



Regularising Bowel Movement

Part 1

A healthy colon or large intestine supports good bowel movement and completes the food digestion process. Constipation is a common complaint that hinders the regular bowel movement, causes dry stools with strain or pain while defecating. It is experienced in day to day life by healthy individuals as well as by those with systemic disorders. It can be treated based on the cause, severity, duration and intensity of the symptoms with lifestyle changes in diet, exercises and medications.

Normal Bowel Movement

There are no hard and fast fixed numbers to define constipation by the number of bowel movements. It is healthy to have one bowel movement every morning. It varies in each individual based on their habits. It is necessary to be treated if the bowel movements are three or lesser in a week.

Benefits of morning Bowel Movement

- It helps to get rid of the accumulated metabolic toxins.
- Improves appetite and metabolism.
- Healthy bacteria help to reduce weight with enhanced metabolism.
- Improves the function of the liver and helps with the elimination of excess bile.
- Reduces the risk of breast cancer by eliminating excess oestrogen.
- Improves the sexual function and regulates menstrual irregularities.
- Soft and regular bowel movements reduce the risk of piles, fissure, bloating and back pain which commonly occur in people with sedentary lifestyle and unhealthy eating habits.

- Regular bowel movements improve the function and tone of the colon and hence prevents the occurrence of conditions like Irritable bowel syndrome.



Developing good Bowel Movement habits

The best time to have a bowel movement is after waking up in the morning. Trying at the same time every day helps the colonic clock to maintain regular bowel movement at the same time. The colonic reflex that gives the urge for a bowel movement differs in each person and hence time varies. Drinking warm water helps to stimulate the bowel movement in the morning. If there is no satisfying bowel movement, try to have a bowel movement after breakfast as the colic reflex will be better with food.

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