



7 Digestive Problems and 7+ Ways to Solve Them

By Dr. Maureen Mason

Great digestion: is a key sign of health, nourishing energy, and the ability to be calm, rest and sleep well. Great digestion supports immune function, fitness power, metabolism, skin appearance (beauty care), brain and memory, mood, and vitality.



Digestive Problems

1. Constipation, with firm stools (poop), less than 3-4 stools per week, straining to empty, feelings of incomplete emptying, and possible discomfort. (Also known as irritable bowel syndrome, or IBS-C.)
2. Diarrhea, with possible urgency and frequency of toilet use, possible loss of stool (fecal incontinence), and possible pain associated with your digestion. (Also known as irritable bowel syndrome, or IBS-D.)
3. Alternating constipation and diarrhea episodes. (Also known as IBS-Mixed.) See the Bristol chart below, poop types 1 and 2 are too dry/hard, and poop types 6-7 are too loose.
4. Indigestion, feeling full too quickly after eating, discomfort in the upper belly, possible gassiness, uncontrolled flatulence, bloating, or nausea.
5. Gastroesophageal reflux, with insufficient food emptying into the stomach, causing sensations of heartburn and regurgitation.
6. Food sensitivities, with mild reactions after intake.
7. Medical problems such as food allergies, cancer, celiac disease, diabetes, diverticulitis, gallstones, gastroesophageal reflux disease (GERD), inflammatory conditions, intestinal blockage, and pancreatitis are all examples of conditions or diseases that include digestive problems. These require medical care. See your healthcare provider if you have new digestive symptoms, as they may be from serious medical problems.



7 Digestion Solutions

Here are 7 helpful ways to improve digestion, and these can be tried in combination as they are safe and easy practices.

1. Practice gratitude around your meals, using a visual scan of appreciation, thanking everything and everyone that made it possible.
2. Eat slowly, chewing and appreciating the taste, all the flavors and textures.
3. Avoid too much liquid intake with meals, as liquids dilute the digestive enzymes and may lead to a sensation of being overfull.
4. Drink $\frac{1}{2}$ your body weight in ounces during the day, mostly water, so that you can urinate (pee) every 2-4 hours.
5. Reduce, wean off, and then avoid processed foods. The emulsifiers, additives, extra salt, and sugar contribute to an overgrowth of bad bacteria which then promote belly and body-wide inflammation.
6. Eat room temperature or warm food, if possible, to soothe the nervous system into relax, rest, and digest.
7. Eat more cooked foods to ease your digestion. Cooking begins a breakdown of food so that it is easier to process and obtain nutrients.

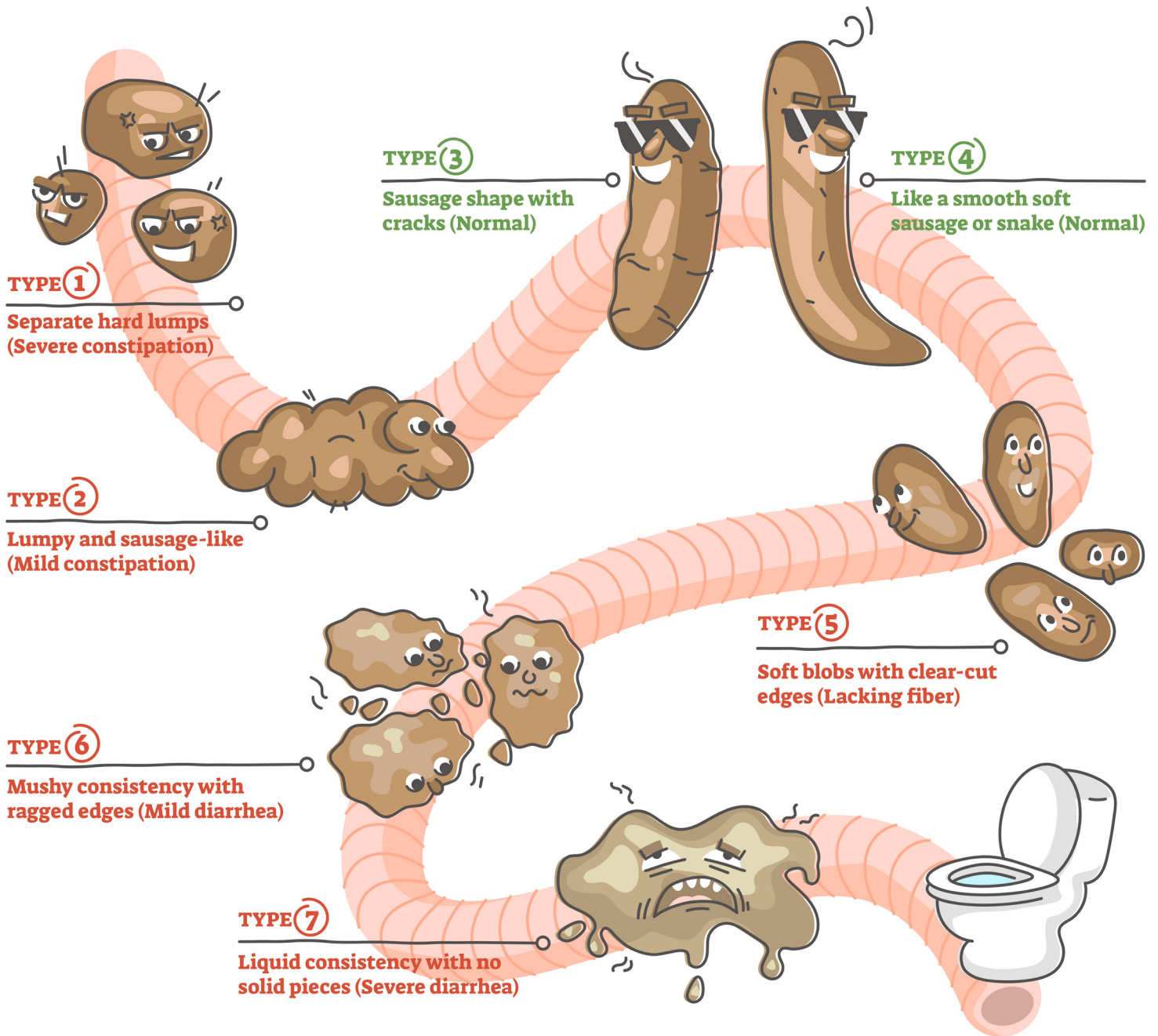


Bonus digestion boosters:

- » Consume 20-30 grams of fiber a day, mostly through vegetables and fruit.
- » Daily movement, walking 15+ minutes, daily stretching of your back, arms, and legs.
- » Practicing slow deep breathing.
- » A colon self-massage, gently circling the belly from right to left 10 times.
- » Practicing an elimination diet to weed out food sensitivities. Resource: https://www.fammed.wisc.edu/files/webfm-uploads/documents/outreach/im/handout_elimination_diet_patient.pdf
- » Mindfulness, and meditation for body calming, which promotes homeostasis.
- » Medical problems can be helped with special diets, as well as a team. Lab tests can show if you have an overgrowth of yeast, mold, or parasites, as well as check the level of inflammation in your body. Elimination diets can identify food sensitivities and help you find easier choices for nutrition. Support for optimum sleep, exercise, stress management and relaxation can help improve digestion. Your provider can refer you to resources for your interest areas to start your journey to improved health. Good changes help your poop towards Bristol #3-5, perfect poops, as seen below.



BRISTOL STOOL CHART





More specific self-care pelvic health can be found with a discovery phone call to 858 598 4915, and to book a telehealth session, or in person visit, Book now: Jane app link

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Chapter 10: Gastrointestinal health, the digestive system, nutrition, colon massage, exercise, and stress management for improved function. 45 references and 8 online guides. Chapter 14: Integrative Pelvic Care, the gut microbiome, biome disruptors, and holistic team care for resiliency, 72 references for empowerment and vitality.

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Cheers to your digestive health, improving your ability to rest and digest, relax and renew, power up your immune system, metabolism, mood, memory and vitality!

With Joy, Maureen.



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