

CONSTIPATION



Holistic Intervention



Bloating & Constipation

Let's talk about using movement to help you in situations where you get a lot of bloating and constipation.

It is important to understand your emotional connection to constipation or the sense of bloating, as well as the physical symptoms.

Today we are looking at the physical body.

It's very uncomfortable after you've eaten to feel like you've got a brick wall sitting in your stomach and often you can't sleep.



So let's have a look at a couple of ways that you can very quickly start getting that movement flowing, so you can sleep better and go to the toilet with a lot more ease.

Would you believe that something as simple as going for a walk can actually start to get things moving?

Walking needs to be for at least 30 minutes at least. It needs to be at a good pace (not a walk where you are ambling along).

You really need to get moving, we're not talking about speed walking but you want to be walking at a pace where it's a bit challenging to talk.



So if you can talk and walk, step up your pace a little bit quicker, so you're out of breath so it's a little bit more challenging.

Tip Number 1 is: When walking, you want to be able to have a challenge in talking while walking. So step it up!

Now let's look at your body.

As mentioned, one thing that's going to help you with constipation is the action of walking. It actually creates more blood flow, it creates a better exchange of gases from your lungs and throughout your whole body.



When that starts to happen, the bowel starts to ease up and you'll find that it starts to flow a lot better for you to be able to go to the toilet.

When the bowel is working properly, (it is only one part of the digestive system) you'll find you don't have that brick wall feeling or that brick sensation in your gut, so you will sleep better and feel better.

Another thing that you can do to help with constipation is actually increase the amount of water that you drink.



If you're having trouble with constipation and bloating, then you're not drinking enough water.

Look at the water you are drinking.

If it's straight from a tap then filter it.

If it is plain old water and you don't have a filter and you want to move constipation, then use fresh mint, fresh parsley, pieces of apple, strawberries, some nice fresh cucumber and also slices of lemon. If you don't like lemon use fresh orange.



You're not only going to get that extra water in your system, you're also going to provide your system with some extra nutrients and vitamins from the fresh fruits and vegetables.

Remember, you can eat them when you're finished as well.

The lemon pieces taste, a little bit better after they've been sitting in the water for a while.

I quite often have a water bottle that looks like a bowl of fresh veggies or a fresh fruit salad.

You can put in whatever fruits, veggies and herbs you like.



Parsley, mint and herbs are very good for your blood, for your lymphatic system, so you can actually give your system a nice little clean up as well.

Tip Number 2 is: Drink plenty of water. If you need, flavour it with fruits, veggies and herbs for taste.



There are some simple things to help you with constipation. See what resonates with you and give it a go.

What will you now do with this information to start working with your body?



This Ebook is a collaboration between Gwenda M Smith, Founder of Holistic Intervention & Global Healing Exchange

