

# CONSTIPATION



&

## Coherence 123



# Constipation & Coherence 123

Here are some alternative healing tips on constipation. Of course people have varying degrees of it. Some people have it all the time, some people have it severely or some people have it occasionally. Here are some things you can do to treat it holistically.

## Integrative Medical Doctor

I would suggest if you have access to an Integrative MD that you go and have some tests done. They can do stool tests and also test for allergies. It is important to get these tests if it is possible.



## Magnesium Oil

Get some organic magnesium oil. You can buy it online and spray it into your water to get more magnesium into your diet.

You can spray it directly onto your body, and there's also magnesium cream that you can use on your skin.

## Alkaline Diet

Alkaline diet, alkaline water and green organic veggies are really important to keep your bowels moving. You can get a probiotic that is specifically right for your gut. You can do this by getting a test (as mentioned above) it's really worth doing.



## Meditation

Meditation is a really good thing for people who are really stressed and constipated.

## Exercise

Sometimes people often don't exercise because they are so busy doing what they're doing, and they find they don't have time to go to the gym. I'll give you a shortcut that's powerful. Do sprinting, 3 x 30 seconds sprints 3 times a week. It helps keeps things moving if you know what I mean. 😊 It gets the energy up in your immune system so you function more effectively.



## Emotional Block

There's the emotional component too. Often people are stuck in life. They are holding on to some negativity, fear or maybe some obsessive thinking about the past.

Frustration, procrastination and of course stress can be a dream killer because it can stop everything!

## Coherence 123

We like to use Coherence 123. That is a combination of 3, powerful tools that you can learn very easily at home.



The first one, is EFT (some people call it tapping). We have a process that goes even deeper than that.

We also use Psych K, (which is called Psychology Kinesiology). It is a really wonderful balancing technique that helps strengthen and integrate the whole body, mind and spirit.

Also 9 positions, which releases trauma from the body. It is a very simple and powerful eye movement technique that I think you will find really valuable.



You can access that through Global Healing Exchange.

Don't let constipation stop you because if you get exhausted, you won't be able to fulfil your dreams and destiny in this life.

It's really important to confront that and do whatever it takes to get things moving again.

I wish you the best of luck with this process of letting go. Please keep us posted on your progress.

**This Ebook is a collaboration between  
Robert Kirby from Robert Kirby.com  
& Global Healing Exchange**

