

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) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |