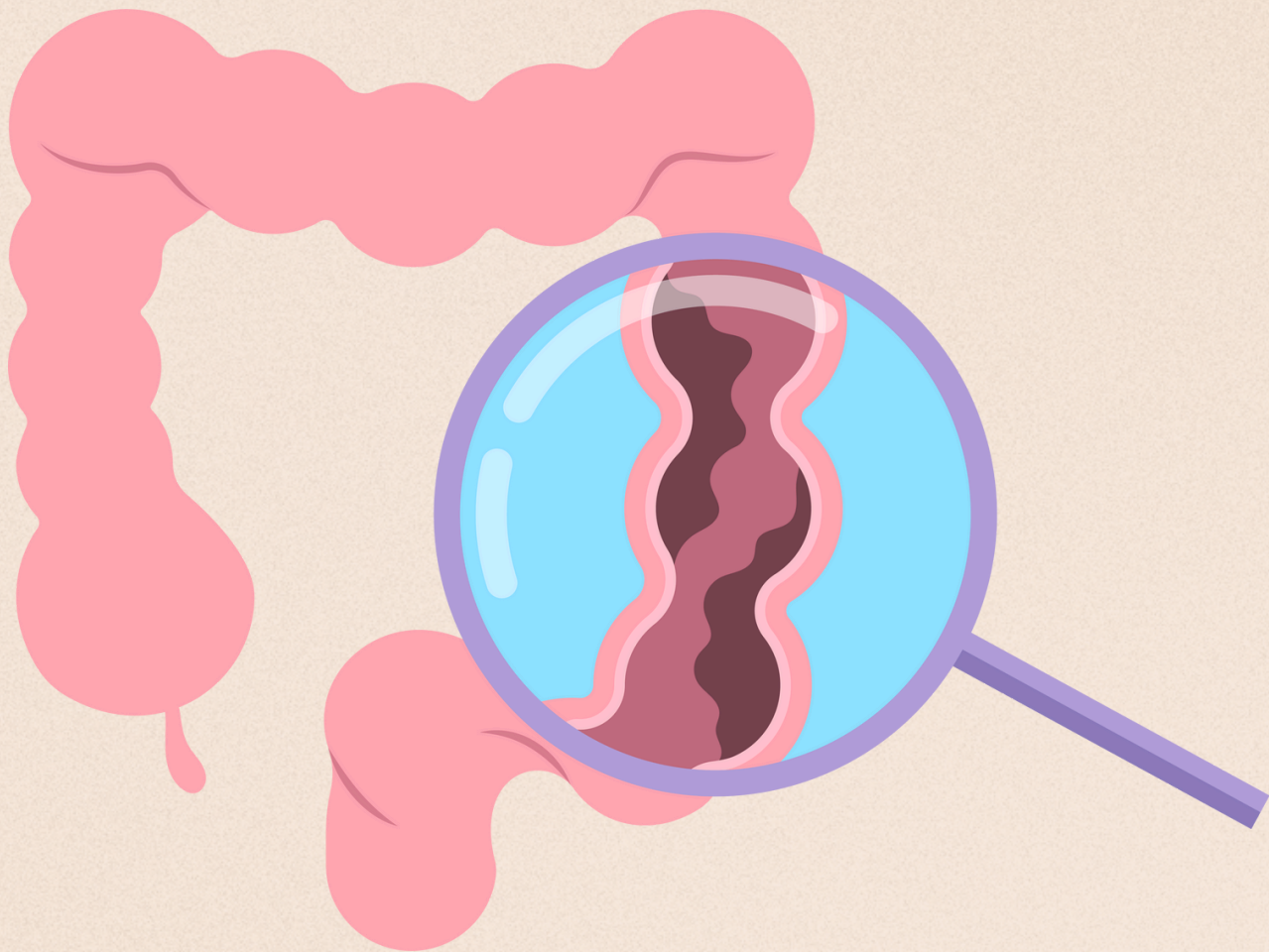

EVERYTHING YOU NEED TO KNOW
ABOUT CONSTIPATION AND HOW
TO MANAGE IT

A PRACTICAL GUIDE TO MANAGING CONSTIPATION





What is constipation?

MAINTAINING HEALTHY BOWEL HABITS IS A CRUCIAL ASPECT OF YOUR DETOX JOURNEY. MAKING DAILY BOWEL REGULARITY A TOP PRIORITY. ACCORDING TO THE NHS, CONSTIPATION IS DEFINED AS HAVING FEWER THAN THREE BOWEL MOVEMENTS PER WEEK.

HOWEVER, THIS PERSPECTIVE IS DEEPLY FLAWED. RETAINING WASTE FOR TWO DAYS OR MORE MEANS THE COLON HOLDS ONTO FECAL MATTER FAR LONGER THAN IT SHOULD, ALLOWING HARMFUL SUBSTANCES TO BE REABSORBED INTO THE BLOODSTREAM INSTEAD OF BEING EXCRETED DAILY, AS THE BODY IS DESIGNED TO DO. CONSTIPATION IS A FREQUENT ISSUE THAT CAN RESULT IN SYMPTOMS SUCH AS FATIGUE, HEADACHES AND AND IT MAY CONTRIBUTE TO MORE SIGNIFICANT HEALTH CONCERNS DUE TO THE RISK OF TOXINS BEING REABSORBED INTO THE BODY.

IDEALLY, BOWEL MOVEMENTS SHOULD OCCUR 1-3 TIMES DAILY, EFFORTLESSLY AND AT REGULAR INTERVALS. IF BOWEL MOVEMENTS ARE INFREQUENT, OR IF YOU EXPERIENCE SLOW OR INCOMPLETE EVACUATION, STRAINING -INDICATES CONSTIPATION.

What is the root cause of constipation?

A RANGE OF DIETARY AND LIFESTYLE FACTORS CAN CONTRIBUTE TO SLUGGISH BOWEL FUNCTION. SOME OF THE MOST COMMON INFLUENCES THAT CAN NEGATIVELY AFFECT BOWEL MOVEMENTS INCLUDE:

1. LOW FIBRE DIET
2. DEHYDRATION
3. GUT DYSBIOSIS, IBS AND SIBO
4. MEDICATIONS AND SUPPLEMENTS
5. GALLBLADDER DYSFUNCTION
6. MAGNESIUM DEFICIENCY
7. FOOD INTOLERANCES
8. HYPOTHYROIDISM
9. LOW STOMACH ACID
10. SEDENTARY LIFE
11. PARASITES.

**It is not a deficiency
of laxatives!**

Side effects of laxatives

OH, I KNOW WHAT YOU'RE THINKING:

"Why not just use laxatives and be done with it?"

WHILE LAXATIVES MAY PROVIDE TEMPORARY RELIEF, THEY OFTEN COME WITH UNWANTED SIDE EFFECTS. MOREOVER, RELYING ON THEM WITHOUT ADDRESSING THE ROOT CAUSE CAN LEAD TO FURTHER HEALTH ISSUES OVER TIME. INSTEAD, FOCUS ON IDENTIFYING THE UNDERLYING REASON FOR YOUR SYMPTOMS AND WORK TOWARD RESOLVING IT EFFECTIVELY.

HERE ARE COMMON SIDE EFFECTS OF LAXATIVES:

- CARDIOVASCULAR COMPLICATIONS
- LIGHTHEADEDNESS OR DIZZINESS
- DEHYDRATION
- WATER RETENTION AND BLOATING
- DISRUPTION OF PH BALANCE
- INJURY OR INFECTION IN DIGESTIVE ORGANS OR THE COLON
- RISK OF COLON CANCER
- IN SEVERE CASES, POTENTIAL FATALITY
- FLUCTUATIONS IN WEIGHT (LOSS OR GAIN)
- ALTERNATING BETWEEN CONSTIPATION AND DIARRHOEA
- IRRITABLE BOWEL SYNDROME (IBS)
- REDUCED PRODUCTION OF DIGESTIVE ENZYMES
- ELECTROLYTE IMBALANCES

General recommendation for everyone with constipation

- **STAY HYDRATED:** AIM TO DRINK AT LEAST 8 GLASSES OF WATER DAILY AS A BASELINE. IF YOU'RE ACTIVE, INCREASE YOUR INTAKE ACCORDINGLY. ADDITIONALLY, FOR EVERY CUP OF COFFEE OR TEA CONSUMED, DRINK AN EXTRA GLASS OF WATER TO STAY PROPERLY HYDRATED.
- **INCLUDE FIBER-RICH FOODS:** ENSURE EVERY MEAL CONTAINS FIBER-RICH OPTIONS. FILL HALF YOUR PLATE WITH VEGETABLES, AS THEY ARE AN EXCELLENT SOURCE OF FIBER. INCORPORATE BEANS AND CHICKPEAS INTO YOUR MEALS—ADDING JUST HALF A CUP AS A SIDE SALAD OR DISH CAN SIGNIFICANTLY BOOST YOUR FIBER INTAKE.
- **INCORPORATE FERMENTED FOODS:** INTRODUCE FERMENTED FOODS INTO YOUR DIET TO SUPPORT A HEALTHY GUT MICROBIOME. IF YOU'RE NEW TO THEM, START SMALL—ABOUT 1 TABLESPOON OF SAUERKRAUT—AND GRADUALLY INCREASE YOUR INTAKE. THE BENEFICIAL BACTERIA IN FERMENTED FOODS CAN AID DIGESTION AND HELP ALLEVIATE CONSTIPATION.

Addressing constipation

Root Causes and Practical Solutions

ONCE THE ROOT CAUSE OF CONSTIPATION IS IDENTIFIED, YOU CAN TAKE TARGETED STEPS TO ADDRESS IT. FOR INSTANCE, IF LOW WATER AND FIBER INTAKE ARE CONTRIBUTING FACTORS, PRIORITIZING THESE AREAS CAN LEAD TO SIGNIFICANT IMPROVEMENTS.

Gut Dysbiosis, IBS and SIBO

To effectively address gut issues, we recommend *stool test* to pinpoint the cause *accurately*. Relying *solely on symptoms* can lead to guesswork and *prolong the process of uncovering* the underlying causes.

Medications and supplements

Supplements that cause constipation:

Iron or multivitamins containing iron and **calcium** supplements. To mitigate these effects, *take them with meals and divide doses throughout the day*.

Iron supplements: Forms such as **sulfate**, **sulfate glycinate**, and **fumarate** are more likely to **cause constipation**. A *better* option is iron in *amino acid chelate form*, such as *bisglycinate*.

Calcium supplements: While calcium supplements are not generally recommended, if necessary, opt for *citrate* or *chelated* forms.

Addressing constipation

Root Causes and Practical Solutions

Magnesium

Magnesium plays a critical role in many bodily functions, including *relieving constipation*. Its *muscle-relaxing* properties promote bowel movement effectively. Incorporating a high-quality magnesium supplement into your routine, along with increasing magnesium-rich foods like green vegetables, nuts, and seeds, can provide relief.

Hypothyroidism

Hypothyroidism slows down overall bodily functions, including gut motility, and requires professional support to address it effectively.

Role of the Gallbladder

The gallbladder, a small but vital organ, releases bile to act as an **antimicrobial agent** and **emulsify fats** in the gut. Insufficient bile flow can lead to constipation, toxic build-up, and other negative symptoms.

Nutritional corrections and therapeutic interventions are essential to address bile flow issues and promote regular bowel movements

Addressing constipation

Root Causes and Practical Solutions

Low Stomach Acid

Stress and *aging* often contribute to decreased stomach acid production, *slowing digestion* and *gut motility*. Food that isn't broken down properly also *delays bile release*, compounding constipation issues.

To improve stomach acid levels:

- * Incorporate digestive bitters before meals.
- * Add bitter foods to your diet.
- * Use apple cider vinegar before eating.
- * Manage stress to support overall digestive function.

Parasitic Infections

Certain parasitic worms can lead to **constipation** and **digestive discomfort**. We strongly *advise against* using *antiparasitic drugs or herbs without professional guidance*, as killing parasites improperly can **release toxins** into the body. **Always consult with a qualified health professional for proper support.**

By addressing these root causes, you can achieve *sustainable relief* and *improved digestive health*.

Foods that help prevent constipation

Live yogurt



Chia seeds



Sweet potato



Coconut



Raw honey



Slippery elm



Almonds



Papaya



Dried fruit



Oat bran



Cruciferous vegetables



Pineapple



Liquorice Root



Flaxseeds



Sesame Oil



Aloe Vera



DISCLAIMER:

This protocol is intended for general informational purposes only and does not account for individual medical histories, conditions, or allergies. Anyone implementing the recommendations outlined herein should thoroughly review and verify the suitability of all supplements for their personal circumstances.

By using this protocol without prior consultation, you acknowledge and agree that SO Clinic is not responsible for any outcomes resulting from its application. This protocol should not replace professional medical advice, diagnosis, or treatment. For personalised support tailored to your specific needs, please schedule a private consultation. Always consult with a qualified healthcare professional before beginning any new regimen.

About Shany



Shany is a founder of SO Clinic, registered nutritional therapist specialising in skin conditions such as acne and eczema, as well as migraines— an expertise shaped by her own personal healing journey. She believes that true wellness arises from harmony between the mind, body, and spirit, and her mission is to harness the power of natural, evidence-based nutrition to support healing from within while enhancing skin health, gut function, and overall vitality.



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