

jpi108

There's a huge difference between genuine squatting and propping up your feet on a footstool. It may take a week or two to get used to squatting, but it's really worth it. You can make your own squatting device for about \$10. The instructions are at www.naturesplatform.com/faq.html. Squatting has many more benefits than simply helping with constipation (although that's very important.) A detailed picture of the benefits can be seen at www.naturesplatform.com/health_benefits.html.

Posted On 08/30/2017

ahh9413

No device required, just put your feet up on the front of the toilet seat, while you sit to poop towards the back! might take a couple weeks to get comfortable with it! After that its a piece of cake, and no extra appliance required!

Posted On 08/30/2017

forbiddenhealing

Plumbing backups can be cleared in a few hrs w backtoback 10 gram doses of Vit C/baking soda...C will also help heal gut lining....Betcha there is also a biome problem so exterminate staph/strep/candida w a two week course of oregano oil...lay off sugary carbs/raise fiber intake...then think prebiotic/probiotic....Also a chicken-egg conundrum w emotional states...unhappy life/unhappy belly....Good hot cup of coffee in morning sure helps...oops, gotta go.

Posted On 08/30/2017

ixBalam

After reading your book Cap., I can validate the Vit. 'C' results... Have never had a back-up problem since. (and clean as a whistle!) Thank You!

Another tactic mentioned here in the newsletter is Magnesium. Taking this before bed time seems to augment deep sleep and yields regular BM's in the morning (especially w/coffee as you mentioned).

My Naturopath Dr.cannot understand why people do not take this simple approach? Especially given the chronic deficiencies in our population.

Keep up the wonderful work my friend!

Posted On 09/01/2017

marchristo

Hi forbidden,can i substitute vit. c caps with CAMU CAMU, it is more economic for me, I used in my smoothie.

Posted On 01/05/2019

Krofter

In the first article I mentioned that I was breastfed for only 3 months and that I've suffered from gut issues all my life - constipation has been the primary issue. No longer. Between eating a lot of soluble and insoluble fiber and prebiotic rich foods, using a lot of bone stock, eating a lot of foods rich in structured water in a matrix of soluble fiber, (okra, nopalitos, cactus fruit) structuring as much water as possible in as many different ways as possible, removing sugar and eating a pulsed ketogenic diet, I no longer have any issues.

Posted On 08/30/2017

Mr.AK

Yes, check for hypothyroid condition. More common than you think, and symptoms are very often subtle, but constipation is one.

Posted On 08/30/2017

Brazil123

Food allergies is another one.

Posted On 08/30/2017

TammieP

And re checking the thyroid don't go with a Dr who only does the standard TSH test. It's a very indirect measurement & misses a lot of hypothyroid issues. You need to get TSH, Free T4, Free T3, and Reverse T3 checked. And, then you also need to figure out the ratio between Free T3 and Reverse T3. A lot of people have trouble converting Free T4 into usable Free T3 and many others convert from Free T4 into Reverse T3. Either of these scenarios can cause hypothyroid symptoms. Also, if you do have hypothyroid, treating with the standard Synthroid can be problematic for those who have the standard high TSH and/or low Free T4 issues, but if your problem is one of the conversion issues I mentioned, then Synthroid will actually make it worse. Of course, most Drs will respond to that by upping the Synthroid, thus further exacerbating the problem. There are several other options for treatment, and which one is best depends on several factors. A good Dr will understand this. Unfortunately, when it comes to thyroid problems most Drs are not good Drs.

Posted On 08/30/2017

hlahore

Yes, Magnesium greatly reduces constipation. Googling Magnesium and constipation. gets 4.7 million hits Magnesium Overview at vitamindwiki.com/tiki-index.php

Magnesium Chloride provides Magnesium without causing the opposite of constipation

Posted On 08/30/2017

maxjohnson

I just make my own magnesium bicarbonate water by mixing carbonated water and "milk of magnesia". I drink it for the magnesium supplementation, not the loose stool. Using William Davis recommendation of 3tbsp of m.o.m. per 2litre of seltzer water, which yields about 90mg of magnesium per half cup. No diarrhea so far with one cup daily consumption. I get the rest of my daily magnesium usually from avocado. Dr. Mercola have an article on milk of magnesia too: articles.mercola.com/vitamins-supplements/milk-of-magnesia.aspx

Posted On 08/30/2017

CleanSky

Is constipation any wonder with the epidemic magnesium deficiencies going on in this country???

Posted On 08/30/2017

ragus

For me the solution was simply more water. I start every day with a large glass of water and add one of these three: 1. A pinch of salt 2. A few grams of acid neutral Vitamin C and sodium bicarbonate 3. Two table spoons of Apple Cider Vinegar After that I enjoy a large cup of coffee. I have been doing this for a few years, and constipation is a thing of the past for me.

Posted On 08/30/2017

allisa4757

MCT oil has helped me in more ways than I can count, including constipation. Start with 1 teaspoon and work up gradually. Or do what I did and mistakenly take a gulp (I was traveling and had a little squeeze bottle and probably ended up taking a Tablespoon!) and everything will be cleaned out in 2hours. I don't advise doing this before going to a restaurant though:(MCT Oil is amazing! It seems to go immediately through the tissues in the body.

Posted On 08/30/2017

drbrhm

It really a prevalent condition specially with modern life style and bad diet . thanks Dr,Mercola for these tips .

Posted On 08/30/2017

catlover13

Fresh aloe vera gel is wonderful for constipation, for keeping the bowels healthy and clean, and for many other things. It is anti-fungal, anti-viral, anti-bacterial, and has lots of oxygen in it, which keeps bad bacteria to a minimum, while promoting beneficial bacteria. The bottled products are mostly crap-cooked, diluted, adulterated. I buy 33 lbs of fresh organic aloe vera leaves (the strain of giant leaves specifically meant for consumption), from Aloe Labs in Harlingen, Texas every month and use a lb. or so of aloe gel in my morning smoothie every AM. I peel off the skin and discard, then scoop the gel into my blender with a spoon, combine with fresh fruit juice and drink immediately, as the oxygen dissipates into the air otherwise. It's a very economical health food and takes the place of many much more expensive supplements. If you research aloe vera, you will see why it has been recognized as a "miracle food" for thousands of years.

Posted On 08/30/2017

aubershays

get a squatty potty. works like a charm.

Posted On 11/25/2017

npolog

3 thoughts: * prunes....1 or 2 now and then * Triphala...take on a continuing basis * eat a lot of veggies If you have serious constipation...you are cruising for a bruising. Had a relative who died from an abdominal blood vessel rupture...was trying too hard.

Posted On 08/30/2017

mar6915

Had a relative with Alzheimer's who passed away on the toilet. I am going to google abdominal blood vessel rupture, I had an incident where the emergency room should have been more considered a few days back. I did call a doctors office , was unable to go to the office or an ER, one possibility was "something" may have ruptured "in there".

Normally things go fantastic every day,, just one bad day, can change your life forever.

Posted On 09/02/2017

stanleybecker

the Okinawans - world leaders in longevity, connect bowel regularity to their daily intake of Goya [African bitter melon] - the "bitterness" stimulates the peristalsic function - to the Okinawans the ingestion of Goya is central to their "long life" ideology - another tool they use is calorie restriction - eat until 80% full - this means less elimination is necessary - allowing for quicker transits and digestion

Posted On 08/29/2017

maxjohnson

Bittermelon is one of my favorite fruit to grow, though I tend to eat it raw when it's almost ripe when it's no longer bitter, not green like people typically do. I like the sweet red gel around the seeds most.

Posted On 08/30/2017

tsg82828

Just take vitamin C until you get diarrhea, then throttle back. Cheapest, safest, and healthiest option.

Posted On 09/06/2017

Guillermou

Consider normalization of bowel movement by traditional fermented foods and beverages (TFFB). Probiotic and postbiotic supplements. In recent years, the intake of TFFB has revealed human health benefits and favorable functions in NCDs, gastrointestinal and immunological disorders, suggesting that TFFB could be used to improve human diets. Synbiotics are a combination of prebiotics and probiotics with synergistic effects by providing live microorganisms and a growth substrate for beneficial bacteria. These combinations improve the frequency and consistency of bowel movements, as well as reduce the severity of hemorrhoidal symptoms.

Additionally, postbiotics (metabolic byproducts of probiotics) have potential therapeutic properties. Postbiotics (short chain fatty acids, bacteriocins and exopolysaccharides) have anti-inflammatory, immunomodulatory and trophic effects on the intestinal epithelium. These properties help relieve constipation and hemorrhoidal symptoms. Postbiotics (metabolic byproducts of probiotics) have potential therapeutic properties. Postbiotics (short chain fatty acids, bacteriocins and exopolysaccharides) have anti-inflammatory, immunomodulatory and trophic effects on the intestinal epithelium.

Furthermore, the composition of the intestinal microbiota plays an important role in metabolic disorders. Dysbiosis, or an imbalance of microorganisms in the gut microbiota associated with metabolic disorders, can potentially be modulated by probiotics or prebiotics. Several studies have demonstrated the therapeutic effects of prebiotics and probiotics on BMI, waist circumference, body fat accumulation, glucose and lipid levels.

Posted On 04/26/2024

Guillermou

TFFBs are beneficial and can be used as a novel tool in the multicomponent treatment of different chronic non-communicable diseases. When consumed in adequate amounts, TFFBs show health benefits associated with cardiovascular disease, type 2 diabetes, obesity, and neurological problems, among others. Some of the favorable effects of prebiotics, when used to colonize the host, are their ability to generate metabolites, such as short-chain fatty acids (SCFAs), that is, carbon sources in the colon that perform various biological functions. The components of prebiotics, namely polyunsaturated fatty acids (PUFAs), can influence various aspects of immunity and metabolism.

SCFA production (4a) impacts intestinal pH (which, under optimal conditions, is slightly acidic), leading to inhibition of pathogen proliferation. (5) SCFAs are a source of energy for enterocytes and colonocytes, (5a) improving the immune system. (6) They stimulate the growth and reproduction of beneficial intestinal microbiota, (6a) inhibiting the colonization of pathogenic bacteria.

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www.sciencedirect.com/science/article/abs/pii/S0924224423001814 (2023).----

Posted On 04/26/2024

juststeve

Gui, for some, the amount of waste that can accumulate in the Gut can be more than one would expect or believe. Introduction of fermented foods such as Kimchi, Keifer, Sauerkraut, Kombucha, real Yogurt can shake things loose in a big way. If not used to consuming such fare it is wise to start slow with about a tablespoon or two and build up from there as one can adjust as needed. Have known more than one individual who mistakenly thought they got some kind of food poisoning with no joke, massive release of waste.

Stunned as to where did this all come from. For some, it could be a good thing to stay close to home to be safe from unnecessary embarrassment. Smaller amounts to start allows the Gut to balance and integrate new, or the former very low amounts of Pro-Life internal neighbors. (Same can be applied to Raw Milk. The Gut for some may need a slow adjustment so it can absorb all the newcomer nutrients lost in Processed Milk Fare. Currently under attack with Bird Flu its everywhere, don't drink Raw Milk.)

Posted On 04/26/2024

Guillermou

According to Just, Kombucha, including Kombucha Kampanera, is a fermented drink that has many health benefits. Starting with the natural probiotics it contains, they help balance the microbiota and promote intestinal health. In addition, kombucha can help digestion and the immune system by strengthening them. For those looking for healthier drink alternatives, its low sugar content and revitalizing flavor make it a good option. The popularity and advantages of this fermented drink have also been highlighted by Queen Letizia, highlighting her great knowledge of kombucha. The Queen's palate has been conquered by Kampanera kombucha thanks to its commitment to the rural world, the quality and variety of flavors, as well as its great commitment to ecological entrepreneurship.

Posted On 04/26/2024

seastars

I tried different heights and placements for the stool. None worked optimally. I thought of making elevated risers on either side of toilet and tried some ideas. Nope. This is what I do now. First I would like to offer one tip for us older people - install a bar to the wall near your toilet. Mine is vertically mounted to the left of toilet. Perfect if I get off balance. Ok, what I use works wonderfully. I went to Goodwill and found a new set of plastic waste cans approx. 11" tall. There are 2 of them (mine are round). I stack them in a corner and when I need them they are perfect for getting my knees to my chest at '10' and '2' (like a clock) on either side of my 16" tall toilet. I grab my wall bar, set one foot on top of one can and lower myself onto the seat. Then I raise the other leg to the top of the other can. Play around with what feels secure and works for you. When storing your can have the 2 bottoms together so they don't get stuck together.

Posted On 04/26/2024

grulla

Between intermittent fasting (IF/TRE) with an early day eating window from 5AM to 1PM, choosing the right foods while avoiding the wrong ones, and turning in at night with more than the minimum required 3-4 hours of digestion, my regularity is pretty darn good, with always having to go early in the morning around day break. And I also rely on simply bending my body rather than elevating my feet, as I find that it's simply the body angle that really counts. However, I might add that if I consume too much heavy, starchy gut binding food such as white flour foods, nuts, hard chocolate, rice, etc., I can be prone to gut blockage with maybe an inguinal hernia, all of which can be quite painful and can cause vomiting. Lying down on one side or the other helps in overcoming that after an hour or two. I guess I need to seriously consider fermented foods.

Posted On 04/26/2024

ono4884

Gelatin would help

Posted On 04/26/2024

cov8983

Psyllium husk

Posted On 04/26/2024
