



Constipation

What is it and how do we define it? In my humble opinion, the definition of constipation is having an equal number of “bowel movements” to meals a day. Specifically 3 meals in, 3 meals out. If you are reading this in the fall, this is a good time for “letting go”. What does that mean? Does it sound familiar or is it foreign? Is elimination just poop? NO! Three things we need to focus on is:

Sleep, Assimilation (of food, water, air, relationships), and third and most important, Elimination. Elimination of our bio-waste is what most people think.... But we shouldn't forget about our need to eliminate emotional waste. Ever have to go to the bathroom and get there and can't go? Do you have a blockage to eliminate poop, AND some emotional baggage? Has it gone from a simple carry-on to a full set of baggage?

To live everyday with the best intentions, good energy and have a positive outcome is what most people want. We need food, air and water to survive. However we need three more things to maximize our lives - sleep, assimilation and elimination. If we get good sleep (what is your definition?), think we are absorbing/assimilating oxygen, food, vitamins and the love of our friends/family, but are not eliminating our bowels regularly, we have a build-up of poop, and a high likelihood of emotional baggage build-up as well.

The process of aging brings with it dysfunctional processing, addictions, relationship hiccups... all these misguided values block our elimination routes both physically and emotionally. Do you limp through life, reacting, instead of being pro-active? Reactive vs. preventative? Where do you think you fit in? Here we are going to speak to elimination/constipation as a way to stimulate the entire mind, body and soul to coordinate living at our highest potential. Achieve biological waste elimination, and this will be the first step to self-actualization. Weakened ability to defend itself from infection and disease, and lead to decreased immune function. Often antibiotics are prescribed for illnesses such as the common cold, but because the common cold, is caused by a virus antibiotics are an ineffective treatment. Still it is estimated that 50 million unnecessary antibiotic prescriptions are written every year. The evidence suggests that Candida overgrowth can affect any number of people, many of whom are unaware that they have been affected

Recent U.S. surveys have indicated that constipation is the most common digestive complaint, resulting in millions of visits to the doctor. And how many don't see their doctor, with \$725 million spent on over the counter laxatives? So really what is “normal” and how does Webster's define constipation? As:

- Infrequent bowel movements (typically three times or fewer per week) *Goal is to have equal number of Bowel Moments to equal number of meals each day. 3 meals in 3 meals out.
- Difficulty during defecation/pooping (straining during more than 25% of bowel movements or a subjective sensation of hard stools)
- The sensation of incomplete bowel evacuation.



Now that we have defined this term via medical definition, let's add to the mix the pH of the body. pH, potential hydrogen, is a measure of the acidity or alkalinity of a solution, numerically equal to 7 for neutral solutions, increasing with more alkalinity and decreasing with more acidity. The pH scale commonly used ranges from 0 to 14. 7 is normal wellness and anything below is illness. If you have ever taken care of a pool or hot tub you know that if the pH is off, the water is unappealing.

Keeping your body at a good pH will help with normal elimination routine. Acidic loads are the #1 common cause of constipation. They are generally processed foods, refined sugars, starches, caffeine and alcohol. Medication such as anti-depressants, antihistamines, cold, pain, high blood pressure, high cholesterol, drugs, and antacids that contain aluminum. All these and more decrease the digestive enzymatic activity and paralyze the muscles of the bowels. Obstructive nerve impulses can lead to constipation.

Here are the top contenders for Acid. The summation of all of the above is constipation - there is not just one big smoking gun.

Coffee - While a cup of coffee is how many people start their days, this drink is highly acidic and contains caffeine, which further adds to the acidity of your digestive tract. Hint: Balance coffee with an 11pH and minimize the effects of the acid...

Soda - Soda contains corn syrup and caffeine, both of which increase the acidity in your body and can cause damage over time. As an added problem, sodas are carbonated, which complicates digestion and irritates the bladder, so you may wish to lay off the soda.

Alcohol - Drinking alcoholic beverages can send your acidity into overdrive. And it's not just hard liquor that sets your body off balance. Wine and beer do just as much damage. Remember moderation is ok.

Artificial Sweeteners - Artificial sweeteners are popular in an effort to still enjoy sweet treats despite a need to stick to diets to lose weight and manage diabetes. However, substances like Sweet 'N Low, NutraSweet, Spoonful, Aspartame and Equal not only increase your body's acidity; they also can create a toxic environment and may cause cancer and affect the nervous system when used regularly. This is statement of opinion, not fact according to the FDA.

Whole Grains - Though grains are an essential part of your diet, they must be consumed in moderation, especially since they can increase your body's acidity. Examples of grains to watch out for include corn, flour, barley, bran, rice, oats, rye, wheat, crackers, pastas and breads.

Meats - Eating animal products can also increase your body's acidity. This includes any meats including fish, beef, pork, poultry, shellfish and organ meats. You don't have to eliminate meat from your diet, but make sure your dietary focus is on fruits and vegetables rather than meats. If you are a meat eater, use a good digestive enzyme to help digest the various proteins in the meat source.



Beans and Legumes - Many different kinds of beans and legumes like lentils, red beans, kidney beans, pinto beans, soy beans, black beans, chick peas, peanuts, cashews and walnuts are acidic and can change your body's pH level. These products can be dangerous if you eat too many of them, especially over an extended period of time.

Personally I allow myself a visit to a drive-thru on a rare occasion. To counteract the effects of this acidic load, I use our digestive enzyme, ZymeMax. Healthy bowel flora helps to move the stool. A disruption of this flora will decrease the movement and thus promote constipation. Ask our detox specialist for the best approach for the best probiotic that fits your needs and lifestyle. We have many ways to repopulate your gut for a healthy flora. Think of it as a garden full of flowers, and not weeds!

It is not just poor diet that affects constipation. There are many other causes. They are lack of exercise, the use of certain medications, changes in routine/shift work, lack of bowel time and environmental influences. Cardiovascular exercise stimulates the lymph system and this promotes health peristalsis. This peristalsis is a movement that uses the smooth muscles to move your stool through your bowel, thus a bowel movement.

Ways to Relieve Constipation

Body Detox Center has a great product called Colon-Max. It uses all natural ingredients to get your bowel excited about moving and help you pass the stool easier. We like to use this as a way to focus on the smooth muscles of the bowel. It is not habit forming and a great quick start routine. But that's not all. There are other things for you to incorporate into your lifestyle:

Hydration - #1 key to a healthier you. Properly drinking good alkaline water will promote regular peristalsis. It's like greasing the wheel without the calories of grease. (Rule of thumb – drink half of your weight in ounces every day.)

Bulk - Try to achieve good bulk with raw and fiber type foods. Be careful of the commercially available products as they can further constipate you if there is not enough lubrication from beneficial oils such as fish, flax and borage oils. They will provide the necessary lubrication for smooth and gentle elimination. If you use a digestive enzyme and forget it with a meal, you will notice which bowel movement you did not take it with. Eat cleaned fruits and veggies; don't forget to use a good Digestive Enzymes (ZymeMax), maintain a schedule for sleep and create bathroom time, especially in the morning.

See tables below for specific foods to balance your pH. Green is alkaline (good!) and Red is acidic.



<p>Alkaline Vegetables</p> <p>Asparagus Artichokes Cabbage Lettuce Onion Cauliflower Radish Swede Lambs Lettuce Peas Courgette Red Cabbage Leeks Watercress Spinach Turnip Chives Carrot Green Beans Beetroot Garlic Celery Grasses (wheat, straw, barley, dog, kamut etc.) Cucumber Broccoli Kale Brussels Sprouts</p>	<p>Fruits</p> <p>Lemon Lime Avocado Tomato Grapefruit Watermelon (is neutral) Rhubarb</p>	<p>Meats</p> <p>Pork Lamb Beef Chicken Turkey Crustaceans Other Seafood (apart from occasional oily fish such as salmon)</p>	<p>Dairy Products</p> <p>Milk Eggs Cheese Cream Yogurt Ice Cream</p>
	<p>Drinks</p> <p><u>'Green Drinks'</u> Fresh vegetable juice Pure water (<u>distilled</u> or <u>ionized</u>) Lemon water (pure water + fresh lemon or lime). <u>Herbal Tea</u> Vegetable broth Non-sweetened Soy Milk Almond Milk</p>	<p>Others</p> <p>Vinegar White Pasta White Bread Whole-meal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey</p>	<p>Drinks</p> <p>Fizzy Drinks Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea</p>
	<p>Seeds, Nuts & Grains</p> <p>Almonds Pumpkin Sunflower Sesame Flax Buckwheat Groats Spelt Lentils Cumin Seeds Any sprouted seed</p>	<p>Convenience Foods</p> <p>Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food</p>	<p>Fats & Oils</p> <p>Saturated Fats Hydrogenated Oils Margarine (worse than Butter) Corn Oil Vegetable Oil Sunflower Oil</p>
<p>Fats & Oils: Flax <u>Hemp</u> Avocado Olive Evening Primrose <u>Borage</u> <u>Coconut Oil</u> Oil Blends (such as <u>Udo's</u>)</p>	<p>Others: Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli etc) <u>Bragg Liquid Aminos</u> (Soy Sauce Alternative) Hummus Tahini</p>	<p>Fruits</p> <p>All fruits aside from those listed in the alkaline column.</p>	<p>Seeds & Nuts</p> <p>Peanuts Cashew Nuts Pistachio Nuts</p>

Stick to salads, fresh, alkaline vegetables and healthy nuts and oils. Try to consume plenty of raw foods and at least 2-3 liters of clean, pure water daily. Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and microwave meals are full of sugars and salts. Over cooking also removes all of the nutrition from a meal!

Use the chart below to minimize a potential acidic load:

Alkalizing Foods/Drinks	Relative pH	Acidifying Foods/Drinks	Relative pH
Cucumber	+31.5	Pork	-38.0
Alfalfa Sprouts	+29.3	Veal	-35
Soy Sprouts	+29.5	Beef	-34.5
Avocado	+15.6	Chicken	-18
Tomato	+13.6	Eggs	-18
Summer Radish	+39.4	Hard Cheese	-18.1
Kamut Grass	+27.6	Quark	-17.3
Carrot	+9.5	Cream	-3.9
Soy Beans (soaked)	+12.8	White Bread	-10
Soy Lecithin (pure)	+38	Whole-meal Bread	-6.5
Cabbage	+14.1	Rye Bread	-2.5
Celery	+13.3	Pistachios	-16.6
Garlic	+13.2	Peanuts	-12.8
Spinach	+13.1	Cashews	-9.3
Watercress	+7.7	Margarine	-7.5
Leeks	+7.2	Corn Oil	-6.5
Courgette	+5.7	Butter	-3.9
Fresh Soy Beans	+12	Artificial Sweeteners	-26.5
Tofu	+3.2	Chocolate	-24.6
Lemons	+9.9	White Sugar	-17.6
Limes	+8.2	Fructose	-9.5
Cucumber	+31.5	Honey	-7.6
Wheatgrass	+33.8	Ketchup	-12.4
Sprouted Radish Seeds	+28.4	Mayonnaise	-12.5
Barley Grass	+28.1	Mustard	-19.2
Red Cabbage	+6.3	Soy Sauce	-26.2
Almonds	+3.6	Vinegar	-39.4
Olive Oil	+1	Liquor	-38.7
Flax Seed Oil	+3.5	Wine	-16.4
Turnip	+8	Beer	-26.8
Asparagus	+1.3	Coffee	-25.1
Onion	+3.0	Fruit Juice (Natural)	-8.7
Watermelon	-1.0	Fruit Juice (Processed)	-33.6
		Tea (Black)	-27.1



This is a lot of information to absorb. Remember to start with one thing and do it well. My suggestion would be to start drinking water, distilled or ionized alkaline water. The manufacturer of the ionized water machine will give you guidelines. I use the Roex at www.roex.com. Let me know if you are interested and I will check to see if we can't get you a deal.

Everyone has a unique set of circumstances, if you need assistance; please call one of our centers. Our certified detox specialist or I will develop a plan with you, and together we will have success. Connect the mind, body and soul at Body Detox Center. Let us be your guide on your wellness journey.

We are not a medical office; we, I or my staff do not diagnose, treat or cure. Rather Kimberly and her staff/employee's support a lifestyle of balance and health through proper nutrition and regular use of our Body Detox Center system of an ionic frequency detox footbath, North Pole magnets and other supplements.