

Almond

The more toxic you are, the more fiber you need. Fiber provides a transitional matrix where beneficial gut bacteria can take up residence. The number of times you poop is related to the number of meals you eat, the water you drink and how much exercise you get (promotes peristalsis). So, if you are active and eating 2 good meals a day with one lighter meal, you should prob be pooping at least twice a day. What goes in should come out--at least the waste part. A whole foods diet without a lot of sugars/starches or foods that come in boxes, cans or plastic is a good place to start. Cook fresh. Avoid GMOs that destroy the gut lining. Avoid toxins and nonorganic foods as certain chemical block metabolic pathways.

Get moving. There are 2 kinds of bodies. Excreters and Holders. Some body types relatively rapidly excrete anything that cannot be used efficiently. Other body types tend to store what it does not recognize or have a purpose for. These people will gain weight easily if on a bad diet. Biology is not destiny. Genes can be turned on and off by the kinds of foods you eat. Diet has significant control over the biome.

Posted On 11/18/2017

grulla

After 30 years of both cleaning and optional (shallow) cleansing, (irrigating) with a handheld hose bidet, my bowels appear to be well conditioned to being regular, within the first hour after waking, first thing in the morning. Otherwise, additional elimination regularity during the subsequent course of the day, usually once more or maybe twice, is somewhat irregular and unpredictable, but 2-3 times a day overall, seems to be the norm. One should be cautious if cleansing, and not allow anal cleansing to camouflage (de)constipation due to poor dietary habits.

The bidet is a simple, inexpensive, commonly available kitchen sink hose attached to the side plumbing under the toilet. Unless you are an accomplished DIYer, a licensed plumber will be needed. Bidet hose pressure is reduced by the narrow channel of the hose itself, as well as the safe use of the variable pressure/flow trigger mechanism, and also the degree of anal engagement, NEVER allowing for a water tight anal seal, instead permitting much water leakage overflow at the anus for further reduced anal water pressure, thereby preventing any internal tearing of the lower bowel, (colon). In some high pressure (municipal) water systems, a restricted fitting in the hose entrance may also be needed for further pressure/flow reduction. Extreme caution for cleansing/irrigating is imperative.

Also, there is a big savings on the use of T-paper, but a little is still needed for minor cleaning as well as drying. And what little T-paper is used is usually discarded in the bathroom garbage pail, (unless it is unusually too 'muddy' in which case it is then flushed). That saves some unnecessary wear 'n tear on the septic tank and leach field drainage system. www.amazon.com/Danco-88814-Faucet-Assembly-Chrome/dp/B000MQTPGC?psc=1&..

Posted On 11/18/2017

stanleybecker

hi there Grulla - I installed a toilet sprayer on your advice - fantastic piece of advice - thank you for my super clean rear end - ha ha - lots of love

Posted On 11/18/2017

grulla

"stanley" the end justifies the means. lol

Posted On 11/18/2017

Krofter

Several things... First, what we excrete should be viewed as the valuable resource that it is. Like so much of western societies wasteful solutions to life, flushing our bodies waste down the toilet is a mindless way to rid ourselves of this valuable resource. I have a flush toilet in my house but it rarely gets used, except when company is here. Instead, I use several plain, five gallon plastic buckets with snap on toilet seats - www.amazon.com/Snap-Toilet-Seat/s?ie=UTF8&page=1&rh=i%3Aaps%2C.. Using these seats requires one to squat in the proper position. A shorter person may need to use a shorter 3 gallon bucket. The contents of my buckets are then spread on garden areas that are out of production for a season. By the time the sun, chickens, pigs and rain have worked over the material for a season, the gardens are pristine, fertile and ready for the next crops. Been doing this for over 30 years with no problems.

Posted On 11/18/2017

mirandola

Fiber, water, probiotics, digestive enzymes, exercise and vitamin C can all help bowel evacuation. Gentle intestinal self-massage can be helpful, guide hand downward on the left side of the abdomen. Food allergies and milk, gluten can slow elimination down. Flour and baked products can stick to the intestines like glue, especially where the grains are refined and lacking in fiber. I have read about impacted colon waste, retaining toxins and heavy metals that are subject to reuptake by the body. Dr Mark Hyman has written about this, as have other health sources who I trust. When it comes to heavy metal cleansing, Dr Hyman wrote that it is really important to keep the bowels moving. I also have read horror stories about coroners finding impacted waste so thick that only small spaces are left inside the intestines. Sick. I myself, have had my elimination step up after seeing a chiropractor. The adjustments can free up nerve signals that impact elimination, at the hands of a really good chiropractor.

Thyroid function can either slow down or increase frequency of bowel evacuation. If the thyroid is high, a person may evacuate too frequently, a possible sign that needs to be officially diagnosed based on thyroid testing. If too little and constipated, it is possible that the thyroid could be low, ask the doctor to test. Some sensitive individuals may be subclinical, scoring normal according to lab numbers yet symptomatic according to their own body. Ask your naturopathic physician for guidance.

In some people, neurological lyme disease can shut the intestines down. This affects both digestion and defecation. Enemas can be useful and treating the infection under a lyme-literate physician's care, is key. Chiropractic neurology (not the same as chiropractic) can be something to consider. A skilled chiropractic neurologist can help the nerve signals to fire and enhance peristalsis, (colon movements to propel food and waste along). <http://www.acnb.or>

Posted On 11/18/2017

mirandola

Colon anatomy, in self massage follow these lines to guide food and waste along the correct channels ddc.musc.edu/.../colon-rectum.html

Posted On 11/18/2017

stanleybecker

if eating pizza causes constipation - then my daily walk past all the restaurants tells me that the pizza joints are always full - this Junk Food is eagerly sought out by the Masses - Junk Food ties your intestines into knots - blocked transit and colon cancer from rotting decayed food blocked in the intestines - you ARE what YOU eat

Posted On 11/18/2017

jpi108

The Way to Go by Wal Bowles ~~~~~ Not only are we what we eat, We're also what we don't excrete. And if we sit instead of squat, Retaining some of what we've got, This putrefaction will increase, When what we want is fast release Of toxic waste from bowel and cell. So, to keep our bodies well, Squatting helps the waste to flow. Squatting is the way to go! --- copied from www.naturesplatform.com/mychild.html

Posted On 11/18/2017

stanleybecker

jpi - this should have been included in Lao Tzu's "The Way" 8000 years ago as another valuable way to achieve balance - but hang on squatting was the only "way" back then - ha ha

Posted On 11/18/2017

relent29

I take a couple of spoonfuls of chia seeds (already water absorbed) with my morning shake. That in addition to daily organic steel cut oatmeal with frozen blueberries and raisins never fail to get me going within an hour or 2 in the morning. The chia seed also has a plethora of other benefits such as healthy omega-3 fatty acids, carbohydrates, protein, fiber, antioxidants, and calcium. They also provide energy. They sell "steps" to use to elevate the knees while pooping to straighten the rectum so it doesn't pinch off the remaining waste. But I simply balance my feet on the toilet seat and squat over it. When I'm not home to enjoy this "extravagance" I can literally feel the remaining waste that gets stuck!

Posted On 11/19/2017

nutritionyoucanuse

This question is surprisingly confusing - especially as the answer seems to vary a little depending on the person. As the summary mentions - multiple times a day and multiple times a week can be considered normal. One of the key answers seems to be that your norm tends to remain consistent. So, if a person's frequency suddenly changes, it could be an indication that something is amiss. As always, great article - even though the topic is a tricky one.

Posted On 11/18/2017

dgdobbs

The reason men get colon cancer and women seldom do is because they sit down to pee. Men hold it till it's convenient, which is a fatal mistake. We are a victims of our own plumbing. Try it, sit down. Wait, read the paper.....but not if other people are waiting.

Posted On 11/18/2017

Guillermou

It seems most reasonable to think that optimal digestive regulation means that the frequency with which you empty your intestines should be the same times you eat. Chronic constipation (CH) is a major health problem. The global prevalence of constipation is estimated to be 14% (rising to 25% in people over 65 years of age), with women being affected more frequently. Constipation is one of the most prevalent conditions seen in primary care practice and is among the most common indications in the United States for referral to a gastroenterologist. Colorectal cancer is the second most common cause of cancer-related death in the United States and the seventh most common cause of death among industrialized nations. Since about two-thirds of the world's cases occur in developed countries, CR cancer is predominantly a disease of Westernized countries.

There are statistically positive associations of chronic diarrhea or constipation with breast and colon cancer, CVD, risks of all-cause mortality, and CVD mortality. Particularly in participants younger than 60 years, in addition to the positive correlations of chronic diarrhea with three major chronic diseases and the risk of all-cause mortality, chronic constipation also contributed to an elevated risk of CVD mortality. Regarding markers of inflammation, an elevated level of DII or CRP was significantly associated with a higher prevalence of abnormal intestinal health and major chronic diseases, and a higher risk of mortality.

Posted On 03/08/2024

Guillermou

The ability of probiotics to modulate the gut microbiome population, strengthen the intestinal barrier, and modulate the immune system along with their antioxidant properties have encouraged research into probiotic therapy in many gastrointestinal conditions. Diet and lifestyle changes and the use of probiotics appear to play an important role in relieving constipation and effectively relieving diarrhea by suppressing the germs involved. This review aims to describe how probiotic bacteria and the use of specific strains could interfere and provide benefits as an associated treatment for diarrhea and constipation. Patients with chronic constipation are associated with a significantly higher prevalence and incidence of colorectal cancer and benign colorectal neoplasia than comparable patients without chronic constipation. These risks increase with the severity of chronic constipation.

www.sciencedirect.com/.../S1047279722002265 (2022).--- www.mdpi.com/.../2177 (2023).---

Posted On 03/08/2024

helpothers

I had constipation since high school. In my 20s I had a month long battle with strep and my intestines were not the same after. I even had a barium enema and sigmoidoscopy at that time. I was diagnosed as having "lazy intestines" and given fiber packets. Back then a bowl movement came about 1x per week. Later I discovered I had lactose intolerance - a blessing and a curse as taking lactaid enzyme didn't stop me from eating dairy and I later found I had a casein issue. I started to change my diet in my 30s but the healthier I ate, the worse my intestinal issues got.

In my late 30s I went on the atkins diet and two weeks later all ibs symptoms were gone. I found as soon as I reintroduced wheat, the constipation came back. Over the years since I've found fiber to not be my friend. I believe I likely have a dysbiosis in that regard as inulin and chicory root are very bad for me as well as resistant starch(ironically causing diarrhea). I've also discovered the lectin issue as I can eat tomato sauce but not stewed or diced with the seeds and skins.

I have over the last 20 years or so been able to get to 1-2x movements a day except when I travel as then everything shuts down. :(I discovered the squatty potty about 10 years ago and when I started having some hemorrhoid issues and incontinence I got myself a stepstool to use at the toilet. It has made movements effortless and helped with the other items as well. I'd install a squatting toilet if I could. I can't imagine squatting daily wouldn't help with mobility as we age.

Posted On 03/08/2024

UFOalienabduction

Dr. William Davis explains the mechanism of action for constipation after eating wheat in his book Super Gut, he is the author of Wheat Belly. This book is really fun and teaches you how to make probiotics yourself using specific studied strains of bacteria and prebiotic fibers. You can mix and match to address different health issues.

Posted On 03/09/2024

MiketheAngel

Never really had a problem till the end of last May... serious, bad discomfort. Don't know why; age maybe, 78? Now I take a heaping teaspoon of psyllium powder mixed well in 8 oz. of water after brunch. And one cascara sagrada cap at that time and one after dinner. Works great.

Posted On 03/08/2024

kld8910

Since I gave up grains/breads over 10 years ago, it changed my bathroom habits for the best! If I return to the grains/breads, I will notice it the next day. I wish I had known this when I was younger but grateful I do now, at least! Also, a little fold up stool to help with the squatting position is a luxury I do not deny myself. If on a trip, a flipped over trashcan can suffice! Thanks Doc for all the helpful information!

Posted On 03/08/2024

Eevee

Yup, gluten free and a poop stool way to go ...lol. I also find if I get any problems, pau d'arco on an empty stomach for a few days sorts everything out.

Posted On 03/08/2024

Zoltannovax

On the other side of this critically important article by Dr. Mercola, I would highly recommend discussing with healthcare providers how to get treated with fecal microbiota transplantation (FMT). For those of us who have been fortunate enough to incorporate this into our daily bowel regimens, we are already directly experiencing the miraculous benefits of this cutting-edge technology and its years of metagenomic, metatranscriptomic, and metabolomic research. In addition to this, there are already a number of available off-label fecal-derived microbial products, including postbiotics and microbial metabolites, that some of us take with each meal, and which has changes forever how we think about the benefits of something we typically put out but don't recognize the benefits of putting back in.

Posted On 03/08/2024

grulla

I'm happy as a clam to say that since I started my IF/TRE early in the day, (5AM to 12noon), and going to bed with a minimum 4 hour emptied stomach, many years ago as the result of Dr. Mercola's articles on this subject, my regularity couldn't be much better, always having to go first thing in the morning right around daybreak. And consuming good fiber (raw cabbage and other veggies) against constipation is also important. :-)

Posted On 03/08/2024
