

CONSTIPATION



&

Vortex Subconscious Healing



Constipation & Vortex Subconscious Healing

Today, we're going to be talking about constipation and what you can do on a vibrational level to rectify this issue or disease showing up in your body.

We know that when talking about dis-ease, before it shows itself in the body, it starts as a vibration and a repetitive pattern in our life.

One of the 3 main things that cause constipation is imbalance.



So **imbalance with food, water and exercise** are 3 things that we can group together that can affect constipation.

Also **holding on to something** that we can't control is another one of the main factors of constipation as well.

Stress is something else to look at which is not good for your digestive system.

Let's see how you can balance out your body and see what you can do in your life to lessen the effects of constipation.

The first thing that you can do is balance, the food, water and exercise in your life.



Do You Drink Enough Water?

If you're not a water drinker, the easiest way to drink enough water is to get a marker pen and number the times and amount of water you need to drink on your water bottle.

Mark out how much you are going to drink in the morning until lunchtime and then again from the afternoon to evening. That way you take away any guesswork and you know how much water you have drunk during the day.

Keep your bottle with you at all times and make it a new healthy habit. So that's 1 way you can rebalance your system.



Eat Healthier Foods

Another great tip is to bring in some healthy food, such as eating nuts and incorporating veggies and a side salad to your meals.

Make Exercise Fun

The next thing to look at is exercise. You can have fun with exercise!

You can go with a friend for a walk in nature and it can take you out of the mindset of, "I have to do exercise".

You can also put on some music and dance your little heart out to keep your heart rate up!



Remember to make exercise FUN!

You can incorporate that into your life a couple of times a week to get your exercise balance going.

In doing that, it will not only relieve your stress, it will not only have your body feeling balanced, it will probably get your digestive system working better too.



Let Go Of Stress

There's the stress of holding onto the things that you no longer need to hold onto.

The best thing that you can do to let go, is to write a list of the things that you're holding on to that you can't control.

Once you have your list you can work out how to let those things go.

A great way to do this is to use positive mantras. Talk yourself through easy ways for you to problem solve and let go. Realise that it is not your responsibility to hold onto issues for other people anymore.



Relax More

Incorporate a more relaxed vibe into your world using mantras, meditation, exercise, talking to positive people and surrounding yourself with positive energy.

Natural Foods

What you can also do is look at natural produce like prune juice if you are not allergic, or produce with more fibre, so they can really help you become more balanced in your journey to relieving your constipation.

Here are some really easy ways to not be constipated.



You can see it's actually quite easy and it all comes down to finding more balance to let go of constipation.

I hope you find these easy tips that you can incorporate into your daily life.



This Ebook is a collaboration between Kathryn Baldwin Thompson from Angel Soul Healing & Global Healing Exchange

