

HOWTO

NEVER BE CONSTIPATED AGAIN



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How to Never Be Constipated Again

Up to 63 million number of Americans suffer from constipation...

I consider this to be a needless health issue that we aren't talking about enough. Constipation always has a root cause and it often is the result of just a handful of easily controllable factors.

Right now, I want to provide you with that information and explain that having 1-3 bowel movements per day is one of the top things you can do to get well, lose weight, and live longer. The reason for that is that a stagnated colon can allow for toxins to be reabsorbed back into your body. And, constipation can signal deeper issues like dehydration, too much stress, food sensitivities, inflammation and an imbalance in intestinal bacteria.

All of these issues can be easily corrected with the right protocols. It's my goal to provide you with starting points in this free bonus report that came with your [Dr. Cabral Detox](#). I want you to experience the same relief and sense of "lightness" that my wellness clients have been able to enjoy after implementing these constipation relief tips.

Please use this "Top 10" list as part of your daily routine and let my team and I know how you did. We love hearing your success stories!

Now let's get started on how to never be constipated again!

1. Drink This Upon Waking

One of the best ways to flush your system and get your internal digestive tract moving is to wake up with a warm or hot cup of water with fresh squeezed lemon juice.

Not only is this a really healthy way to cleanse your liver and give you an electrolyte energy boost, but it can signal your gut to wake up. It's also very important to remember that many people are constipated because they are dehydrated. When this occurs your body can reabsorb water from your colon leaving you constipated or with overly solid bowel movements.

And, since you probably haven't had any water in about 10-12 hours from dinner-time the night before, it's best to begin to hydrate your body right when you wake up. Start your day off right with warm water and lemon and then aim to drink about 1/2 your body weight in water throughout the day.

2. Get Into a Bathroom Schedule

Another helpful tip is to try to get your body in a natural rhythm when it comes to when you're having a bowel movement each day.

Ideally, you'll wake up every morning, have your warm/hot water with lemon and then shortly after use the bathroom. However, some people need to shower first, drink some black coffee/tea, or have their morning smoothie.

The bottom-line is that I would begin to pick a time each morning and at least attempt to try and have a bowel movement. Don't strain, but do try to set a time to get your body into a routine of going to the bathroom each day at the same time.

It may take a week or two, but hopefully by using these tips you'll get your bathroom schedule in a natural rhythm where you'll be able to eliminate each morning around the same time.

3. AM Smoothie Time

By now you probably know there is no better tip I can give you for wellness, weight loss, and anti-aging than having a morning smoothie. You can blend your favorite all-in-one powder (multi vitamin/mineral, electrolyte, protein, and antioxidants), berries, some greens, and any other health item you're enjoying

that week.

By mixing all these powerful nutrients with 16-20oz of water (or half nut milk) you are super-hydrating your body and packing it full of nutrients and easier to digest fibers. Beyond the massive overall health benefits, having a morning smoothie has helped hundreds of my wellness clients become regular again and enjoy 1-2 normal bowel movements per day.

> [All-In-One Smoothie Powder](#)

4. Exercise

You may not have heard this before, but exercise can be a powerful way to regulate your bowels and get that peristaltic wave moving (this is the natural movement of stool through your intestines).

Exercise provides a temporary strain on the body, followed by a relaxation effect. The same effect that benefits high blood pressure also helps with improving normal bowel movements. If you're not someone that exercises now, my suggestion is to walk daily and include every other day workouts to start.

Start slow, but definitely get your body moving...

> [Workout program book](#) (for both men & women)

> [Free Training Thursday podcasts for how to exercise properly](#)

5. Learn to Breathe

Keep in mind that one of the main reasons people are "locked up" in their intestines, is because they are overly stressed...

This stress causes tension over the entire body - including our gut. The best way to remedy this is to learn relaxation breathing. The good news is that it's as simple as catching yourself holding your breath or chest breathing when stressed, and then switching your tense breathing over to more relaxed belly breathing.

Simply breathe through your nose for 5 seconds allowing your belly to rise and then out through your mouth or nose for 7 seconds (longer out breath, than breath in).

This may take some practice to switch from chest breathing (chest rises) to belly breathing (belly rises first), but it's absolutely worth it. Using this technique and taking just 5 of these breaths when stressed may just turn your whole day around!

6. Eat Vegetables

Vegetables contain the fiber your digestive tract is looking for to add bulk to your stool and aid in moving waste out of your body.

So knowing this, the goal is to get 1-2c of veggies at each meal. This could be as easy as adding a cup of greens (spinach, chard, kale, etc.) to your blended berry AM smoothie (you'll never taste it!), then a salad or cooked veggies with lunch, and the same with dinner. You'll be healthier, your skin will look more vibrant, and your colon will be clean... what could be better ;)

7. Sleep Schedule

As I've said before, it's all about creating natural rhythms in the body...

And, staying with a sleep schedule is no different. Imagine trying to wake up each morning and create your bathroom routine, but every morning you're varying that time by 2 hours due to different waking times. Your body will never know if it's supposed to be having a bowel movement at 6am, 8am, or 10am...

My suggestion is to create as many rhythms as possible. For at least the first 21 days try to go to bed and wake each day within 30-minutes of the same set time. This will then allow you to have your lemon water, smoothie, and then train your body when to have a morning bowel movement.

(If you signed up for the [21-Day Dr. Cabral Detox](#) please see the Sleep Special Report for full details on "How to Sleep Like a Baby.")

8. Food Sensitivities

Sometimes constipation goes deeper than dehydration or not getting in enough good fiber...

You may actually be eating foods that are creating inflammation and disturbing your gut bacteria. If after trying the lemon water, AM Smoothie, daily water, and adding vegetables to your meals, you're still not having 1-2 bowel movements everyday, I would look into food sensitivities. It may also be a good idea to run this lab if you suffer from bloating.

The lab is very easy to run and you can do it right at home. You simply do a little poke of your fingertip and add a few blood drops to a card. You will then have your results within 3-4 weeks. It's an amazing test because most people come back with 3-4 foods "healthy foods" that they are sensitive to and never knew it!

> [The Food Sensitivity Lab I recommend](#)

9. Take this Probiotic and Mg

Without going into a hair tissue mineral analysis lab test or Organic Acids Test to look at your gut function, simply adding a quality probiotic with *S. Boulardii* and magnesium citrate powder before bed (and in the morning for severe constipation) can make a world of difference.

You can't expect to have all systems functioning optimally without having the right tools for the job. There are numerous all-natural laxative supplements that work for constipation, but I like to start with deeper root cause solutions first.

Magnesium helps start back up that peristaltic wave by relaxing the tension in your body, and the probiotics I recommend can help rebalance your gut bacteria. As an add-on, you can also use 3-5 caps of psyllium husk each night at dinner.

This is the first place to start below exploring other options.

➤ [Hair Tissue Mineral Analysis Test](#)

- [Organic Acids Digestive Test](#)
- [Probiotic Recommendation](#)
- [Magnesium Powder](#)
- [Psyllium Husk](#)

10. Seasonal Detox & Bowel Cleanses

Up until just about 100 years ago most cultures around the world had practiced the 5,000 year old tradition of parasite, yeast, bacteria, and colon cleaning for better health & longevity.

They understood that health is first created in the digestive tract (70-80% of your immune system lines your intestines) and due to this fact they did seasonal cleanses, and whenever they were feeling ill.

If you've been suffering from bloating, gas, and/or constipation, why not detox and cleanse your gut? Only a greater level of health will result...

If you suspect candida or yeast/bacterial overgrowth I recommend starting with the anti-candida/bacterial overgrowth protocol. But, if you believe you're simply someone that suffers from constipation I'd recommend the colon cleanse to initially remove built up waste that can be stuck in the pockets of your small and large intestine.

I have seen amazing results from yeast/fungal, bacterial, parasite, and colon cleansing in my practice. If health begins in the gut, it simply makes sense from a nutrient absorption, and immune function standpoint to get your digestive system working properly first.

Here are my recommendations for the fastest and safest results possible:

- Colon Cleanse (as needed to clean the bowels)
- Yeast & Bacterial Overgrowth protocol

(NOTE: The above supplement protocols are currently only available to Boston clients or by mail to US residents. Please email support@DrCabralDetox.com for details.)

Putting It All Together

Sometimes when first starting out you feel overwhelmed with everything you've just read about how to fix your current constipation...

So, my initial recommendation is to pick out the 2-3 tips from above that you know you can start on right away. Be consistent with those and see how they work for you.

Just using 2-3 tips (like the lemon water and AM smoothie) may be enough to do the trick, or maybe it just gets you moving in the right direction. Either way, it's great start and certainly better than doing nothing.

Each week you can always try to add 1-2 more tips from my Top 10 list until you become regular again. The bottom line is that you can do this and it doesn't always have to be a sprint... It certainly does work better when multiple lifestyle factors are implemented at the same time because of their synergistic effects, but that's not for everyone...

Simply do what you feel is best for you and what you can handle starting out and then build from there – If you do that, I have no doubt your current constipation will be a thing of the past!

Thank you for taking the time to read these recommendations that have helped so many of my private wellness clients overcome debilitating constipation and digestive issue.

I congratulate you on taking control of your own body and life and please let me and my team know if we can help in anyway! Support@StephenCabral.com



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