

tra8834

Hi folks, I have used a platform for years called squatty potty, it works great! Can be seen at Bed, Bath and Beyond.

Posted On 09/22/2018

Almond

Poor me. Many days, when I am working outdoors, there is no indoor plumbing. Toilet consists of digging a hole with a shovel and assuming the squattez-vous position. This gets old fast, especially in a cold rain.

I recently cooked dinner at a friend's house. We sometimes do this after a long day when we know we would otherwise not make it home by the regular dinner hour. I told him ahead of time, "if our garden is not producing, we will go hungry." -But, of course, I knew there would be plenty to pick. We had a vegetarian meal. He is a big guy, but could not eat all of it because his body is unaccustomed to a high fiber diet. So, if you are not used to organic homegrown food, you may experience a transitional period when you improve your diet. Hormones can also be a factor in constipation. There are many herbs that can help different kinds of bowel malaise. No wonder the world is so messed up. So many people are "plugged up" and full of S.

Posted On 09/22/2018

Wayjamus

For those who don't like to read: <https://youtu.be/YbYWhdLO43Q>

Posted On 09/23/2018

stances

There are two things that I have discovered over the years from different sources. First, sitting up straight on the toilet with both arms extended above your head—this seems to straighten the pathway. Second, while sitting on the toilet, rest palms on your knees, curl finger and tap just below your knee cap. This may take a minute or two of gently tapping from time to time. It's like magic! This seems to wake up the lower half of your body.

Posted On 09/22/2018

interestedone

thanks organic triphala worth investigating too as its specific to elimination

Posted On 09/22/2018
