



The 3 Massive Mistakes Most (Besides Food) Moody People Make That Keep Them Constipated, Tired, Uninspired, & Desperate For Change.

A lot of people ask me why they have struggled with constipation their entire life. To this, I tend to go over a complete list of situations, foods, & lifestyle choices. Listed below are the three most common reasons, besides nutrition & supplements, but are the three that get most commonly overlooked.

### Breathe

I know it sounds crazy. But think for a second what happens when you're in 'flight & fight' mode. Your pupils dilate, your blood rushes away from your gut to your extremities, & you are ready to fight! However, this is counterproductive to the 'rest & digest' mode that is needed for digestive work. Imagine if the way to bring the blood flow back to where it is needed is to breathe deep belly breathes. Keeping your breath to your upper body, while it can be beneficial for some outputs like exercise, can also hold onto more stress & make it difficult to defecate. Put in another way, with normal functioning bowels, the human body is not going to poop while in the 'fight & flight' mode & definitely will not poop during exercise. Breathe & redirect that blood, bring awareness to how you are talking to your body with your breath & you can even take it a step further & bring awareness to what your mind or body is telling you in that moment.

## Movement & Rest

This might sound like the opposite of what I just wrote above but while it is not normal to poop while exercising, the exercise in itself may help to stimulate the bowels. To confuse you even more, too much stress & shallow breathing will slow your bowels. Consider taking a time out to just slow down, breathe deeply, & clear your mind from whatever it is telling you.

## Hydrate

So often I see the first of the feces to get released during a colon hydrotherapy session are as dense as rocks & as small as rabbit stool. Not drinking enough liquids is almost always what is going on (certain medications may also cause this). Our bodies need H<sub>2</sub>O for all sorts of processes & when this fluid lacks our bodies will hold onto any drop of liquid which translates to constipation. Did you know the colon is the first place in our bodies to get dehydrated? (Our brain is the last.) Our colon requires water to make bowel movements happen. Other symptoms of dehydration are feeling sluggish, cloudy thinking, headaches, & soreness. I typically recommend to my clients to drink about half of your body weight in ounces. If you are a 150 pounds, drink 75 ounces. More may be needed if you sweat, exercise, sauna or lose additional perspiration.

I hope this download helped you identify what can be causing your constipation. If you still find you need more support or want to give me feedback on this download, please reach out to me directly.

Thank you!  
Darlene