

Constipation

Dietary recommendations:

- Start the day with 1/2 lemon in water.
- Beets (grated or roasted): 1/2 grated beet with salad or toss with vinaigrette.
- Prunes - 2 daily - can stew - cover with water and put in the fridge - can drink the juice that they make.
- Chia and ground flax seed - 2 Tbsp of each daily - Can make chia seed pudding with almond or other nut milk and add the ground flax seed.
- Smooth Move Tea - at bedtime.
- Hydrate well.

Supplements: *Can purchase most of these through Fullscript/Wellevate.*

- Magnesium: Continue - up to 1000 mg/day.
- Vitamin C: 1000 mg 3x day.
- Triphala: 1 cap 3x daily.
- Probiotics: 1 cap 2x day.

Other recommendations:

Exercise daily!

Castor oil packs

Can also use castor oil to do I Love You Massage (I L U) - "I" massaging up the right side of the abdomen; "L" (upside down) - up the right side of the abdomen and across the upper abdomen, under the ribs; "U" (upside down): up the right side of the abdomen and across the upper abdomen, under the ribs, then down the left side of the abdomen.