

Practical Guidance for the Constipated

Table Of Contents

Table Of Contents	4
3 Core Principles That Often Help	5
1. Warm, cooked, hydrated food is easier on digestion	5
2. The bowel needs moisture	6
3. Gentle movement matters	6
Food Categories and Specific Suggestions That May Help Constipation	7
Fruits	7
Vegetables	8
Leafy Greens	8
Healthy Fats and Oils	9
Seeds That Help Bowel Movement	9
Fermented Foods	10
Magnesium-Rich Foods	10
Soups and Stews	11
Foods That May Make Constipation Worse	12
Ultra-processed foods	12

Practical Guidance for the Constipated

Excess dairy	12
Excess dry foods	12
Too much raw food	13
Excess alcohol	13
Hydration Matters More Than People Realize	14
Better hydration ideas	14
Psyllium based fiber supplement	15
The way you sit on the toilet matters	16

Introduction: I'm here to help you

In real life, constipation may be caused by a variety of factors, not just the wrong kinds of foods or dietary habits. Constipation can be caused from things such as low movement, irregular eating, stress and emotional weight, disrupted gut bacteria, and many other reasons.

However, in addition to an overall plan and other treatments, food and some lifestyle tips around eating can help you create a digestive environment where the body wants to move normally. Food and nutritional ideas can play a large part.

There are quite a few foods and ideas listed here. No one needs to do ALL of them. The best approach is to find things you already like, and eat them more or more often. You don't need to force yourself to try a bunch of new things if you don't want.

3 Core Principles That Often Help

1. Warm, cooked, hydrated food is easier on digestion

Many constipated people do better with:

- soups
- stews
- oatmeal
- cooked vegetables
- congee/rice porridge
- warm breakfasts
- warm beverages

Instead of:

- protein bars
- cold smoothies
- excessive raw salads
- dry snack foods
- ultra-processed “health foods”

2. The bowel needs moisture

A dry system often creates dry stool. Common contributors:

- too little water
- excessive caffeine without hydration
- low-fat dieting
- stress
- over-exercise
- antihistamines
- stimulant medications
- chronic illness

Foods that provide moisture and oils can help.

3. Gentle movement matters

Walking after meals is highly underrated medicine for constipation! In fact, doing any of the following after a meal can help your digestion and bowel movements later.

- 10–15 minute walks
- Mild stretching
- twisting movements
- squatting positions

Food Categories and Specific Foods That May Help Constipation

Fruits

These are often among the most effective foods for constipation. They may be eaten dried, cooked/used in baking, or raw.

- Prunes
- prune juice
- kiwi
- pears
- apples
- figs
- papaya
- peaches
- apricots
- berries
- oranges
- dragon fruit
- grapes

Why they help

They provide fiber, natural fruit sugars, sorbitol (especially prunes and pears), and polyphenols that support gut bacteria.

Tip: Soak Dried Fruit First (it helps them get extra squishy and hydrated)

Practical Guidance for the Constipated

Vegetables

Cooked (or even mildly stir fried) vegetables are often easier than raw, especially if bloating is present. Here are some good options:

- zucchini
- carrots
- sweet potatoes, squash, pumpkin
- bok choy
- green beans
- beets
- asparagus
- broccoli and/or cauliflower
- cabbage
- mushrooms

Leafy Greens

- spinach
- chard
- kale (often better cooked)
- romaine
- arugula

Practical Guidance for the Constipated

Healthy Fats and Oils

- olive oil
- walnuts - eat them whole! Highly nutritious, delicious and they are great for helping bowels to move.
- avocado oil
- sesame oil
- ghee

Tip: Olive Oil. Some people do well with taking 1 tablespoon of olive oil in the morning or adding olive oil generously to cooked vegetables.

Seeds That Help Bowel Movement

Chia seeds - Mix/soak in water and make beverages; forms a gel-like substance that helps hydrate stool.

Ground flaxseed - Often extremely helpful. It is essential that they are ground first. If not ground, the flaxseed will pass through whole through the digestive tract and not be helpful (not harmful, but more neutral).

Fermented Foods

Fermented foods can be beneficial for the microbiome and positively affect digestion as well as many other aspects of the body. Look for traditionally fermented foods such as the following (NOT ones that just use vinegar to make it seem like it... check labels, know your products. Or, make your own! It's quite easy.) Some examples of fermented foods are:

Practical Guidance for the Constipated

- yogurt
- kefir
- sauerkraut
- kimchi
- miso
- fermented pickles

Magnesium-Rich Foods

Magnesium helps relax muscles, including the bowel.

- pumpkin seeds
- leafy greens
- almonds and cashews
- black beans
- avocado
- dark chocolate
- bananas

Soups and Stews

One of the best categories for chronic constipation. Why?

- warm
- hydrating
- easier to digest
- mineral rich
- gentle on weak/taxed digestion

Foods That May Make Constipation Worse

Not for everyone, but common triggers include:

Ultra-processed foods

- chips
- frozen meals
- fast food
- protein bars
- packaged snack foods

Excess dairy

Especially:

- large amounts of cheese
- large amounts of milk
- ice cream

Excess dry foods

- crackers
- popcorn
- toast and/or bagel
- dry cereal
- all the things in boxes or bags

Practical Guidance for the Constipated

Too much raw food

Especially eating raw vegetables. It's quite hard on digestion in the sense of requiring a lot of energy and effort to break it down. Especially in weakened digestion, or with chronic constipation, it is best to avoid a lot of raw veggies. Cooking them even lightly helps. Raw and cold from a fridge is quite taxing to digestion, in a time when you want to make it easier. (Raw seeds and nuts can help some people b/c of the fiber and oils, so if raw nuts work with you, they are ok! Chew thoroughly!)

Excess alcohol

Can dehydrate. And also, all the other problems with excess drinking alcohol.

Hydration Matters More Than People Realize

Some people are eating correctly but still feel underhydrated. If you're drinking enough liquids but still feel hydration is an issue, you might try these ideas to encourage absorption of that hydration.

Better hydration ideas

- warm water (or at minimum: room temp)
- herbal tea
- soups
- broths
- mineral-rich fluids

Many people digest better with adding these warmer options instead of "ice-bathing" the stomach with cold water, ice tea, ice coffee, smoothies, etc. Give your stomach a hot-tub, not an ice-bath. Your entire digestive system will thank you.

Psyllium based fiber supplement

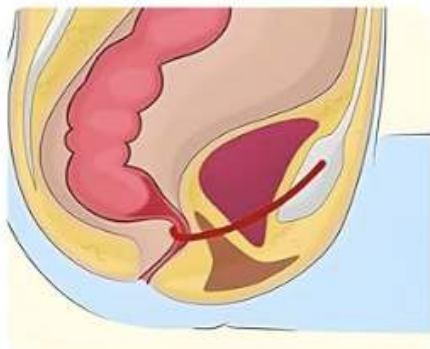
Extra fiber can help. It can also be easy to incorporate, in addition to the suggestions here. Here's an example of a great quality fiber supplement. Follow instructions on packaging. All natural. No negatives.



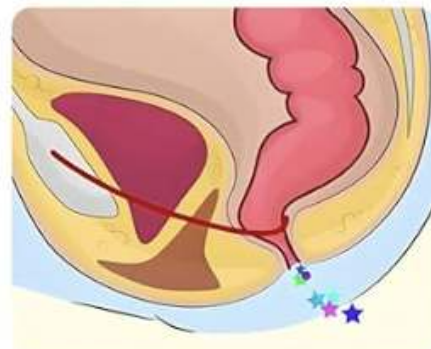
The way you sit on the toilet matters

The best way to sit on a toilet for a bowel movement is to create a “squatting” position with a stool, a box, or there are bathroom stools made for this online.

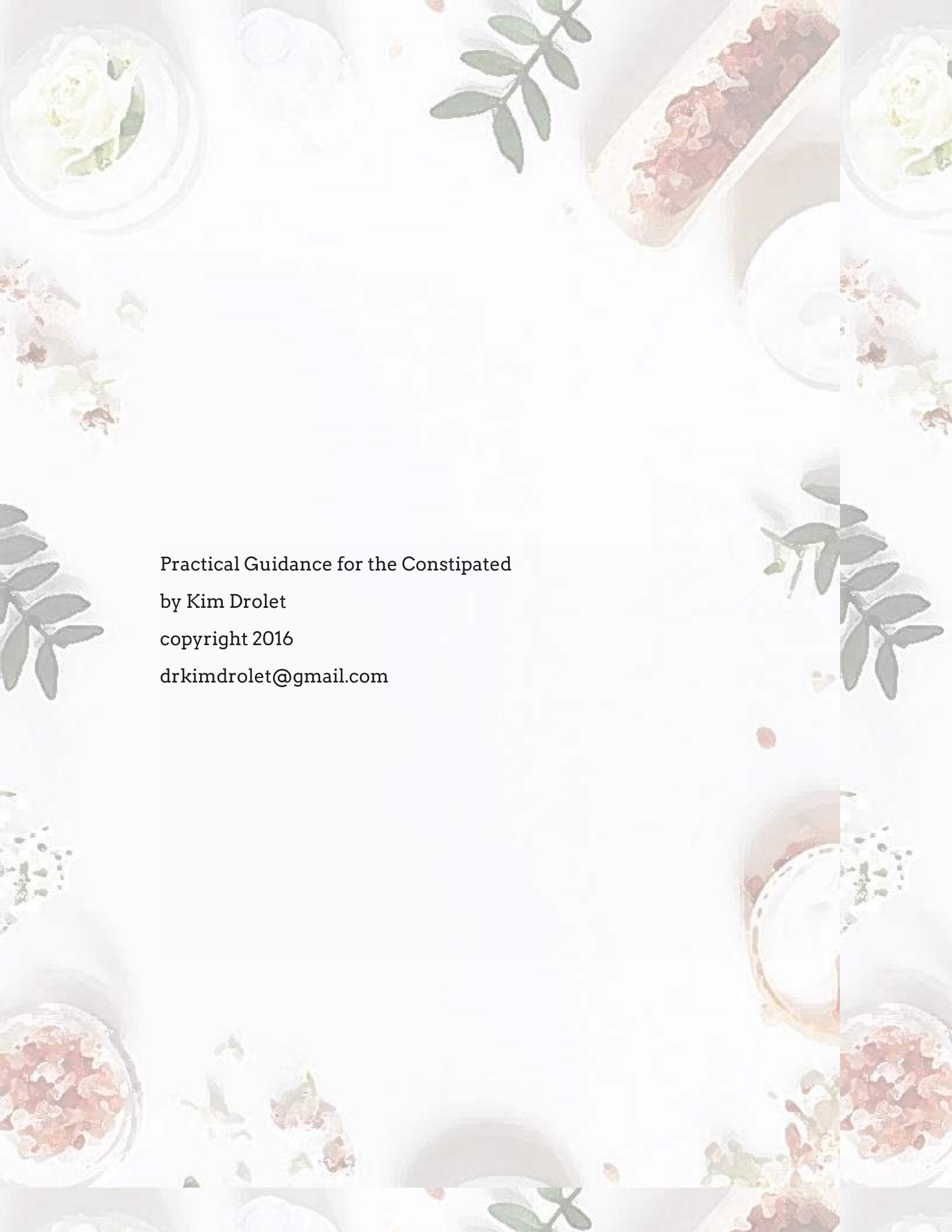
Healthy and Correct Position for Puborectalis and Defecation



Choked Colon



Relaxed Colon



Practical Guidance for the Constipated

by Kim Drolet

copyright 2016

drkimdrolet@gmail.com