

Lifestyle Changes for Constipation Relief

Lifestyle & dietary choices can impact your digestion & bowel movement routine.

1 Eat more Fibre

Aim for 25-38g per day

- Beans and pulses (lentils, chickpeas, kidney beans)
- Whole grains, including oatmeal and buckwheat cereals
- Many fruits and vegetables
- Nuts such as almonds and pecans



2 Increase Fluid Intake

Fluids help keep stool moist, making it easier to pass. Increasing your fluid intake is especially important if you eat a high-fibre diet to help keep stool moving through the intestines.



3 Limit Alcohol

Alcoholic drinks with high alcohol concentrations (anything above 15%) tend to slow down stool transit time, which may impact your bowel movements.



4 Be Physically Active



Physical activity & regular movement may help you stay regular.

5 Try Bowel Training

Go to the toilet at the same time daily, even if you don't feel the urge. Over time, this routine can help make bowel movements more regular.



- Try yoga, tai chi, and qigong as adjunctive therapies.



6 Consider a Supplement

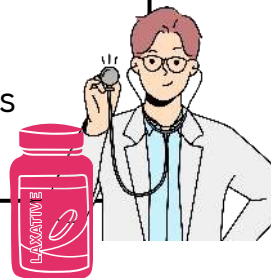
- Magnesium: can increase the amount of water in the intestines.
- Fibre: Supplement if dietary intake is low.



7 Ask Your Doctor About Medications

Some medications, like laxatives and over-the-counter stool softeners, can help you go to the bathroom more comfortably. These include:

- Stimulant laxatives
- Bulk-forming laxatives
- Stool Softeners
- Osmotic Laxatives



References:

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