

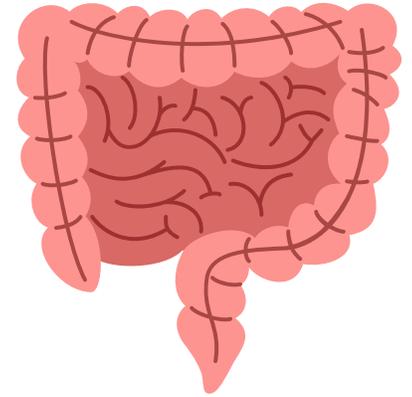
HOW TO REGULATE AND HAVE HEALTHY BOWEL MOVEMENTS

LIFESTYLE TIPS FOR DIGESTIVE HEALTH

Regular bowel movements vary from person to person. However, they typically depend on 3 factors:

- Age
- Diet
- Physical activity

As we age, not getting enough fiber, water, and/or having a sedentary lifestyle can cause the digestive system to slow down. Luckily, there are simple solutions to help regulate bowel movements.



DO eat a variety of vegetables and fruits

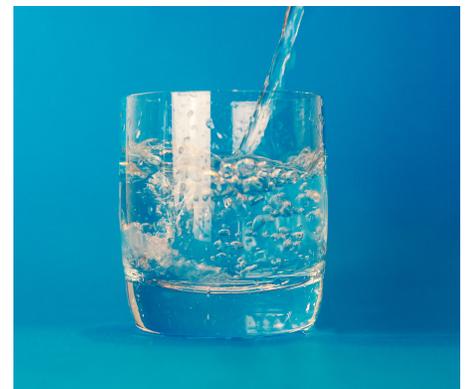
Vegetables and fruits are packed with both soluble and insoluble fiber. Soluble fiber improves overall digestion and insoluble fiber helps to make stools easier to pass.

Other sources of fiber: chia seed, avocado, flax seeds, beans, lentils

DO drink plenty of water every day

Water helps our bodies break down the food we eat so our bodies can more easily digest it. Also, water helps to soften our stools so they can pass easier.

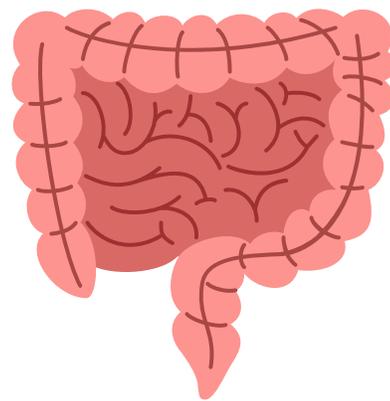
The amount of water you need varies, work with your health practitioner or nutritionist to determine the best amount for you.



DO move more

Our intestines naturally move stool forward. When we struggle to pass a bowel movement, walking, running, swimming, dancing, or even massaging the colon can help get things moving.

Just 5-15 minutes of movement can help.



DO change up our sitting position on the toilet

Raising our feet up allows for us to open up our hips and straighten rectum, which will allow for stools to pass more easily.

Try using a stool, squatty potty, or small trash can.

DO keep track of irritating foods

Sometimes particular foods have properties that cause stomach upset. Track what causes looser stools, constipation, bloating and talk to your nutritionist to see what can be done.

Some common irritants:

- Alcohol
- Fatty foods
- Caffeine
- Sugar
- Spicy food
- Common Allergens (soy, eggs, wheat, milk, nuts, seafood)



Tips for relieving constipation

- Aim to eat at least 25 g of fiber per day
- Increase movement
- Increase water consumption
- Always use the bathroom when you get the urge to go
- When using the bathroom, allow yourself plenty of time, and try to relax your muscles

*Speak with your nutritionist or healthcare provider for more support