

How to Really Cure Constipation

Deborah Laniado



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Between your mouth and your anus, the food you eat passes through about nine metres of gut. A lot can go wrong during that journey.

According to the [1996 National Health Interview Survey](#), there are as many as *4.7 million* people in the United States, and about *1 million* people in the United Kingdom, who are suffering from constipation at any given time; *1 in every 60 people*.

That's millions of people who are in constant pain or discomfort whenever they go to the toilet; millions of people who feel like they are slowly moving small boulders through their intestines.

It doesn't have to be this way.

But First Things First

Thanks!

Thanks for downloading this free report on "How to *Really* Cure Constipation". I am assuming that you (or someone you know) is suffering from constipation right now.

Let me help you understand why you became constipated, the long term effects of constipation on your body, and how you can heal yourself from the pain and suffering.

This book is based on my experiences of ill-health. I won't make false promises or pseudo health guarantees; just good old fashioned advice, that makes sense, as you integrate it over time with dedication, love and awareness for your body.

Why Should You Listen To Me?

I'm in a unique position to help as I personally used to suffer from chronic constipation, since childhood. If I managed to pass a bowel motion once a week, I was pleased. I thought—incorrectly—that constipation, haemorrhoids and anal bleeding were normal; so I never really did much about it. Unfortunately for me, I had no idea this was the beginning of my health problems in later life.

My chronic constipation continued into my adulthood. As I began working and getting more stressed, combined with having less time, my constipation grew worse and more problematic. I had always suffered from haemorrhoids, but now they would regularly bleed and twist, which was agony! Unless you have experienced strangulated haemorrhoids, you really cannot begin to understand how painful this is, never mind embarrassing and totally debilitating.

In my early 20's I developed Grand Mal epilepsy (which affects the entire brain), hormonal imbalance and leaky gut syndrome. At that time I didn't see how any of these conditions were related. I was seeing all the best doctors, specialists in each area, and I honestly believed I was getting the best that money could buy. I didn't question anything, even though deep down I intuitively knew that pharmaceutical medicines weren't going to help me long term.

This all culminated at the age of 28, when I was diagnosed with ovarian failure. I was told that that I would never be able to conceive naturally and would need to have my one working ovary removed—it had a huge cyst growing on it. My other ovary had atrophied and appeared not to be functioning at all.

Something had to give.

I couldn't keep going on like this. Surely I was too young to be having all these health problems? Removing my last working ovary seemed too drastic, too final. Surely there must be another way?

Around that time I began looking into [Natural Medicine](#). It had always fascinated me, but since there was so much negative publicity, dismissive doctors and not enough time, I had dismissed it myself as quackery.

How wrong I was.

I Discovered Naturopathy

Naturopathy is a system of healthcare which encourages and promotes the body's natural self-healing mechanisms using: nutrition, herbs, hydrotherapy, detoxification, homeopathy, bodywork and exercise.

Naturopathy works **with the body** rather than against its natural healing capability. By giving the body what it needs to heal itself, it will naturally fall back into balance, eradicating symptoms and conditions of ill health. When the body heals, it doesn't selectively heal itself of one disease, it heals the whole body by bringing itself back to perfect balance.

Conventional medicines are made synthetically; the body is unable to process them properly, so you get side effects. These side effects, or symptoms, are the body's way of telling us that something is not right. Pain, symptoms, disease are ways the body uses to communicate with

us that we are doing something wrong. This is when we need to intuitively listen to what is happening and take action to remedy the situation before it becomes chronic and potentially lethal.

I'm sure you've been told many times that "prevention is better than cure."

I Said No To The Surgery

I was determined to try another way, a natural way. So I made a commitment to myself to change my life. I completed a personal training and pilates course; incorporated several different methods of natural healing into my life such as: nutrition, herbal medicine, colonic hydrotherapy and meditation. My body began to heal itself naturally.

Within a year, my hormones were balanced.

I came off my anti-epileptic medication and I fell pregnant—something my gynaecologist said would never happen! But best of all I felt well again, and amazingly: my eyesight improved and I reduced my prescription; my PMS was occasional and mild; and my outlook on life was much brighter and more positive. I really didn't expect this!

Excited by the positive results, and wanting to empower fellow sufferers, I studied for four years and completed a Naturopathic Diploma DIP.Herb (C.N.M) from the [College of Naturopathic Medicine](#). I also attained qualifications in [Live Blood Microscopy](#), [Iridology](#) and a [Diploma in Colonic Hydrotherapy](#).

I took charge of my own health and now my life couldn't be better!



But Hey - What About You?

We're getting right to it!

But it's difficult to know who to trust when it comes to health issues and I really want to show you some credentials first; otherwise what I'm about to say won't sink in.

I also want you to know that I've dedicated my life to improving people's health; showing you

more possibilities for living a wholesome and fulfilled life. I hope you can see that I'm in it for the long term, not the quick fix!

Right. Now let's get down to business.

What Is Constipation?

The time it takes for food to pass through our body varies between person to person, but it's usually between 24-60 hours. Common constipation is where food waste hangs around for longer, perhaps days, or in chronic cases, weeks, even years! You're still taking food in, but it isn't coming out as much or as frequently as it should; the waste keeps building, getting heavier and heavier, and fermenting, which causes bloating and foul smelling gas. Not surprisingly, you feel worse and worse.



Just think what happens when your sink waste disposal unit gets clogged up!








The longer the faeces stay in the colon, the more water is absorbed from them and the harder they become. This increases the risk of faecal toxins passing into the blood stream, which can adversely affect your metabolism and the rest of your body. In addition, the other organs of detoxification (liver, lungs, kidneys, skin and lymphatics) have to work harder and if they get overloaded, this eventually this can lead to more serious conditions like allergies, arthritis, hormonal imbalances—even cancer!

Time For A Reality Check

You're probably wondering if you really have constipation; whether all this really applies to you. I suspect you wouldn't be reading this report unless you knew something was up. But let's have a quick reality check anyway.

Take a look at the following Bristol stool chart (developed at the University of Bristol). Types 3 and 4 are the "ideal stools" especially the latter, as they are the easiest to pass, and types 5–7 indicate diarrhoea. If you've got types 1 or 2 then you are tending towards constipation.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

[Bristol stool chart](#)

Now ask yourself the following questions:

- Do you pass faeces only once or twice a week?
- Do you have to strain when you pass faeces (more than 1 in 4 times)?
- Do you feel that the bowel evacuation is incomplete (more than 1 in 4 times)?
- Do you feel pain during the process?
- Have your bowel movements changed recently?
- Do you have haemorrhoids (small painful, itchy bumps on your anus that bleed) ?
- Do you feel stomach ache and cramps?
- Do you feel bloated and nauseous?
- Have you recently lost your appetite?

If you have answered 'yes' to two or more of these questions and you're passing pellets or unusually large, lumpy, sausage shapes, then it is *likely* that you do have constipation.

What Are The Causes Of Constipation?

Here are the most common:

Ignoring the Urge

When you ignore the urge to defecate, the brain/bowel connection becomes weak and your bowel becomes sluggish and lazy. It's common to feel the urge first thing in the morning, or about 30 minutes after a meal.

Lack of Fibre

Most people do not eat enough fibre (roughage), the part of fruits, vegetables and grains that cannot be digested by the body. Fibre tends to stay in your gut, adding bulk and softness to your stools, and speeds up the removal of waste and toxins from your intestines. Adults and children often eat highly refined and processed food where the natural fibre has been removed. This can lead to constipation.

Lack of Fluids

When you drink fluids to reduce dehydration, the liquids add fluid to the colon and bulk to the stools; the bowel movements therefore become easier. But when you drink caffeine (coffee, cola drinks) or alcohol, you become more dehydrated; the fluid leaves the colon, making it more difficult for the bowel to move the stools along. This can also lead to constipation.

Lack of Exercise

The generally perceived wisdom is that exercise reduces the time it takes for food to move through the large intestine, which limits the amount of water the body absorbs from the stool. Less exercise means a higher likelihood of hard, dry stools which are more difficult to pass.

With physical exercise, you also use the muscles in your abdomen which helps tone the colon and stimulate its peristaltic waves (the contraction of your muscles that pushes food through your digestive system). For example, the yoga asana ['half spinal twist'](#) helps squeeze the colon and push the faeces through.

Medication

Constipation may be a side effect of a medicine you are taking. Here are the worst culprits:

- **antacids, especially those containing aluminium or calcium** (usually used to treat indigestion or heartburn by neutralizing stomach acid).

Listen: your stomach is *supposed* to have acid in it. Hydrochloric acid (HCl) in the stomach is the major way we break down our food; it turns the food into a soupy mix which is passed on to the small intestine where the nutrients are absorbed into the body.

When you have low stomach acid, foods don't get broken down properly, and they are unable to be fully absorbed and digested. This creates an immune cascade, stimulating your immune system into action, as it thinks there is an invasion. This in turn creates low grade inflammation in your body, resulting in either diarrhoea or constipation. Long term, this can cause serious health problems and deficiency in vitamins and minerals.

- **anti-depressants** (a psychiatric medication used for mood disorders such as major depression, but slow the movement of food through the intestines).
- **anti-psychotics** (used to treat mania, anxiety, schizophrenia).
- **calcium channel blockers** (used to treat high blood pressure and heart conditions).
- **anti-epileptics** (used in the treatment of epileptic seizures).
- **iron supplements** (often used to treat iron deficiency anaemia).
- **diuretics** (used for high blood pressure or heart failure).

- **pain-killers or cough medicines.**

I'm not recommending you stop taking a medicine that has been prescribed for you just because it's making you constipated—you most likely need it! But your doctor may recommend an alternative that eases the condition, or you can add healing foods and nutrients to your diet to improve any discomfort.

Laxative Abuse

Doctors often recommend laxatives as a medicine to help you pass stools. But even 'natural' laxatives used long term can cause the bowel to become sluggish and reliant on the medication. They also act as an irritant to the bowel wall.

Pregnancy

About 40% of pregnant women experience constipation at some point during their pregnancy—mainly during the early stages.

The main reason is that during pregnancy, the body secretes more of the hormone progesterone which has several functions such as: suppressing further ovulation (the release of a mature egg from the ovary); and encouraging the growth of milk-producing glands in the breasts.

Your bowel normally moves waste through the bowels through a process called peristalsis; this is where the muscles contract and relax in a wave-like motion. Each peristaltic wave lasts for a few seconds and allows food to travel a few centimetres per second. But during pregnancy, the progesterone level increases, so the bowels tend to relax more than they contract and this makes it harder to move food and waste along. This can lead to constipation.

Lifestyle Change

This is mainly covered in other sections. But going back to pregnancy for a moment, this likely imposes a lifestyle change on a mother-to-be. As the baby grows, it's difficult for a pregnant woman to get the exercise she needs; the more she should consume water and fibre, the more likely she is to surrender to food cravings and foods high in fat.

Hypothyroidism

Hypothyroidism occurs when there isn't enough of the thyroid hormone being produced by the thyroid gland and occurs in about three percent of the general population. One common cause is lithium-based mood stabilizers often used to treat bipolar disorders (manic depression). Hypothyroidism needs to be checked by a doctor, especially for women over 40.

Symptoms include:

- **Reduced energy levels:** fatigue, lack of enthusiasm and energy is a common symptom of a low-functioning thyroid. This is also a classic sign of depression, so if you've been diagnosed with depression, you'll want to make sure your physician checks your thyroid levels.
- **Weight gain:** easy weight gain, or difficulty losing weight, despite an aggressive exercise program and diet.
- **Dry, rough or scaly skin, and dry, tangled hair:** in the winter months, many of us experience bouts of dry skin and hair, but if you have perpetually dry skin that doesn't respond well, then hypothyroidism is a consideration.
- **Hair loss:** women, especially, will want to pay attention to their thyroid when unexplained hair loss occurs. Fortunately, if your hair loss is due to low thyroid function, your hair will come back with proper treatment.
- **Sensitivity to cold:** feeling cold all the time is also an indicator of low thyroid function.

Cancer

Colon or rectal cancer can narrow the bowel and rectum, making it difficult to have a bowel motion. About 6 per cent of the population in Western countries develop bowel cancer at some time during their lives, making this the second commonest cause of cancer-related death.

But constipation can also be caused by the chemotherapy drugs used to treat the cancer, as they affect the nerve supply to the bowel. What's worse is that the painkillers used to treat the cancer and the anti-sickness drugs used in the chemotherapy can themselves cause constipation. It's a catch-22 situation. Nasty.

Diabetes

One of the most common complications for the diabetic is nerve damage to the digestive system. This causes the stomach to empty too slowly (a condition known as gastroparesis) which in it's severe form causes nausea, vomiting, bloating, loss of appetite and constipation alternating with frequent diarrhoea, especially at night.

Being Under, or Overweight

Being underweight could be due to an imbalanced diet, physical or psychological health conditions, lifestyle, a medical condition, missing meals, habitual fasting or chronic diarrhoea.

Being overweight can also be due to an imbalanced diet as well as too much alcohol consumption, eating the wrong kind of fats, physical inactivity and certain medicines.

Any of which could cause constipation.

Stress & Anxiety

Stress can make you change your lifestyle. Eating "fast-food" on the run—especially foods that cause constipation (fatty snacks, milk, cheese, yoghurt, bread pasta)—leads to a vicious circle of more stress and more constipation.

Nervous reactions, anxiety and stress can also close the internal anal sphincter, a muscle which is not under our voluntary control.

Depression

Depression and constipation are often found together. When you're feeling depressed, the most common thing people do is reach out for some unhealthy but delicious comfort foods; usually without any exercise.

These foods are usually highly processed and cause stickiness in the digestive system, leading to inflammation. The bowel is known as the second brain, and if your bowel isn't functioning properly then it is likely you will not be producing the necessary hormones for overall good emotional health. Depression can also lead to diarrhoea and irritable bowel syndrome symptoms, depending on the individual and whatever he or she is most prone to. This in turn makes you feel depressed. Another vicious circle.

Quitting Smoking

Nicotine acts as a stimulant laxative to the digestive system, so constipation is less likely; in fact, most smokers find they go to the toilet regularly. But when you give up smoking, you find you're not going to the toilet so frequently; in fact, you could end up more constipated until your body readjusts to life without the stimulant.

* * *

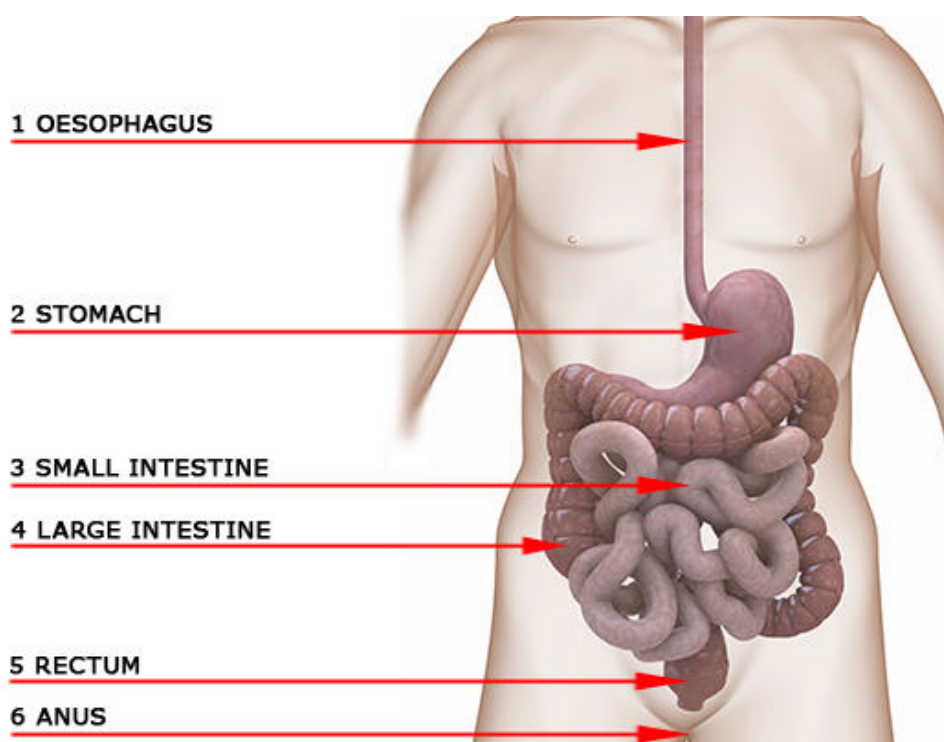
If you're a hypochondriac, please relax! You probably haven't got cancer, diabetes or hypothyroidism. You probably gave up smoking, got a bit depressed and ate a chocolate cake with your Starbuck's latte.

So let's get a grip and look at...

What's Supposed To Happen

Now we know what causes constipation, let's look at what's supposed to happen when you eat and drink. The human digestive system (also called the digestive tract), consists of a 7-8 metre muscular tube running from the mouth to the anus. It is designed to ingest and digest food, absorb nutrients in that food and then eliminate the waste via your anus.

THE HUMAN DIGESTIVE SYSTEM



The diagram above shows the digestive process in more detail. You swallow your food by choice, but once the swallow begins, it becomes involuntary and under the control of your nerves.

Swallowed food is first pushed into the oesophagus, a tube that connects the mouth to the stomach. Food is then gradually passed into the stomach by means of a sphincter, that periodically opens and closes, allowing the food through. The food is then mixed up with digestive juice produced by the stomach and the gloop is then emptied into the small intestine.

During the journey through the small intestine, the digested nutrients are absorbed through the intestinal walls and transported throughout the body. What's left is the waste, which is pushed into the the large intestine (the colon), where it remains until you have a bowel movement.

That's what's supposed to happen, and usually, it's a pretty efficient system!

Understand How The Body Works

The body is an integrated, complex network of many different systems. Yet all these systems are connected to each other; you cannot affect one system with out it impacting on another.

This is fundamental in understanding why natural medicine is so effective in healing the body from chronic illness. It looks at the body from a holistic perspective, considering the energetics of a person, what symptoms they are suffering from, how they impact the whole body and then constructs a treatment plan based on treating the **root cause** of the problems rather than focusing on the symptoms.

If you understand that faeces is waste matter that the body needs to eliminate on a regular basis to remain healthy, it stands to reason that if the body is unable to regularly empty its bowels fully, then over time toxic molecules from the impacted faeces in the bowel slowly leach out into the bloodstream. Long term this leads to an increased toxic load on the body, which puts more pressure on the liver and other organs of detoxification, as they have to work harder to keep the body from being poisoned by these toxins.

Over time, these organs become tired and start slowly to work less efficiently, leading to a higher level of toxins entering the bloodstream.

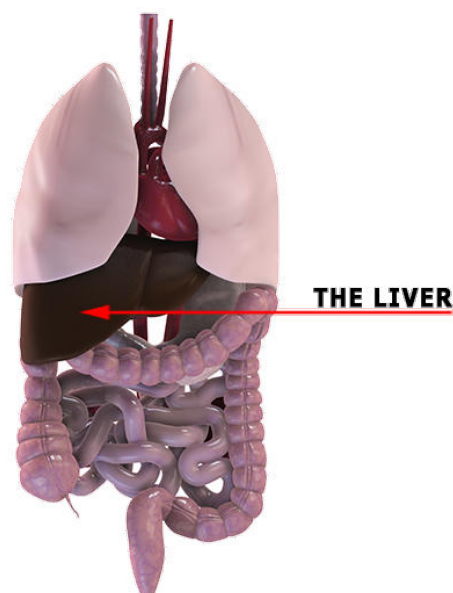
Eventually, you may start to notice that you are feeling more tired and sluggish than usual, your immune system may be weaker, and you are picking up more colds and flus than ever before. Or you notice that you are getting spots, allergies, hayfever, asthma or eczema now, when you didn't previously, or if you did, it's getting worse.

All these common conditions are examples of a more toxic body (not necessarily just due to constipation). But they are messages that something is not right—a warning—to take some action now and change your lifestyle.

It really is that simple.

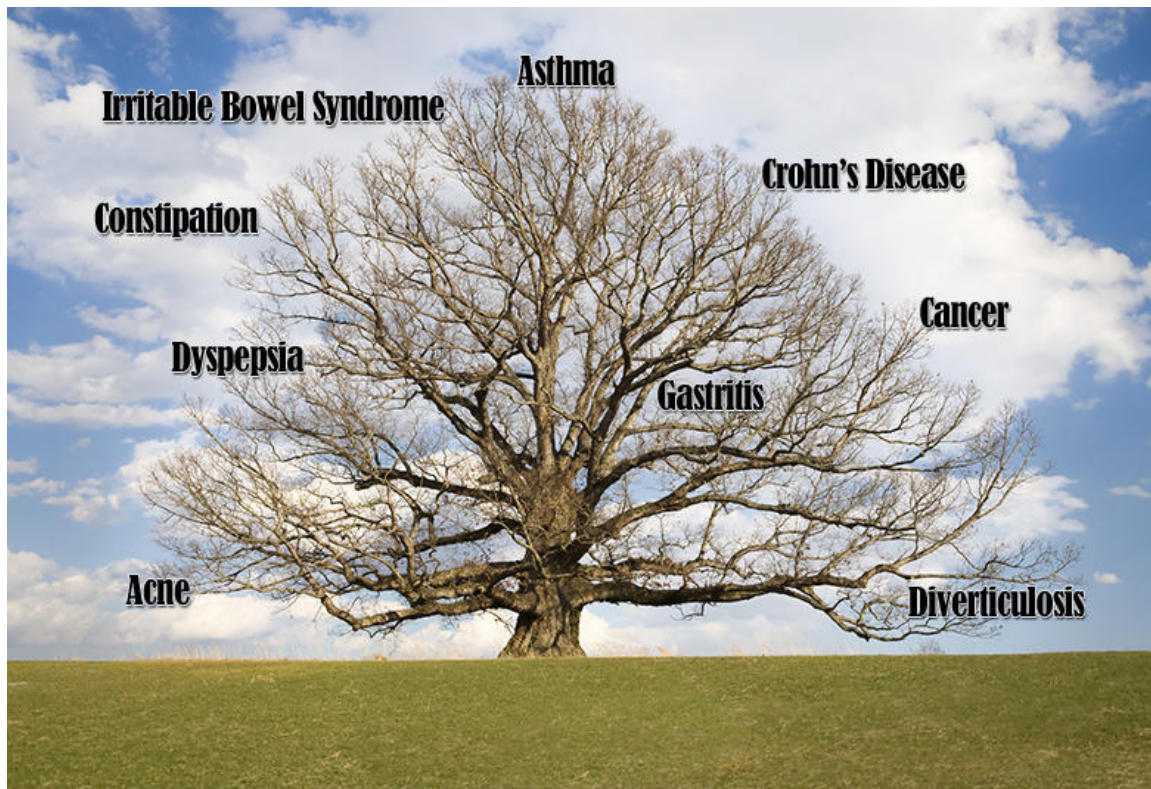
However, if you do not listen to your body, and take a pill, or a laxative or something else to temporarily ease the discomfort you are feeling, then your body has to find another way to tell you something is *wrong*. These messages become stronger and stronger until you are unable to ignore them any longer. This is often the case when individuals develop cancer, arthritis, heart disease, diabetes or some other life threatening degenerative disease.

It's just about working out what your body needs you to do to make it happy again. And in return, you'll find you are living a pain-free, vital, energetic life in balance with your body and nature.



The Disease Tree

I try and help my patients understand the difference between natural medicine and conventional medicine by giving them the analogy of a tree.



Look at the tree above, with all its branches and leaves, as hundreds of symptoms and diseases. This is what conventional medicine is interested in. Doctors deal with disease states and help you manage the symptoms by giving you medicine. Yet the medicine—which is not natural to the body—is not accepted very well and creates side effects. This eventually leads to you having to take more pills for those side effects and so on in a vicious cycle.



Natural medicine on the other hand is more interested in prevention; dealing with the root cause of the condition (illness) by focusing on the roots of the tree. By healing the root cause of the disease or symptoms, you will heal the body and naturally eradicate any symptoms. The tree (body) is healthy and no symptoms or disease are present.

Please don't think I am discrediting conventional medicine. I am not. My brother, [Marc Laniado](#) is a well respected Urologist, and we often work on many cases together. He has the wisdom to embrace and celebrate natural medicine and sees the benefits in using it to support the treatment plans for his patients. My aim is for us to have a fully integrated medical system, where natural and conventional medicine work hand in hand. Together they can help both acute and chronic disease.

We should always bear in mind that if it wasn't for conventional medicine, we would not be able to help people with acute problems from broken bones to heart attacks. Western medicine is a necessary and fundamental part of our health care system. However, doctors are over worked, underfunded and lack the time to really understand the chronic illnesses of their patients.

This is where natural medicine comes into its own.

We, as Naturopaths, understand that these small and perhaps inconsequential symptoms are part of a much bigger picture; they therefore need to be taken seriously and validated, to avoid more serious health challenges later on in life.

What The Body Needs

The body loves an alkaline environment. Processed foods, fried foods, white bread, pasta, pastries, biscuits, caffeine, alcohol, tobacco all create acidity in the body. The body thrives on water, whole foods, organic vegetables, fruits, a little meat (if you eat meat, I encourage you to go organic), lentils and nuts and seeds. By giving the body these types of foods, you are helping nourish all the tissues and cells; giving the body enzyme rich, living, healthy nutrients that are going to maintain balance and wellness.

An abundance of these foods long term will ensure healthy regular bowel motions and a healthy, vibrant life till old age free from chronic illness.

What Conventional Medicine Says

Since conventional medicine does not yet fully see the connection between a healthy balanced diet and a healthy balanced body and mind, be careful following what the government considers a balanced diet—it's usually not enough.

The generally recommended advice is to:

- Eat more fibre: all bran from your nearest supermarket.
- Take some Fybogel laxative.

- Drink some Senna herb tea.
- Wash it all down with lots of water.

Generally, these are short term solutions to the problem; they don't promote natural health giving foods, helping the body function as it should. In particular, the body does not like the bran in most supermarket cereals, which irritates the digestive tract. There are better natural alternatives.



Also, most cereals have high quantities of sugar, which are damaging to the body, affect blood sugar balance and eventually imbalance hormones. Long term use of laxatives weaken the bowel muscle and irritate the gut, causing inflammation, cramping and flatulence.

It's bad advice.

Sorry.

Natural Cures For Constipation

Have A Colonic

For immediate relief, have a colonic. Colonic hydrotherapy helps soften and release any impacted matter in the colon; it is also a great tool for detoxification and helps the body's natural elimination process by gently decongesting and clearing out the waste.

Colon hydrotherapy also helps re-tone a sluggish bowel, and helps rebuild the brain/bowel connection, so that you feel the urge to go to the toilet again (often people with chronic constipation no longer feel the need to pass a bowel motion).

The process involves the slow and gentle introduction of water into the colon under low pressure and controlled temperature. This water is massaged around the colon to enable encrusted faecal matter to be released from the bowel wall, and to be expelled down a waste tube. It does not involve any unpleasant odours, nor a lot of running to the toilet (as enemas inevitably do).

A good colonic treatment should enable cleansing of the entire colon as far as the ileo-caecal valve (where the small intestine joins with the colon), and can take anywhere between 30 to 40

minutes depending on the state of the colon in question. However it must be emphasized that a single colonic will not usually suffice to clear the colon completely. It's a good idea to book two or three for maximum effect.

During the treatment, herbs, coffee or blue-green algae may be introduced to the colonic water to enhance the cleansing process to help cleanse the liver, or encourage the bowel to eliminate better or to help heal the bowel wall.



I should point out that this is an area I specialise in. So if you're interested in learning more, or just want to talk through the process, you can call me (Debbie) anytime for a free 15 minute consultation.

My number is **020 7411 9824** (this is a freephone number and there is **no commitment** to purchase anything).

Or if you want to ask me a question using my online form, just go here:

<http://www.northlondoncolonics.co.uk/contact-deborah-laniado.html>

By the way, colonics are safe and they do not hurt! Here's what *Miriam Till* had to say about her recent colonic:

"When I first visited Debbie naturally I was a little anxious due to the nature of the visit. In all honesty I did not realise that the 'part' I had feared had already taken place! I thought she was joking when she assured me that the speculum was already inserted.

The first treatment took around 45 minutes, but felt like only 10 minutes. After the session I felt rather tired and woozy; it was a wonderful feeling.

On the subsequent visit Debbie explained that the fatigue I had experienced is due to the huge amount of toxic matter that had been removed from my bowel, which is very tiring to an unaccustomed body. Unfortunately I haven't experienced it to that degree since, hopefully I will!

My seventeen year old daughter has benefitted from colonic irrigation and Naturopathic supplements from Debbie and is also a regular visitor to her practice."

-Miriam Till

Avoid These Foods

You're going to have give up some of your favourite foods. But how badly do you want to alleviate your constipation? There are often replacements you can eat that are just as tasty. You've just got to make some changes. After all, what do we have if we don't have our health. What good is money if we are in pain and ill?

Foods to avoid:

- **red meat:** it has a long transit time through the bowel and should only be eaten in moderation (make sure it is organic, to avoid any antibiotic & hormonal residues in the meat and chew well before you swallow).
- **milk:** many people do not have the enzyme needed to break down lactose, the sugar in milk, which can also lead to putrefaction in the bowel (causes gas & bloating).
- **dairy produce:** if you tend to be a fan of dairy, try removing it from your diet for 2 weeks and see what happens. Dairy based foods are mucus forming, which leads to inflammation in the body. However, organic rice, goats & oat milks are better tolerated. Generally people who cut out dairy feel more energised, lose weight, and are far less bloated.
- **refined sugars:** cakes, biscuits, desserts and highly processed foods ferment in the gut causing gas, bloating and sticky stools. These sugars also feed all the unhealthy bacteria in the gut and damage the immune system.
- **pasta, bread and pastries:** reduce or eliminate them! If you think about it, when you mix flour and water, it makes a gooey paste. It does the same thing in your body, becoming all sticky and hard to move through your bowel. White flour is also bleached—do you really want bleached products in your body?!

It's generally understood that refining food destroys nutrients. With the most nutritious part of the grain removed, white flour essentially becomes a form of sugar. Consider what gets lost in the refining process:

- half of the beneficial unsaturated fatty acids,
- virtually all of the vitamin E,
- fifty percent of the calcium,
- seventy percent of the phosphorus,
- eighty percent of the iron,
- ninety eight percent of the magnesium,
- fifty to 80 percent of the B vitamins,
- many more nutrients are destroyed—simply too many to list.

Lose the pasta, seriously. Especially for dinner.

Really Avoid These

- cigarettes
- coffee
- refined sugars
- alcohol
- aspirin, neurofen, paracetamol etc.
- fizzy drinks
- fatty and fried foods
- processed foods
- orange juice

We all have our bad habits. But just avoid this stuff for a week or two—trust me. Then when you can't resist that cigarette or that can of coke you'll feel the negative effect immediately. You'll put two and two together and it won't be so hard to avoid temptation next time.

If you're finding it hard to adapt, try looking at this more as a lifestyle choice you have *chosen* as you *decide* to love and cherish your wonderful body.

A New Breakfast

Have a good, healthy breakfast—not cereals from the supermarkets (as I mentioned earlier) I'm talking about natural muesli or porridge oats, with no added sugars. Then:

- add linseeds,
- add 1 to 2 capfuls of aloe vera (I recommend Aloe Gold by Higher Nature),
- add a good quality omega 3 oil,
- add a handful of berries or other fruits you like that are in season.

Increase The Fibre In Your Diet

Ok. You knew this one was coming.

Commonly used and known dietary fibre sources include: wheat bran, psyllium and oat fibre. Unfortunately many people experience negative reactions and/or intolerances to wheat (gluten) and/or psyllium containing foods and supplements, making their symptoms worse.

Less commonly known and yet beneficial foods fibres include: beetroot fibre (raw), pea fibre, oat gum, rice bran, apple pectin, apple fibre, cellulose, xanthan gums and linseeds.

As your intake of fibre increases, so should your intake of fluids, preferably water. Failure to do this, may result in stool impaction and bowel obstruction, and/or worsening of symptoms, bloating and pain or discomfort.

Here are some other ways to increase fibre in your diet:

- **Slippery elm (my favourite):** this comes from a species of elm native to North America. When mixed with active Manuka honey, slippery elm creates a delicious tea that cools and soothes the oesophagus and intestines; it's non-digestible qualities heal the gut wall and feed the good bacteria.
- **Psyllium husks:** 1 -2 teaspoons/day can be incorporated into your daily routine, but you must drink lots of water. Psyllium is unique because it will help soften your stool if you're constipated, or reduce the frequency of your bowel movements if you have loose stools. Think of it like a broom, cleaning out your intestines of old, impacted faeces and toxins. Therefore it is essential to drink lots of water, to help flush these out of the body.
- **Milk thistle:** supports the liver and helps stimulate bowel movement.
- **Probiotics:** these are necessary to re-establish the correct balance of good and bad gut flora in the bowel. They should be of a good quality and enteric coated (I recommend Ultra Probioplex ND Capsules from Metagenics), to ensure they do not get damaged by the stomach acid, and make it to the bowel—which is where they need to be.

Especially avoid products like Actimel and Yakult as:

- they are high in sugar, which feeds the bad bacteria and
- the living bacteria will mostly get killed off by the stomach acid when it hits the stomach rather than entering the bowel.

Meet Your Friendly Food & Drink

- Increase fibre (as mentioned above).
- Eat brown rice, rice bran, chickpeas, lentils, beans like black-eyed beans, kidney, haricot, butter & cannelloni.
- Linseeds (flaxseeds) are a blend of insoluble and soluble fibres, which bulk the stool, encouraging it to move gently through the bowel. Use at least 1 tablespoon in either a fruit smoothie, porridge or muesli.

- Fresh figs, apricots & dried (but they are higher in sugar).
- A handful of nuts and seeds each day.
- Lightly steamed or raw vegetables.
- Varied and fresh salads.
- Fresh tuna fish, salmon or chicken (not tinned).
- Avocado salad (watercress, lettuce, rocket, dandelion leaf, a variety of green leaves, eggs, tomatoes, cucumber, peppers (not green), sprouts, seeds, avocado).
- Soups (vegetable, chicken, carrot & coriander, watercress, but not cream based).
- Chicken stew.
- At least 6 glasses of water per day. Try and have at least 1 large glass of water as soon as you wake up, before eating or drinking anything else (add a squeeze of lemon).

Some More Tips

Here are some dietary supplements which will help your constipation:

- **1 to 2 teaspoons of supergreens** such as Kiki's Superfoods; it is packed full of energising, detoxing, antioxidant nutrients. It also alkalizes the blood, helping neutralize chronic acidity.
- **2000-3000mg of Vitamin C** powder per day. This can help soften the stool and help boost the immune system. Not the fizzy tablets which contain sugar; try Mixed Ascorbates from Biocare.
- **400mg Magnesium at night** – nature's tranquiliser! Magnesium helps relax smooth muscle and is brilliant if you are under chronic stress. It will also help improve your sleep and get rid of muscle cramps and twitches. It also supports a healthy heart, lowers high blood pressure and helps with PMS; try Nutri Ultra MusclEze.
- Add in freshly **juiced raw beetroots**, which are high in antioxidants and beneficial bowel flora. Don't panic if your urine is pink and your stool turns a purply colour—it's natural!

- **Aloe Ferox** crystals are a type of super-concentrated aloe vera that act as a natural digestive enzyme and also have a probiotic effect on the bowel flora, providing the stools with more mucus. This in turn encourages regular bowel movements, without causing troublesome diarrhoea. Take 1-2 capsules daily before meals.
- **Colosan** is an oxiginating powder which helps to cleanse the bowel and detoxify the body; it keeps the bowels open and regular. It is a non-addictive supplement and is safe for long term use (unlike cascara). An added benefit: it brings more oxygen to the body and so helps with overall health.
- **Massage your abdomen** - a 10 minute regular night time massage of the abdomen before falling asleep helps improve your bowel motion in the morning.

Some other tips that come to mind:

- **Squatting** is the best, natural position to help expel stool from your colon and reduce your risk of haemorrhoids. It's still the way many people around the world go to the bathroom. In your home, you can get many of the same benefits by placing a stool or bin near your toilet to raise your knees. You can purchase a special squatting device to modify your toilet, or simply squat on your own toilet.
- **Regular exercise** helps stimulate circulation and intestinal function, causing your bowels to move more freely.

And that's it!

Some Last Words

I hope I've given you a clear idea of the causes of your constipation and both the short term and long term natural solutions.

No more bleeding haemorrhoids, laxatives, bloating, pain, cramping and straining so hard you feel you might give yourself a heart attack! It's time for an end to heartburn, sour burps and fatigue. Take my advice and you will feel renewed energy, fresher breath, regular and easy bowel movements—**and you may even lose weight!**

Here's to you and your healthier body. Now go take some action!

With love,

-Debbie

P.S. Remember, you can call me anytime for a free 15 minute health consultation on **020 7411 9824**. That's free as in free, as in no commitment to pay for anything.

Or if you want to ask me a question using my online form, just go here:
<http://www.northlondoncolonics.co.uk/contact-deborah-laniado.html>

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