

Tiredness

This is a big enemy of efficient bowels, so try laying down after every meal for half an hour and set an alarm for 40 minutes.

The alarm will let you fall asleep and this power nap can really help that bowel develop the energy to work well.

Posture

A part of constitutional therapeutics is about improving the posture so your Osteopath will be well versed in how to do that with a programme of general bodywork.

Make sure you maintain your posture by good support, particularly in the low back with good seating positions and awareness.

Make sure your footwear is well balanced and even, walking is the kindest way to keep the circulation moving without stressing the joints.

Exercising with a bad posture, will not make it better, only stress it further.

If you are tired all the time you will not restore this by working out. The only cure for tiredness is SLEEP!

Bowel habits

This is about routine. Bowels do not like shift work, haphazard eating and drinking or staying up to random hours!

Get up, drink the pint of water with pinch of sea-salt, respond to that alarm bell. To do this, sit on the toilet with a book and do not try to force a motion.

The key is to give the process space. If after 15 minutes nothing happens, don't strain. Just do

the same routine at the same time morning and evening to establish a regular routine.

Do the same routine, at the same time every day. Usually once the body has got used to this space, a bowel motion will happen.

The key is not to strain, keep the same timing and let the body have 15 minutes to get used to the idea. Let nobody bother you during this 'down time'. That is usually the hardest bit.

Poor diet

Apart from good hydration, which is a must, the easiest way to help a bowel work is to stop eating gluten and avoid dairy at the same time.

Make sure with every meal half of what you eat is raw leafy greens – which help the elimination process physically happen more easily.

Regular meals are important, don't skip meals and try to rest for half an hour after eating. This helps the digestion work more efficiently and lets the energy go into the process without diversion.

Avoid snacking on high energy sugar foods to inhibit the appetite, it wastes energy and leads to bowel irritation.

Avoid laxatives

These artificially irritate the bowel, a ultimately exhausting the patient and create dependence. Bulking agents are not a replacement for wholesome food either.

Take back control of your bowel!

Advice for those suffering from

CHRONIC CONSTIPATION

**Some causes and a plan
for self-action**

Why is it a problem?

Simple chronic constipation is probably the biggest obstruction to any problem resolving. This can range from back pain to more complicated issues.

The elimination of waste products creates a poor environment for healing and has to be efficient and regular to maintain good health in everybody – no exceptions.

Some constitutional reasons for constipation

Assuming your practitioner has ruled out more complicated reasons for constipation, like serious illnesses, the key is to address some possible causes.

Dehydration

The whole digestive system needs water to function properly, a dry bowel does not work well and needs more effort to move.

We also produce more histamine when we are dehydrated which is a normal response to thicken mucous to stop us losing more water.

Histamine increases inflammation in the whole body by a factor of ten, so that sore knee or back will become worse as a result.

If you have hay-fever, you are definitely dehydrated, so rehydrating can help your hay-fever too.

Tiredness

50% of our nervous energy goes into digestion, so just being chronically tired can be enough to stop regular bowel motions.

Posture

If we sit a lot, the lower back often collapses backwards, dropping the diaphragm onto the lower bowel.

This collapsed posture is common in chronic constipation, upsetting nerves that control bowel movement and function. Just 40 minutes in a baby car seat can slow the bowels in a child for a few days.

Adults sitting for hours on the computer does the same, so good supported posture during working and play is an important part of bowel health.

Bowel habits

The modern world is too fast, many people do not even notice the small ‘alarm bell’ signs that the bowel needs to empty.

Every time we do this, the bowel will stretch, lessening the desire to ‘go’ which leads to thinning and weakening of the bowel muscles. Over time the tone of the bowel becomes less efficient and makes it harder to go. Bowels need a space to go, in nature when the ‘pants are down’ we are more likely to be eaten! Stressed busy people are at much more at risk of constipation.

Poor diet

Half of every meal should be made of green leafy vegetables that are rich in the bitter salvestrol elements. These foods help to make waste toxins water soluble and therefore help the body get rid of unwanted waste products.

Ideally, we should pass a bowel motion not long after every meal and this is nigh on impossible if we exist on bagels and latte!

Long term laxative use

If you are dehydrated, got poor posture and are overtired – taking laxatives to force the bowel to work can lead to chronic constipation. Most people can be surprised and delighted to find that addressing the above five factors can lead to a huge improvement in overall health.

Many systemic problems can start to resolve really quickly when the bowel starts to work every day.

Plan of action

Rehydration

Requires little and often, with a pinch of sea-salt, not table salt. On waking up, drink a pint of water with a pinch of sea-salt in it. Within an hour you should get an alarm bell to go to the toilet, a sensation you need to go.

Sit on the toilet, don’t try to force – just wait.

Half an hour before and after each meal drink half a pint of water with that pinch of sea-salt in it. Don’t wait a whole day and drink three pints, it will not work.

It takes two weeks to properly rehydrate so that the body really believes you are now hydrating. This will drop the histamine levels and stop the body wasting resources, which also helps tiredness too. Every cup of tea and coffee will stimulate two cups of water out in urine. If you are tired you may actually just be dehydrated so try a cup of water first. You may then not feel like the stimulant.