



## **Regularising Bowel Movement**

### **Part 4**

#### **Recommended Lifestyle Changes**

Lifestyle changes help to improve bowel movement. They also help alleviate the symptoms of constipation and irregular bowel movement as well as to prevent the recurrence. So following healthy lifestyle will be a long term solution instead of quick fix solution.

#### **Prefer following foods**

- Light cooked warm foods, vegetable soups
- Whole grains, corn, bran
- Sour fruits like orange, lemon and tamarind
- Flax seeds, linseeds
- Coriander, turmeric, cardamom, fennel seeds, cumin, pepper, asafoetida, ginger
- Cayenne pepper, garlic.
- Apples, pears, prunes, figs, kiwi, papaya, pine apple

#### **Reduce following foods**

- Heavy fried foods
- Butter, cheese, yoghurt
- White rice, white refined flour
- Oil, sugar, salt, astringent foods
- Arrow root biscuits, tapioca
- Cold or iced drinks
- Foods that increase bloating like potatoes, cabbage, dal, broccoli, beans. Adding spices like asafoetida, ginger and garlic while cooking the above mentioned will help to reduce the bloating

- Eggs, chicken, meat or fish can be avoided when there is constipation or reduced appetite.

### **Posture while Defecating**

Sitting in the toilet by bending slightly forward, supporting your elbows on your knees, resting with the tip of the toes and inhaling while pushing the abdomen will help to relax the anal sphincter and facilitate bowel movement.

### **Pelvic Floor Strengthening Exercises**

Try to tighten the muscles around urethra and anus and release gently. It can be repeated 10 times to strengthen the pelvic floor muscles. This will also facilitate bowel movements.

### **Yogasanas**

Yogasanas like Trikonasana, Pavanamuktasana, Vajrasana, Bhujangasana and Paschimottasana are beneficial for bowel movements.

### **Breathing**

Diaphragmatic breathing will be beneficial for bowel movements as it massages the digestive organs improving the digestion and elimination.

### **Practical Tips to Improve Metabolism and Bowel Movements**

- Drinking warm lemon water in the morning helps to stimulate the digestive enzymes.
- Avoid eating when you are not hungry as it depletes the digestive enzymes or failing to eat when you are hungry increases the risk of gastritis.
- Fasting is good if there are symptoms like belching due to indigestion. It will help to improve the metabolism favouring better bowel movements.
- Overeating delays gastric emptying and impairs the bowel movements.
- Eat when the previous meal has been digested (after 3-6 hours).
- Chewing the food and eating without any rush aids better digestion and elimination
- Regularity of mealtime aids and improves digestion.
- Warm water or ginger tea can be sipped during the meal to help and augment digestion and prevent bloating.
- Avoid drinking refrigerated cold drinks or large amounts of liquid before or within one hour of a meal as it dampens the digestion.
- The best time to eat is after having a bowel movement.
- Stress impairs digestion. Eat based on your hunger level at times of stress.
- Abdominal massage with warm castor oil will be beneficial to relieve the bloating and will improve the peristaltic movements.

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