

Healing by Design

CONSTIPATION AND DIARRHEA

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Constipation: Hydration is crucial. Make sure you are drinking plenty of water and avoiding dehydrating beverages such as coffee, soda and energy drinks. Without enough water flow, the bowels cannot move properly. Add minerals to your water to assist hydration, such as ***Endure by Trace Minerals Research or Himalayan Salt Stones by NHI*** and use the SOLE method. Sodium is a crucial mineral for hydration.
2. Constipation: Take herbs to help you go! You never want to accept constipation because this causes a backed up and toxic body. ***Dr. Morse has Stomach and Bowel Formulas 2-5*** for varying levels of constipation. Take ***On the Move Cleanse by Herbally Grounded or Fibermate by Aloe Life***.
3. Constipation: Eliminate too much meat, white flour, white sugar, dairy and other heavy, constipating foods. Our joke is you never see a constipated bear, deer or gorilla. They eat fresh greens, fruits and vegetables from the land.
4. Constipation: Increase bile flow. You can take ***Sunflower Lecithin*** or bitters such as ***Swedish Bitters by Flora***. For comprehensive digestive support (for those with no gallbladder, trouble digesting fats, constipation, pancreas issues) please use the ***Ortho Digestzyme by Orthomolecular***. You can try one capsule with each meal, and can continue increasing by one capsule per meal (2 per meal, 3 per meal, etc.) until a slight burning sensation, then reduce by one.
5. Constipation: Get fermented. Healthy bacteria help your gut. Drink Bragg's Apple Cider Vinegar, eat sauerkraut or kim-chi or try Kombucha. For probiotics we like anything by ***Renew Life or Garden of Life***.
6. Constipation: FIBER AND GREENS! ***Spirulina and Chlorella by Ultimate Superfoods, Aloe Life Daily Greens by Aloe Life***. Add these to smoothies or other drinks, even salads. Greens cleanse the blood, build the blood, naturally increase stomach acid and increase oxygen flow to the body. Also eat your leafy greens like spinach, kale, chard, lettuces, etc. For fiber try ***Fibersmart by Renew Life*** or add chia seeds and flax seeds to your life.
7. Diarrhea: Avoid irritating foods like beans, nuts, seeds, grains, gluten and even high fiber foods like lettuce and kale. It is best to eat bulking foods such as bananas and apples. Add some fiber for bulk.
8. Diarrhea: Magic formula I have used for years. Take a standard glass of water and add 1 Tablespoon of psyllium husk fiber from Spirit of Health or by Yerba Prima and add 1 Tablespoon of liquid Bentonite Clay. Stir and drink 1-2x daily. Right before bed is a great time to do this, and upon rising also if needed.
9. Diarrhea: Don't stress. Easier said than done, we know. ***Holy Basil by Cedar Bear*** is our favorite herb for relaxing. High stress forces the body into fight or flight which shuts down digestion. ***Anxiety Free by Ridgecrest*** works well also.
10. Diarrhea: Cleanse those bowels! Remove infections using a parasite clean such as ***Dr. Clark's 3-part para cleanse***. For candida, yeast and fungus try ***Fungal Forte by Original Medicine or Parasite M by Dr. Morse***. A great cleanse is ***Candi-Gone by Renew Life***. To keep bowels pure and keep infections at bay, other tricks are 1 teaspoon 2x daily of baking soda on an empty stomach, Bragg's Apple Cider Vinegar daily and eating garlic.