

Constipation Remedies

Does the simple act of reading that word make you squirm? How often do you find yourself squatting on the porcelain throne, tears streaming down your face, as you strain and push, hoping you aren't giving birth to hemorrhoids or anal fissures? Do you poop several times a day, or do you go days between the urge?

- **Healthy Poop**
- **What is Constipation?**
- **How to Eliminate Constipation with Diet and Water**
- **Supplements For Constipation**

Are you're looking for that one thing, that one trick, that one pill that's going to have you defecating easily without having to change your diet? We highly recommend permanent, well-researched diet changes with lots of raw produce to permanently alleviate constipation, but for those who don't feel like this is an option, or for those on medications that slow bowel movements, the one you're looking for is Shillington's Intestinal Cleanse Formula.

What is Constipation?

Constipation can be defined as having hard, dry, difficult-to-pass stools or by the frequency (or rather infrequency) of passing stools. It can also be indicated by the appearance of the stool and whether the stool is completely evacuated from the rectum after a bowel movement.

You may have heard that it's within the "healthy range" to have three bowel movements a week or even one a week. We beg

to differ. While there will naturally be some variation in frequency, a healthy gut processes food fairly quickly and consistently. A healthy body is efficient when it comes to ridding itself of waste.

Preferably, you want to have a minimum of 1-3 soft, but well-formed, easy to pass bowel movements a day. We contend that the ideal is one bowel movement for every meal. After one eats a meal, the urge for a bowel movement typically comes shortly after food begins to leave the stomach to enter the small intestine. If that sounds like too many, imagine having one bowel movement a week after eating 3 meals a day for 7 days. You've been packing that food into your intestines before eliminating any of it. How gross is that? What about 3 day's worth? That's still a lot of food waste packed and crammed into your body. Also, when defecation is easy it's generally very fast. Frequent poopers probably spend less time on the toilet overall than those who need a book to do their business.

Healthy Poop

Healthy poop is well-formed but soft. The Bristol Scale offers a visual of normal stool, constipation, and diarrhea. It's not always accurate; there are other variables than can affect density and size, but it's good to know:

BRISTOL STOOL CHART			
	Type 1	Separate hard lumps	Very constipated
	Type 2	Lumpy and sausage like	Slightly constipated
	Type 3	A sausage shape with cracks in the surface	Normal
	Type 4	Like a smooth, soft sausage or snake	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fibre
	Type 6	Mushy consistency with ragged edges	Inflammation
	Type 7	Liquid consistency with no solid pieces	Inflammation

Conventional Relief from Constipation

These methods are just a way to treat the symptoms, not the cause.

Glycerin Suppositories

Glycerin suppositories are tapered pieces of hardened glycerin that are inserted into the rectum. Once inside, body heat melts the glycerin, which provides lubricant to aid in passing the bowel movement.

This seemingly innocuous treatment, which has long been prescribed for babies, may not be as benign as once thought. There are drug interactions, allergic reactions, and other side effects with glycerin, and suppositories are known to weaken the bowel muscles if done repeatedly.

Mineral Oil Enemas

Like with suppositories, there are drug interactions, allergic reactions, and other potential side effects with glycerin.

Other Enemas

Enemas are also known to weaken the bowel muscles if done repeatedly. Body Ecology recommends a variety of enemas to cleanse the colon such as enemas with apple cider vinegar, burdock tea, lemon juice, etc, but we do not recommend regular enemas for health maintenance. Instead, we recommend enemas for acute care only, and we recommend cultivating a healthy ecosystem that does not need to be washed away for health reasons.

Herbal Teas Known to Help with Constipation

- Spearmint Tea
- Senna Tea
- Dandelion Tea
- Licorice Root
- Black Tea
- Peppermint
- Burdock Root Tea
- Green Tea
- Clove Tea
- Tulsi Tea

Exercise

Exercise is crucial to physical health, and it may also help alleviate your constipation. If you are a couch potato, get up and move. Walk, swim, rebound, squat, get moving. If you can squat, squats can help alleviate constipation and other issues as well. If you can't squat try laying on the floor, getting

up off the floor, lying back down, and repeating while alternating how the legs are used. And of course, there's yoga! meet Adrian. Then follow her on YouTube and do her 30-day challenge. It's life-changing. A few weeks later and you will love her and you'll love yourself for doing it.

Eliminate Chronic Constipation For Good

The two most common causes of constipation are the two things most easily remedied – dehydration and a poor diet. If you want to rid yourself of constipation, you must drink enough water, and you must eat a diet filled with real food, optimally, a diet consisting of 80% fresh, raw, organic produce. Yes, real food, not processed garbage out of a box, a can, a jar, or a plastic tray you pop in the microwave. Ok, maybe it's not an "easy remedy."

The Constipation Elimination Diet

The recommended daily intake of water varies with gender, age, and other factors including how much raw produce a person eats. Check out this article at Healthline for more on water intake. An additional way to increase your fluid intake is drinking by cranberry lemonade throughout the day. Cranberry lemonade will also help you detox your liver and kidneys, boost your immune response, and improve all major bodily functions.

Raw produce provides the fiber and bulk to create healthy stools, and it provides the fiber needed for a healthy gut. Beneficial gut bacteria thrive when 80% of your diet is made up of raw, organic, produce. And a healthy gut is essential for overall health, proper digestion, and proper elimination.

If you think the 80% number sounds too difficult, eat one

super salad each day filled with a variety of vegetables. Your body will thank you. Not only will you be filling your body with nutrient dense foods, you will be naturally detoxing on an ongoing basis through the food you eat. And in between meals, eat a piece of fresh, raw, organic fruit. For more on diet:

- *Detox Cheap and Easy Without Fasting – Recipes Included*
- *Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*
- *How to Make the Healthiest Smoothies – 4 Recipes*

For extra help add several prunes and/or figs to your daily diet.

Posture on the Throne

We weren't built to poop on a chair. We were built to poop from a squat. You can either squat in the woods or improvise. The knowledge that a squatting position is best for elimination is not news (I learned about it more than 40 years ago).

But the idea is gaining in popularity to the point that posture aids, called squatting potties or toilet stools, are now readily available for purchase. Basically, these are footstools designed to raise your feet when you sit on the toilet and slide back out of the way when not in use.

For an immediate fix, try any low footstool you have on hand or make one with books or magazines. The point is to mimic the squatting position, which aligns the large intestine and



rectum for ease of elimination.



Invest in a bathroom stool whether constipation is an issue or not. Correct posture will certainly help to avoid straining and aid in proper elimination.

Supplements That Eliminate Constipation

- Magnesium— 250 milligrams 2–4x daily is recommended, I like this magnesium supplement with calcium and vitamin D
- Probiotics – Check out Abzorb
- Systemic enzymes – Again, check out Abzorb
- Aloe vera juice – Get a different brand if you can, those are ok but not great
- Cape aloe leaf – Shillington's Intestinal Cleanse has cape aloe leaf and more
- More supplements for constipation

Dr. Shillington offers the Intestinal Detox and the Intestinal Cleanse formulas for detoxifying the bowels. If you need to move your poop, there's nothing more effective than Shillington's Intestinal Cleanse formula. It also kills parasites, heals the intestinal tract, and is a healthy means to promote bowel movements for those who have trouble defecating. Shillington's Intestinal detox draws out old fecal matter from the walls of the intestine, while it removes poisons, toxins, heavy metals such as mercury and lead, and more (heavy metals are another common cause of constipation). Due to the charcoal and clays in the Intestinal Detox, it actually slows things down a bit, and the two also work very well together to heal the gut.

Abzorb is another big recommendation. It's a systemic enzyme, so the capsule does not release until it is inside the gut. It's also a probiotic, and an effective one at that. Taken with food Abzorb makes for a very effective digestive aid. Taken without food, Abzorb will begin to clear away old fecal matter, and it offers a host of other benefits (read more about enzymes [here](#)).

Related Reading:

- *Fungal Infections – How to Eliminate Yeast, Candida, and Mold Infections For Good*
- *Natural Remedies for Constipation – With Recipes*
- *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*
- *Hypothyroidism – Natural Remedies, Causes, and How To Heal the Thyroid*