

Constipation: Tips to speed up (reduce) transit time to < 24 hours:

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Bristol Stool Scale (see attached handout)

We are aiming for #4. Anything lower than #4 indicates mild-to-severe constipation (slow transit time)

1) Fiber (and magnesium) Eliminate processed, unhealthy foods from your diet and replace them with foods rich in insoluble fiber. Adults should aim to consume 20-35 g fiber/day. (If you're currently below these numbers, slowly work your way up.) Increase consumption of fiber-rich / magnesium-rich fruits, vegetables, legumes and whole grains.



Your eventual goal is to consume

Children 19-25 grams

Women: 21-25 grams

Men: 30-38 grams

fiber per day.

If you wish to consume supplemental fiber, try organic psyllium husk powder, ground flaxseed, or ground hemp seeds. Note that ground seeds go rancid quickly, so:

- store purchased ground seeds in fridge or freezer, or
- grind whole seeds in your coffee grinder, or
- pulverize whole seeds in Vitamix as part of making a smoothie

Note: if you are actively constipated, adding additional fiber *may* or *may not* be a good fit for you.

2) Fluid needs:

Adequate intake of fluid (beverages) per day

Women = 8 - 9 cups Men = 10 - 13 cups

3) Exercise – 30 minutes moderate exercise daily

A sedentary lifestyle slows down peristalsis (series of muscle contractions that moves food and digested material through the digestive tract)

4) Squatty Potty – a special stool to improve toileting posture



5) Ferments: Consume fermented foods. Kefir is especially effective since it contains a wide variety of probiotic strains.

6) Probiotics: These strains were shown in clinical studies to be effective:

Strains Studied	Commercially Available Products	
<i>S. boulardii</i> , <i>L. acidophilus</i> LA5, <i>L. paracasei</i> = <i>L. casei</i> 431, <i>bifido</i> BB12 + inulin/GOS	Standard Process ProSynbiotic	Scientifically studied strains plus 2 pre-biotics to support gut and intestine function. Supports normal bowel regularity and consistency. (1)
<i>Bifidobacterium lactis</i> DN-173 010 *	Activia yogurt	Speeds gut transit time. Improved bowel function. (2, 3)

* exact strain used in the study

7) Consume a daily magnesium supplement, such as Magnesium Glycinate

8) If you have gone more than three days without experiencing a bowel movement and have tried to rectify your situation by adjusting your diet and hydrating sufficiently, consider taking a magnesium citrate laxative/supplement to help alleviate your condition.

Important: before using, please see cautions about drug interactions at

<https://bit.ly/2JD4AAh>

References

1) <https://www.standardprocess.com/Standard-Process-Documents/Handouts/goodfloraL2577.pdf>

2) Marteau P, Cuillerier E, Meance S, et al. Bifidobacterium animalis strain DN-173 010 shortens the colonic transit time in healthy women. A double blind randomized controlled study. Aliment Pharmacol Ther 2002;16:587-93.

3) Meance S, et al. A fermented milk with Bifidobacterium animalis strain DN-173 010 shortened oro-fecal gut transit time in elderly. Microb Ecol Health Dis 2001;13:217-22.

TRANSIT TIME

Transit time is how long it takes from the time you eat a food until it comes out the other end. Buy charcoal tablets at a drug or health-food store, and take about 1,000 mg. Depending on the particular product, this can be two to four capsules. Note exactly when you took the charcoal. When you see darkened stool (charcoal will turn the stool black), calculate how many hours since you took the charcoal tablets. That is your transit time. You can also do the test with beets. Eating three or four whole beets will turn stool a deep garnet red. Or eat corn.

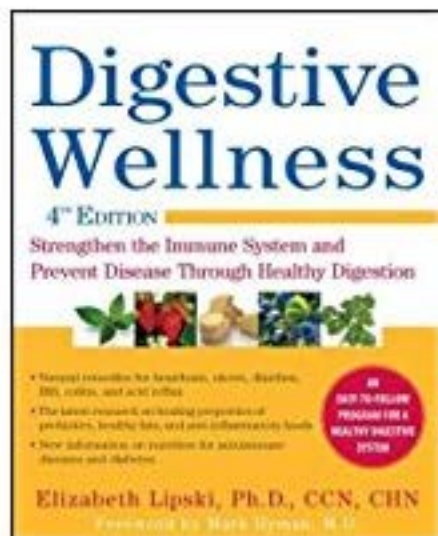
The Results

- Less than 12 hours: This usually indicates that you are not absorbing all the nutrients you should from your food. You may have malabsorption problems.
- Twelve to 24 hours is optimal.
- More than 24 hours: This indicates that wastes are sitting inside your colon too long. Poor transit time greatly increases the risk of colon disease. Substances that were supposed to be eliminated get absorbed back into the bloodstream, and they can interfere with and

irritate your system. Take action now! Increase your fiber intake by eating more fruit, vegetables, whole grains, and legumes. Drink lots of water every day. Get 30 minutes of exercise at least three times a week.

First, take a close look at your diet. You probably aren't eating enough fiber. If that's the case, increase your intake of fruits, vegetables, whole grains, and legumes. These foods are generally high in magnesium, which helps normalize peristalsis. Make sure that you are drinking enough fluids. Coffee and soft drinks don't count! And get regular exercise!

Excerpted from:

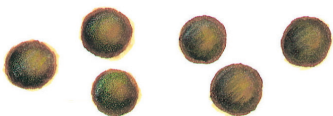


THE BRISTOL STOOL FORM SCALE (for children)

choose your

POO!

type **1**



looks like:

rabbit droppings

Separate hard lumps, like nuts (hard to pass)

type **2**



looks like:

bunch of grapes

Sausage-shaped but lumpy

type **3**



looks like:

corn on cob

Like a sausage but with cracks on its surface

type **4**



looks like:

sausage

Like a sausage or snake, smooth and soft

type **5**

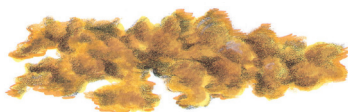


looks like:

chicken nuggets

Soft blobs with clear-cut edges (passed easily)

type **6**



looks like:

porridge

Fluffy pieces with ragged edges, a mushy stool

type **7**



looks like:

gravy

Watery, no solid pieces ENTIRELY LIQUID