



## Glow From Within

WITH JUST FOR TUMMIES

# Constipation



## 🕒 Everything you need to know

Hello

Are you one of the millions of people in the UK that suffer with debilitating constipation, making you feel fat, frumpy and totally fed up?

Over the years, have you tried **different medications from your GP**, had a barrage of **tests at the hospital**, to be told that you have a **'lazy' bowel** and you are just going to have to **'learn to live with it'**?

Constipation is not taken seriously enough in the UK. It can be a **life-threatening condition** if it is not managed properly, resulting in **'leaky' gut**, **increased risk of bowel infections**, **bowel perforations** and **bowel cancer**.

I can tell you that **you do not have to live like this**, with fatigue, headaches, weight gain, bad skin, depression - all symptoms associated with constipation, not to mention the worry of it all.

My name is Linda, and I have been a **natural health therapist for 27 years** - I am the **founder of [Just For Tummies](#)**, the UK's only supplement range dedicated to helping people who have digestive and gut problems. I specialise in simple, natural solutions to resolve

**constipation** and many other common digestive and gut problems like Irritable Bowel Syndrome, painful bloating, Coeliac disease, Crohn's Disease, Ulcerative Colitis and Diverticula Disease.

I have put together this fact sheet for you to **explain what constipation is**, **what the symptoms, risk factors and causes are**, and to **provide tips on constipation**. Don't forget to read **'Useful Resources'** at the bottom of this sheet.

I know what it's like to be constipated, I suffered with it as a child, and it was only when I reached my 30s, and came across natural medicine, that I realised **something could be done to resolve my constipation naturally**. I've put all my training, knowledge and expertise into helping people **manage and heal their digestive and gut problems**, and I can assure you constipation can be resolved. **You can feel better, you can have control over your bowels** - it's just knowing what to do to achieve this, and that has been, and still is, my quest.

Linda x





## 📍 What is constipation?

Constipation generally means that you have three or fewer bowel movements a week. It can also mean straining to have bowel movements or passing stools that are a small, hard, and dry, like rabbit droppings.

### OTHER COMMON SYMPTOMS INCLUDE:

- Stool often difficult to push out causing pain
- Bleeding
- Anal fissures
- Haemorrhoids
- Bloating
- Stomach cramps
- Embarrassing smelly wind
- Interrupted sleep
- Anxiety
- Headaches
- Skin problems
- Weight gain
- Feeling sick and dizzy
- Increased risk of urinary tract infections
- Painful sexual intercourse



**Going longer than 3 days without passing a stool is too long and makes the motion much more difficult to pass. This increases the risk of:**

- Gut infections
- Bowel perforations
- Diverticula disease
- Stomas
- Sepsis
- Bowel cancer

**Tests that GPs and hospitals may undertake to rule out 'red flags':**

- Colon cancer
- Hypothyroidism
- Coeliac disease
- Inflammatory Bowel Disease, although diarrhoea is the more predominant symptom

### RISK FACTORS AND CAUSES

- Use of antibiotics which disrupts the natural gut flora, increasing the risk of constipation and IBS
- Lack of fibre in the diet. (Aim for 30g per day). If this is a problem for you, then consider taking a natural fibre supplement
- Dehydration
- Small intestinal overgrowth (SIBO), candida overgrowth
- IBS / IBD
- Stress
- Food intolerances (lactose, gluten, eggs, fructose, etc)
- Lack of digestive enzymes and low stomach acid
- Low-fat diet. Fat is needed to stimulate bile production, and in turn, peristalsis
- Overuse of laxatives
- Certain medications
- Magnesium deficiency (prevalent in high-stress individuals)
- Motility problems
- Underactive thyroid
- Resisting the urge to pass a stool
- Not being active

### TIPS TO HELP REDUCE THE RISK

- If you've had a course of antibiotics, you may have noticed more bloating as well as constipation. It's very important to take a course of live bacteria probiotic capsules following a course of antibiotics, to help replenish and recolonise your digestive system with 'friendly' bacteria
- Chew your food thoroughly; aim for 20 chews per bite
- Hydrate properly, try drinking 2-4 extra glasses of water daily
- Avoid caffeine which dehydrates the bowel and causes constipation
- Ensure adequate fibre is consumed - particularly soluble fibre - fruit, vegetables, whole grains, peas, beans and pulses
- Increase your fruit and veg intake - 2 fruit + 5 veg
- Include healthy fats such as avocados, olive oil and salmon in your diet
- Ensure adequate magnesium intake to keep bowels moving regularly
- Practise stress management techniques
- Exercise regularly
- Have colon hydrotherapy treatment with a registered and regulated therapist. This is a gentle, safe and very effective treatment for releasing painful impaction

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# Tummy Talk

AND CONNECT WITH OUR CONSTIPATION EXPERTS >



SEE ALL 84 OF LINDA'S

## Delicious Recipes

GLUTEN-FREE, DAIRY-FREE AND  
CONSTIPATION-FRIENDLY

### FOODS TO AVOID

- **Gluten**
- **Dairy**
- **Excess red meat** - this is hard to process and digest especially as we age, due to the depletion in stomach acid and digestive enzymes. If you are taking antacid medications, consider taking a digestive enzyme supplement to ensure meat is being properly digested
- **Coffee and tea are dehydrating**
- **Carbonated drinks**
- **Alcohol which is dehydrating**

### FOODS THAT HELP

- **Apple cider vinegar** to increase digestion; start your day with 1 tsp in some warm water
- **Water** - make sure you keep hydrated and flush your system out by drinking plenty of filtered water
- **Drink herbal teas** that contain herbs and spices to help gently stimulate the bowel - liquorice root, ginger root
- **Anti-inflammatory foods:** Oily fish, walnuts, flax seeds, chia seeds, turmeric, ginger
- **Peppermint oil**
- **Extra vegetables:** include green leafy vegetables (kale, spinach, peas, green beans etc) in your diet as they contain magnesium. A deficiency in magnesium can slow down transit time in the bowel. Guidelines state 5 portions of vegetables and 2 portions of fruits daily, but try and aim for 7 portions of vegetables and 2 portions of fruit. Figs and bananas are also high in magnesium
- **Natural fibre sources** such as my [Just For Tummies fibre capsules](#). Take two Fibre tablets half an hour before meals, with a glass of water.
- **Fermented foods:** Kimchi, kombucha, sauerkraut and kefir as they contain beneficial bacteria (if you tolerate them; some people react to these if they have SIBO)
- **Lemon** - add fresh lemon to your water to stimulate the liver
- **Flax seeds** - add milled flaxseed to your breakfast - aim for 2 tbsp per day



## 📍 Useful Resources

- Join my **Tummy Talk Facebook community** here for help and support on all things digestive and gut-related: <https://www.facebook.com/groups/tummytalk>
- You can also **download all 84 of my gluten-free, dairy-free and refined sugar-free recipes**. Breakfasts, light lunches and delicious dinners for meat eaters, fish eaters, vegetarians and vegans. <https://justfortummies.co.uk/recipes>
- Check out my range of **vegan and gluten-free supplements** to help relieve constipation and associated symptoms of bloating and stomach cramps. <https://justfortummies.co.uk/>
- You are welcome to **email me for help** and advice at: [linda@justfortummies.co.uk](mailto:linda@justfortummies.co.uk)
- For registered and regulated colon hydrotherapists, see **The Association of Registered Colon Hydrotherapists**: [www.colonic-association.org](http://www.colonic-association.org) OR **The Register of Integrated Colon Therapists and Trainers**: [www.colonic-association.net](http://www.colonic-association.net)

JUST FOR TUMMIES 📍 by Linda Booth

