

## PREVENTING CONSTIPATION

**Choice of Fibre:** Healthy bowel movements are a top priority in natural health. If you are not eliminating stools which resemble an extra long banana twice a day, then there is room for improvement. If you are constipated, it would be good to take a fibre source although the amount and frequency will vary for every individual. It's best to be tested by a natural health practitioner. Here are some general guidelines.

Blood Type A, B, AB and some Type O Secretors do well with **milled flax seed**. This is the most common ingredient found in herbal fibre products sold in health food stores. Non-Secretors and Type O Secretors who are sensitive are advised to consider an alternative source such as **larch arabinogalactin** or **methylcellulose** (obtainable through a compounding pharmacist). How do you know if it's working? You should feel good and not be bloated or feel hard in the abdomen. If the stools are too loose and broken up indicating an irritation or food sensitivity then other alternatives to fiber may also be incorporated into the program.

If you are using a fiber for the first time, it is best to gradually build up to no more than 1 tbs. For instance, you could take 2 tsp for two or three days, then 1 tsp. etc. until you are up to two or three tsp. If you ever get constipated on a day that you've taken your fibre, it means you've added too much. Drink at least one full glass of purified water as a chaser or more if you can.

The anti-constipation drink is to be taken on an empty stomach. When testing clients, I find many benefit from having it at night. An empty stomach is classified as being 3 hours after supper and I encourage people to have an early supper and to eat lightly. It's important to always have a second glass of water as a chaser. The second glass can be drunk slowly and finished with the hour, if necessary.

### Healthy Probiotics

Our colon hosts about 2-3 lbs of bacteria with the challenge of ensuring that there is sufficient friendly bacteria known as acidophilus and bifidus in it to counter the bad bacteria. All blood types benefit from having probiotics added to the colon. Most brands of yogurt do not contain quality live bacterial cultures; so it's important to check your labels. Kefir is another cultured dairy product which offers more nutrients and beneficial

bacteria. Give it a try!