

Poo Help

- Fiber-psyllium powder or flakes, okra fiber, flax, chia etc. Start with tiny sprinkles in water or atop food and move up very slowly. Some start with a large tablespoon if they are trying to stop up fast moving bowels. Careful in the case of SIBO.
- Coffee, also coffee enemas
- Vit C
- Magnesium citrate or blend or as a cream on the belly
- Turmeric or other anti inflammatory
- Herbal blends with senna and cascara (short term)
- Anti-parasitic herbs like garlic
- Belly massage with castor oil or magnesium oil
- Probiotics
- More water daily and not with meals
- Fasting with juices 1-3 days
- Meditate with belly exercises -pulling in as hard as you can and hold repeat several times
- Look at food sensitivities that may cause inflammation