



How to Relieve *Constipation*

TRIED AND TRUE TIPS TO
BANISH BLOATING AND
GET YOUR BOWELS
MOVING.

CONSTIPATION 101

Breaking it down...

Feeling a little “backed up?” You’re not alone. About 16% of American adults struggle with constipation.

If you’re one of them, you know firsthand how uncomfortable constipation can be. Being bloated and feeling like you’re going to battle every time you poop is no way to live.

What is Constipation?

In short? It’s when you’re not going #2 as often as you should. Constipation looks different for everyone, but here are some of the common signs:

- Having less than 3 bowel movements per week
- Hard, dry, small, or lumpy stools
- Stools that are difficult or painful to pass
- After you poop, feeling like all your stool hasn’t come out

What Affects How Often You Poop?

A lot! Here are a few things that play a role in your pooping patterns:

- Your age, sex, and genetics
- Dehydration
- Not eating enough fiber
- Stress
- Gut imbalances
- Sedentary lifestyles
- Medications



And yes, a few things on that list are out of your hands. But luckily, there are *a lot* of simple ways to combat constipation naturally.

In this guide, we’ll cover the top dietary and lifestyle habits to keep you pooping on the regular, along with tips and tricks for when you need some SOS relief.

TOP EATING TIPS

To combat constipation

Fill up on fiber

Fiber bulks your stools and makes them easier to pass. But most people don't get *nearly* enough fiber - which can lead to constipation.

So how much do you need? Experts say:

- Women: 25 grams per day
- Men: 38 grams per day



HIGH FIBER FOODS

VEGETABLES

- Broccoli (1 cup) - 5 g
- Brussels spouts (1 cup) - 4 g
- Green peas (1 cup) - 7 g
- Cabbage (1 cup) - 4 g
- Sweet potato (1 cup) - 6 g
- Cauliflower (1 cup) - 2 g
- Pumpkin (1 cup canned) - 7 g
- Carrots (1 cup cooked) - 4.8 g
- Asparagus (1 cup) - 3 g
- Corn (1 cup) - 4.2 g
- Potato (1 med w/skin) - 4 g

FRUITS

- Raspberries (1 cup) - 7 g
- Pear (1 med) - 5.5 g
- Apple (1 med w/skin) - 4.5 g
- Orange (1 med) - 3 g
- Banana (1 med) - 3 g
- Blueberries (1 cup) - 3.6 g
- Strawberries (1 cup) - 3 g
- Avocado (1/3 med) - 3 g

WHOLE GRAINS

- Brown rice (1 cup) - 3.5 g
- Quinoa (1 cup) - 5 g
- Barley (1 cup) - 6 g
- Oatmeal (1 cup) - 5 g
- Air-popped popcorn (3 cups) - 3.5 g

BEANS & LEGUMES

- Split peas (1/2 cup) - 8 g
- Lentils (1/2 cup) - 8 g
- Black Beans (1/2 cup) - 10 g
- Chickpeas (1/2 cup) - 6 g
- Kidney beans (1/2 cup) - 6 g

NUTS & SEEDS

- Chia seeds (2 tbsp) - 10 g
- Pumpkin seeds (1 oz) - 5.2 g
- Almonds (1 oz) - 3.5 g
- Sunflower seeds (1 oz) - 3 g
- Pistachios (1 oz) - 3 g
- Flax seed (1 tbsp) - 2.8 g

Helpful tip:

Increase fiber slowly. Your gut bacteria need time to adjust to the change. Adding too much fiber too fast could lead to gas or bloating. So increase slowly, by 2-3 g per day. (EX. If you got 15 g yesterday, aim for 18 tomorrow, etc)

MORE EATING TIPS

To combat constipation



Eat fermented foods

Gut imbalances can cause constipation. To keep your gut bacteria balanced, aim to eat 1-2 servings of fermented foods a day, like yogurt, sauerkraut, kimchi, kefir, miso, or kombucha.



Avoid dairy

For some people, dairy can trigger constipation. If you've noticed dairy "plugs you up," you may be lactose intolerant. Switching to plant milk, like almond or coconut milk is an easy fix.



Try the Low FODMAP diet

For some folks with IBS, certain types of fiber can trigger constipation. The Low FODMAP diet eliminates these foods for a period of time to help you pinpoint which foods are triggering symptoms. To learn more about the Low FODMAP diet, check out [this post](#).



Have a cup of coffee

Coffee isn't just an energy booster - it may also help you poop. Coffee increases hormones that stimulate contractions in your gut. In some people, this can bring on the urge to poop... in as little as four minutes! That said, if you're sensitive to caffeine, it could aggravate digestive symptoms. So listen to your body.

LIFESTYLE TIPS

To get your bowels moving



Drink 64 ounces of water daily

Drinking plenty of water softens stools and makes them easier to pass. So if your stools are hard or difficult to pass, you may need to drink up. Adding lemon and pink Himalayan salt to your water in the morning on an empty stomach can help!



Exercise

Getting your body moving just might get your bowels moving. Physical activity increases blood flow to your abdomen to stimulate digestion. So exercise regularly. Going for a 10-15 minute walk after meals is a great habit to get your stools moving.



Use the right poop posture

Before toilets, humans squatted when they went #2. For some people, simulating this position can make it easier to poop. Simply place your feet on a stool so your knees are higher than your hips. They even make 'squatty potties' just for this purpose.



Manage your stress

Stress can throw just about everything off, including your digestion. Stress can also make you tense your muscles, making it more difficult to pass stools. Try setting aside at least 15 minutes a day for stress relief. Meditate, journal, do some yoga, or try some breathwork.

CONSTIPATION SOS

When you need to poop fast

The tips we've covered so far are key to preventing constipation. But it's always good to have some tricks on hand in case constipation gets severe. If it's been a few days since you've pooped, the tips below can help you pass a bowel movement.

Take magnesium citrate

Magnesium citrate is an osmotic laxative. This means it draws water into the intestine to soften stools and make them easier to pass.

Brands: [Natural Vitality Calm](#)

Try psyllium

When combined with water, psyllium swells to bulk your stools. This can trigger your intestines to contract, to help stool pass through.

Brands: [Organic India](#) & [Viva Naturals](#)

Drink some senna tea

Senna is an herb that contains glycosides, plant compounds that stimulate nerves in the gut to speed up pooping. It's a good for SOS relief, but it's not meant for long-term use.

Brands: [Traditional Medicinals Smooth Move Tea](#)

Do an enema

Desperate times call for desperate measures. If you can't remember the last time you pooped, you may want to try an enema. Enemas soften hard, impacted stools to relieve constipation. If you're an enema newbie, [this post](#) will walk you through it.

Other Constipation Tips to Consider:

- **Stick to a poop schedule.** The emptying reflex works best after meals. Head to the bathroom after breakfast to see if you feel the urge. But don't rush it! Give yourself enough time to poop.
- **Look into pelvic floor therapy.** Some people's pelvic floor muscles are chronically tight, which can trigger constipation. Pelvic floor therapy can help train these muscles to relax.
- **Check into medications.** Constipation is a side effect of many meds. If you're eating fiber and drinking plenty of water, but still aren't pooping, check in with your doctor. They may suggest a similar med that won't plug you up.