

Reaching Regularity...A MUST!!



When detoxing our body it is absolutely imperative to make sure we are eliminating on a daily basis!

What is a Normal Poop?

First of all, not everyone knows what "normal" bowel movements are! Normal bowel movements are 1-2 per day, solid, formed brown to dark brown masses that sink.

How many times per day should I poop?

Generally, going once or twice a day is considered normal. Going every other day is also somewhat normal, as long as you feel comfortable and are not experiencing pain in your abdomen. Above all else, you want to make sure things are pretty consistent from day to day; this shows you what is "normal" poop for your own body and clues you in to when something internally is off.

What should my poop look like?

When you do go to the bathroom, it's ideal to have a poop that is all connected in one long, smooth "S" shape. Poops like this develop when you're eating enough fiber and drinking plenty of hydrating water.

However a smooth poop that is thin or broken up into a few smaller poops is not something to be concerned about according to digestive experts, as long as this is "normal" for you and does not cause you any discomfort. The color of a normal poop should be a medium to dark brown.

Although it may sound unpleasant, your poop smelling is actually not a bad sign.

Poop smells because of the toxins it is helping to draw out of your body and because of the bacteria involved in the gut lining. There is not any specific smell that is considered "normal"; again it's just important to keep an eye on things being consistent and comfortable for you.

How long should a normal poop take?

A healthy poop doesn't cause pain, break up into multiple little pieces, or take a very long time and lots of pushing to come out. It should feel pretty easy to produce a poop and you should feel like you've emptied your intestines. Anything less than "normal" as described above can be considered constipation.

Here are some common causes of "chronic" constipation:

Certain Medications

- Antidepressants (*SSRI's*)
- Antacids
- Blood pressure medications (*beta-blockers*)
- Diuretics
- Painkillers

Certain Medical Conditions

- Hypothyroidism
- Diabetes
- Neurological diseases
- Depression

Iron supplements

Laxative abuse

Dairy products

Food allergies/intolerances

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Here are a couple tips to get things moving:

+ Drink a lot of water!

We can't expect to "go" if we're not providing our body with enough fluids. A toilet doesn't flush without water, right? So our plumbing system is quite similar! We need at least half our body weight in ounces if not more if you lose a lot of fluids through sweat or live in a tropical climate. I never leave home without my favorite water bottle

+ Drink warm beverages with meals.

Sometimes adding warm beverages to meals can help to move things along. Try drinking hot herbal tea with meals.

+ Eat high fiber foods.

Most people don't "use the bathroom" every day because they're not eating enough roughage! In order to keep our bowels regular we need to incorporate fiber into our diet. The recommended amount of fiber is 25-30 grams per day. Fibrous foods include those such as fresh fruits, vegetables and seeds can help. Fiber Factors (from NuMedica) is one of my favorite fiber powders to add to smoothies! Its BOTH flax & fiber, so its really a two in one powder!

+ Avoid all dairy products!

Dairy products can be very congesting for most people cause mucous build up in the body which tends to slow our bodily systems, like elimination, down. Whether you notice dairy's effect or not-AVOID. (BTY- We should be weaning this category down and out anyways, right?)

+ Use a fiber supplement daily.

Of course it is always best to get the fiber we need from foods although most people in today's day and age can't seem to fit in all of those fresh fruits and vegetables and seeds as mentioned earlier. Which is why a lot of people benefit from adding a fiber supplement to their diet. Try MetaFiber for improving regularity- This is another great one!

+ Eat 3-5 dried prunes daily.

Prunes and prune juice contain sorbitol (14.7 and 6.1 grams per 100 grams, respectively). Sorbitol a mild colonic stimulant that helps reduce the transit time of stool and consequently the risk of constipation, colorectal cancer and hemorrhoids. Also the neochlorogenic and chlorogenic acids present in prunes may improve their laxative action. Another benefit of prunes is that they contain a whopping 6 grams pf fiber per serving!

+ Sprinkle 1 Tbsp WHOLE FLAXSEEDS on anything every day.

Like prunes, flaxseeds also promote intestinal stimulation. Be sure to purchase whole flaxseeds for their fibrous effect.

+ Take a probiotics supplement daily.

Probiotics are the good bacteria in our colon, which helps keep our immune system running and promotes regularity as well. I would recommend purchasing a high quality probiotic supplement that contains ten times more beneficial bacteria than anything you can find in foods. [CLICK HERE](#) for a great choice!

+ Purchase Magnesium Citrate.

This form of magnesium acts as a natural stool softener and contains less harmful ingredients and side effects than drug-store over the counter medications. Try taking at least 300mg before bed for maximum benefit.

+ Get moving!

Exercise, even just light walking helps to stimulate our intestines and keeps things moving along!