

CHRONIC CONSTIPATION

The most important thing is to get the bowels moving consistently. According to Paul Pitchford in *Healing with Whole Foods*, he identifies the two main imbalances in the body with this pattern:

Excess type Constipation: this is the most common type of constipation pattern resulting from an excessive liver with excess heat or stagnancy in the liver. Liver heat dries up body fluids in general and the stool becomes dry, hard and difficult to pass. In this case, the qi or life force *reduces peristalsis*. When this heat affects the intestines, the tongue will be red and dry with a yellow coating. Bitters with licorice root harmonizes harshness of better herbs and is a mild laxative. Dietary rules should be diligently adhered to.

Deficiency Constipation: lack of adequate yin fluids or blood in the body. In this situation, fluid is drawn out of the intestines, resulting in dryness and constipation. Taking in more water may help but also may not. Jethro Kloss, in *Back to Eden*, recommended chewing grains cooked with a minimum of water and taking liquids with meals. When food is chewed thoroughly and not diluted, it lubricates the intestines and strengthens the spleen-pancreas and inoculates the intestines with more pancreatic enzymes. Include dry foods into the diet such as wholegrain or rice crackers, millet, rice seaweed, black beans, beets, flax, and fenugreek.

In especially difficult cases, use up to 1 tablespoon of black sesame seed cooked into or sprinkled on food twice per day. If still a problem, take 1 tablespoon castor oil at bedtime. This does not address the deficiency but does move the bowels. Do not do this if pregnant.

Supplements to assist:

Oxyplex (magnesium oxide) or higher doses of magnesium can often do the trick when vitamin C doesn't. 4 caps with 8 oz water mixed with lemon juice once daily, remain in vicinity of washroom after taking. Reduces pathogenic and anaerobic intestinal flora with the release of reactive oxygen.

Fibre daily (4 soaked prunes or fibre supplement that does not cause dependency).

Colon Cleanse is a good daily fibre supplement that is gentle on the bowels with no psyllium

Emotionally – what are you 'holding' on to? Release old unresolved emotions, such as stubbornness, anger and resentment. Increase exercise, abdominal massage, and warm baths with Epsom salts.

Probiotics – Bacillus Coagulans, Probiotic 7-in-1, Bio-K, or other such

The Intestinal Kit + Probiotic 7-in-1 + fibre

Carduus - 30 drops in small amount of warm water 20 min before meals. **Gallbladder formula** for gallbladder detox and improved bile flow, which helps increase peristalsis movement of intestine and improve constipation.

Colon Cleanse (3C) – 6 caps with 8 oz of water twice daily for gastrointestinal detoxification support. It contains an excellent source of fiber, as well as anti-microbial and demulcent herbs that heal the gastrointestinal tract.

Apple Cider Vinegar – 2-4 tbsps. at bedtime. Repeat in the morning if still constipated.

Vitamin C Flush – 3 grams every 24 hours, or 500-1000mg every hour up to bowel tolerance. Once the bowel flushes, your dose is one less than the dose that created the flush.

Maureen Fontaine. 250-661-6224

Certified Darkfield Microscopist, Health & Wellness Consultant, Spiritual Intuitive & Ontological Life Coach, B. Ed, Master Herbalist
www.maureenfontaine.com