

# Go With the Flow:

Ayurveda Solutions to Constipation Woes



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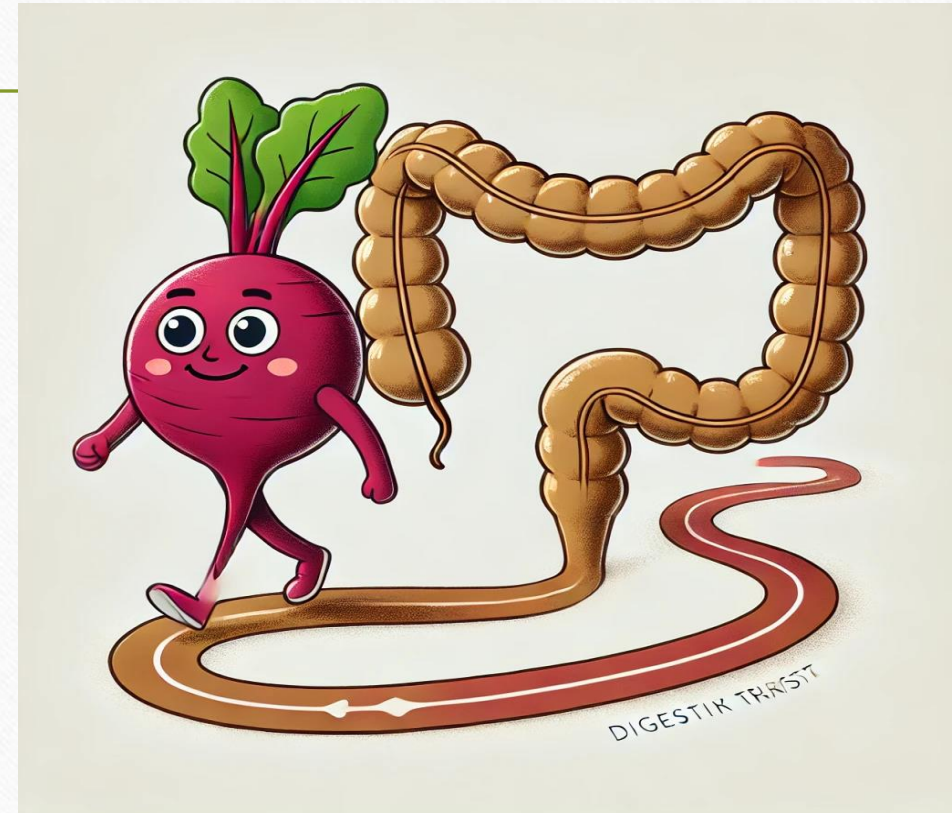
# Constipation: A traffic jam on the highway of your gut.....

- Not having a bowel movement daily
- Incomplete evacuation
- Hard, dry, and/or marble-like stools
- Slow transit time
- Alternating between loose stool and then not going for a day or more



# How to know if you are "Dropping" the ball??

- Test your transit time:
  - Eat a good serving of beets or whole corn with breakfast and see how long it takes for you to see it in your stool
  - 12-24 hours is ideal





# There are a number of reasons why you can't go Number Two.....

- Gut microbiome disruption (aka Dysbiosis); this can be caused by various reasons including antibiotic use, being born by c-section, having not been breastfed as a baby, environmental toxins, food toxins, parasites, etc.
- Taking any number of pharmaceuticals
- Gut inflammation (see causes for Dysbiosis above)



# There are a number of reasons why you can't go Number Two.....

- Lack of a routine
- Fast paced, rushed lifestyle
- Stress and overwhelm (the energy flows up into the head and not down like it needs to for proper elimination)
- Circadian Rhythms are off (i.e. staying up too late, sleeping in too late)
- Holding the urge to have a bowel movement





# There are a number of reasons why you can't go Number Two.....



- Poor digestion (including low stomach acid)
- Toxic and/or fatty liver (often leading to low bile flow-the bile being what digests fats)
- Eating incorrect foods for your body type, for the season, for your environment, for your lifestyle
- Eating incorrectly, in general (i.e. overeating, not chewing well, eating when not hungry, eating too late, etc.)

# Why you should give a crap.....

- Autointoxication:
  - If toxins cannot be eliminated from the body in a timely manner via a properly functioning elimination system, they have nowhere to go but back into the body's circulation
  - This can lead to skin issues such as acne, eczema, dermatitis, etc.
  - Also, this may lead to a host of imbalances in the body from digestive issues to deeper disease processes





# Why you should give a crap.....

- Sleep Issues:
  - If the body is toxic, then during the liver's detox time (10pm-2am), there can be disrupted sleep
  - Downward motion of energy is blocked when constipation creates a barrier to this flow. When this happens, energy will tend to move upwards causing the mind to have circling thoughts that may disrupt sleep





# Why you should give a crap.....

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- Potential to develop hemorrhoids and the complications that may come along with them (i.e. pain, itching, bursting)
- Microbiome disturbance: the upward moving motion caused by constipation can lead to bacteria that is supposed to be in the colon, traveling up to the small intestine leading to a host of digestive issues



# Why you should give a crap.....

- Mind disturbances:
  - Lack of satisfaction from not having a complete release
  - Too much upward moving energy may lead to anxiety, overstimulation, overwhelm, etc.





# What Can You do-do About Constipation??

- Try to eliminate these:
  - Raw foods
  - Dry foods like popcorn, chips, crackers
  - Light foods like salads
  - Heavy, high fat meals (especially in the evening)
  - Processed foods and fast foods
  - Vegetable oils
  - Meat or fish for dinner (digestion is weakest in the evening which may lead to digestive disturbances and improperly digested food)
  - Laxatives – these can become habit-forming to the gut and decrease the body's natural abilities of elimination
  - Being cold – the body will hold to stool to stay warm



# What Can You do-do About Constipation??

- Best foods to eat:
  - Warm, cooked, organic foods
  - Cooked apples with cinnamon, and raisins/prunes
  - Add spices to cooking: cumin, black cumin, coriander, fennel, ginger
  - Warm herbal teas: ginger, peppermint, caffeine-free chai





# What Can You do-do About Constipation??

- Best foods to eat:
  - Seasonally appropriate foods (what is at your local farmer's market is sure to be seasonal)
  - Probiotic foods: goat yogurt, goat kefir, sauerkraut, fermented veggies
  - Moderate amount of healthy fats: ghee, soaked or sprouted nuts/seeds, grass-fed tallow, avocados





# What Can You do-do About Constipation??

- To decrease the amount of upward moving energy:
  - Decrease time on devices such as cell phones, computers, tablets, TVs, etc. (if you need to be on a device for an extended period, then take a break every 20 minutes, and look at something 20 feet away for 20 seconds)





# What Can You do-do About Constipation??

- Exercise:
  - Any movement is a positive: do something you enjoy doing i.e. walking, doing chores, gardening, qi gong, tai chi, playing with your dog or kids, dance, etc.
  - Try to get up every 30 minutes if you are sitting for extended periods of time and walk around, shake your body, do some gentle stretching, etc.



# What Can You do-do About Constipation??



- Regular Routine

- Just like our animals and children do well on a routine, so do we!
- Our body is designed to have a bowel movement between 5:00am and 7:00am
- (Yes, even before coffee or breakfast or exercise or shower)
- Try not to hold the urge to poo; once you make pooping a daily morning ritual, then you should not have to worry about having to go when out in public



# What Can You do-do About Constipation??

- Start your day with a 12-16oz glass of warm water-this stimulates the bowels to move; then pause and take some deep breaths from the lower belly
- Stay hydrated with water throughout the day: one should drink half their body weight in ounces of water throughout the day



# What Can You do-do About Constipation??

- Proper poo position:
  - While sitting on the toilet, lean over and place your hands on the floor or as close to the floor as possible
  - This position is mimicking squatting, even better than the squatting potties out there ;)





# Keep the Good Times Flowing.....

- If you are still having trouble with constipation and would like some additional guidance, please book a free 30 minute consult with me, Brianne

