



Four Flowers Wellness

Ashley Flores LAc

(312)404-5882

floreslac@gmail.com

www.fourflowerswellness.com

2225 W North Ave, Chicago IL 60647

Natural Treatments for Constipation

Foods That Treat Constipation

Foods that Lubricate the Intestines

alfalfa sprouts
almond
apple
apricot
banana
beet
carrot
cauliflower
honey
okra
peach
pear
pine nut
prune
seaweed
sesame seed/oil

spinach
walnut
whole fresh dairy*

Foods that Promote Bowel Movement

asparagus
black sesame seed
cabbage
coconut
fig
papaya
peas
sweet potato

Demulcent Herbs

fenugreek seed
flax seed

licorice root
marshmallow root

Laxative Herbs

dandelion root
rhubarb root

Flora-Enhancing Foods*

lacto-fermented vegetables & pickles
kefir (water or dairy)
kimchee
miso
sauerkraut
yogurt

* Dairy should be grass-fed, full-fat and non-homogenized whenever possible.

* Fermented foods must be unpasteurized to contain beneficial organisms. If you are not accustomed to consuming, begin with very small amounts and slowly increase.

Cat-Cow

- Begin on all fours, with your shoulders aligned over your wrists, and hips over your knees.
- Inhale, roll your shoulders back, raise your head to look forward, and drop your belly allowing it to fully relax. (Cow)
- Exhale, press into your palms, curl your back bringing your belly up, and drop your head and tailbone towards the floor. (Cat)
- Repeat the sequence several times.



Natural Treatments for Constipation



Squatty Potty

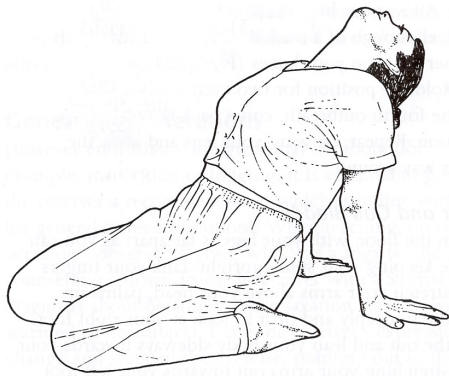
The Squatty Potty is a small stool that fits around your toilet. Using the squatty potty aligns the body in a way that naturally eases elimination.

- Available from squattypotty.com.
- A stack of books or bricks will also do the trick.

Let Your Belly Move

- Don't suck your belly in- Most of us have learned to suck in the belly and tuck the tailbone to maintain the appearance of a flat tummy. Practice allowing your belly to relax, soften, and hang out. Peek in the mirror- your belly below the belly-button should pooch out, and you should have a small curve in at the low back.
- Give up your shapewear- Garments, such as Spanx, corsets, or overly tight clothes, restrict movement in the abdomen, including the intestines, making it difficult for your body to move waste downwards. Give your intestines a chance by wearing clothes with some give at the waist.

Stomach Meridian Stretch



- Kneel on the floor, allowing your heels to slide to the sides of your hips (if you are able).
- You may sit on a cushion if you need more support.
- Place your hands on the floor behind you and lean backwards.
- Relax your neck and let your head fall back.
- Continue to breathe deeply.
- If you are able, stretch your body back further, and come to your elbows, grasping your toes.
- If you are flexible, you may lean back even further, resting your shoulders on the floor, and reaching your arms above your head.

