

Constipation Ideas Log

These are a list of solutions submitted by Newsletter readers. This is not to be construed as medical advice, rather as a sharing of ideas. We recommend that if you try any of these ideas, track your progress for at least 30 days. Be sure to also track your digestion and bowel movements on the abdominal log.

Method	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Increased Hydration (4 qts./day)																														
Adding Lots More Fresh Fruits and Veggies to Diet																														
Sugar Free																														
Dairy Free																														
Gluten Free																														
Liquid Diet																														
Adding More Fiber to Diet																														
Colonics																														
Enemas																														
Castor Oil Packs																														
Internal Pelvic Floor PT																														
Arvigo Abdominal Therapy																														
Self-Care Abdominal Massage																														
Acupuncture																														
Weighted Balls to Massage Abdomen																														
Heating Pad on Belly																														
Probiotics																														
TENS Unit																														
Magnesium																														
Use Hands to Gently Shake Belly and Release Tension																														
Learn to Actively Relax Pelvic Floor (A good exercise is in <i>Headache in the Pelvis</i>)																														
Gentle Bouncing (in pool or on balls of feet)																														