

Overcome chronic constipation with just five natural ingredients.



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If you are suffering from chronic constipation and want to find natural ways of overcoming this condition without resorting to laxatives, then this report is for you.

I have used my 15 years experience of having my own health company to come up with just 5 natural ingredients which, when taken together, will overcome your constipation.

These ingredients are synergistic and they work together to help you overcome your constipation comfortably without any sudden urgency or straining.

These ingredients also work together to 'cleanse' your bowels over a period of time and repopulate it with good bacteria.

These five ingredients will help you to break down your food and digest it more efficiently, prevent putrefaction and any mucus build up in your digestive tract and also help you pass stools more easily without any artificial stimulation.

So that you understand how each of the five ingredients works to clean your colon and free of constipation, I am going to make five recommendations to you.

Recommendation 1:

Overcome bloating and get more out of the food you eat with a helping hand from a digestive enzyme complex.

Your bowels do not work in isolation they are the end part of your digestive system. How well your bowels perform can often depend on how well you digest your food.

So the first natural supplement I am going to recommend is a digestive enzyme complex. The reason for this is that many of us, particularly those of us over 50, may not be producing enzymes at sufficient levels to break down our foods and absorb nutrients as efficiently as we would like. Also, enzymes required to digest certain foods are now sadly lacking in much of our fresh food.

So helping to correct these deficiencies can be a very important first step for you to overcome constipation.

Traditional plant remedies can be helpful too. The papaya leaf is known to help protein digestion and soothe dyspepsia and gastritis. Ginger has also been found to ease pain, reduce inflammation and stimulate gastric secretions, and fenugreek seed has been traditionally used to ease stomach pains. Incidentally, the seeds of fenugreek have also been shown to stimulate enzyme secretion.

But if all this is too much hassle, a good digestive enzyme complex will do the job for you.

Recommendation 2:

Probiotics – our ‘pro-life’ friendly guys who can help you to smell nice.

Next I am going to recommend our friendly probiotic bacteria which I suspect that you know all about. In fact there are over 500 different types but there are five that are known to have significant importance. These are *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Lactobacillus plantarum*, *Lactobacillus bulgaricus* and *Bifidobacterium bifidum*.

The weight of bacteria in your colon is estimated to be around 2lbs, which is pretty significant.

The crucial thing about any balance is to try and make sure that the good things exceed the bad. So it's your job to try and make sure that the largest percentage of your bacteria is made up of the good guys.

In a healthy gut the good bacteria will outnumber the bad bacteria and keep them in check.

Good bacteria helps peristalsis which means if they are in short supply, the digestive process slows down creating an environment which favours putrefaction and mucus production.

Low levels of good bacteria can in fact be the starting point of a toxic colon and can make you smell!

Symptoms of a bad bacterial overgrowth

Bad body odour, smelly feet in particular, excessive gas, bloating and awful smelling stools. These symptoms are a real sign of putrefaction and excessive levels of bad bacteria, as I have mentioned before.

Topping up with a probiotic supplement is something I would recommend for anyone over 50. According to recent research, our levels of good bacteria start to deplete after this age.

If you have been constipated for some time or have had consistent diarrhoea then you are likely to have an imbalance of bacteria in your gut. This means a greater risk of disease, infection and digestive disruption. Good bacteria transforms lots of nasty substances, including putrefactive waste, into harmless wastes ready for discharge from the body.

There is now strong evidence that good bacteria can strengthen the immune system and improve the digestion of lactose (milk sugar). Anything that can help to digest milk will help in the overall process of reducing mucus. But probiotics have benefits in so many ways, I believe that everyone should be taking them, particularly sufferers of constipation or diarrhoea!

Keeping the good bacteria high with good probiotic supplements should, in my opinion, be a priority for everyone who suffers from constipation. Even if you don't want to take them every day, then certainly load up on them if you are going abroad anywhere where the water is a bit 'iffy'.

A few years ago I went with a large family group to Egypt for a wedding. If you've never been there before, then Egypt is notorious for getting tummy upsets which can ruin an otherwise absolutely wonderful experience!

As you might expect, those who topped up with supplements of good bacteria prior to departure fared far better than those who didn't, as far as tummy upsets were concerned. In fact, much much better!

Probiotics are not new. The discovery that certain types of bacteria could contribute to the health of the intestines and help ward off disease was first made way back in 1908 by the Russian scientist, Elis Metchnikoff. He was the first to use the term dysbiosis to indicate an imbalance of gut bacteria. Since then more than ten thousand papers have been published demonstrating the benefits of friendly flora.

What causes us to be depleted of this wonderful bacteria?

Antibiotics - it is now well reported that antibiotics can be harmful to the health of your bowels. This is because they knock out the good guys as well as the bad. If you are prescribed antibiotics then remember to top up with good bacteria to help prevent depletion. But don't take the probiotics and antibiotics together. Leave a gap of around six hours.

Excessive alcohol can also have a detrimental effect.

In normal circumstances, healthy bacteria can be easily replenished with a good diet but if you must have regular prescriptions then you should seriously consider a proper supplementation programme. Otherwise the short and long term health of your bowels could be compromised.

Mucus build-up becomes far more likely when bad bacteria exceeds the good.

Many other medicines affect bowel function and so probiotic supplementation should be the first thing to consider when transit time grinds to a halt.

No one thing is going to overcome your constipation once and for all. It is usually a combination of things that will work. Some changes can be challenging and others more simple.

One of the easiest things you can do is to take probiotic supplements and once again I recommend that everyone do this. In my experience a good probiotic supplement programme can play a significant role in overcoming toxic constipation.

The reason for this is that the friendly bacteria and the bad bacteria (putrefactive bacteria) in the intestinal tract contradict and counteract each other in various ways. Friendly bacteria live on carbohydrates, whereas putrefactive bacteria live on protein.

Putrefactive bacteria do not grow well in the acid medium produced by friendly bacteria. However, the metabolism of protein by the putrefactive bacteria produces ammonia, which neutralises the acidity produced by the friendly bacteria.

If your diet is too high with protein like red meat, then it may take a vigorous growth of friendly bacteria in the intestinal tract to finally take control over the bad, putrefactive bacteria. Good quality protein is of course crucial but if the proportion of the wrong type of protein such as red meat gets too high, then the potential for the build up of putrefactive bacteria grows.

This is why the very high meat protein diets would be a disaster for your bowels and your health in the long term.

Also a high acid environment created by good bacteria encourages moist stools that are easier to pass.

Two tips:

1. Take probiotic supplements, of course. Yoghurts that contain live culture are a good move but they contain very low levels.

Try to avoid flavoured yoghurts as they have so many 'undesirables' added. Taking probiotic supplements that contain a number of different strains appear to have the best effects.

2. For your meat protein, go organic when you can to avoid the antibiotics that are added to certain animal feeds. Ideally reduce red meat (including that found in pies) to an absolute minimum

So, probiotics are vital in the fight to overcoming constipation but there are several studies that now show that probiotics work better alongside other natural ingredients.

Recommendation 3:

Psyllium – the Rolls Royce of fibre

The third natural ingredient I am going to recommend is psyllium husk.

This is the first fibre that I myself rely on when I feel my fibre intake needs a top-up. If you have read anything that I have written before then you will know that I always refer to this plant as the 'Rolls Royce' of fibre simply because, in my view, it really is the best.

The reason for this is that it is an extremely gentle fibre. I refer to it as a 'chamois' leather rather than the brillo effect you can get with bran fibre. It absorbs more water than any other fibre. In fact it absorbs a staggering 25 times its own weight in water.

We are all told to eat more fibre but most people fall well below the US recommended daily levels of more than 35g per day. I read recently that we, in the UK, tend to eat on average less than 15g per day. This is an absolute massive difference and if your fibre levels are that low, they are playing an insignificant role in your diet in general.

Remember that the emphasis these days is on soluble fibre because of the extra health benefits it brings. The great thing about psyllium is that it is good for both constipation and diarrhoea. Most people find this difficult to understand.

In the case of constipation waste matter hangs around far too long in the large bowel. This means it gets too dry and becomes hard and difficult to pass.

However, just by taking psyllium husk, waste that arrives in the large colon maintains its moisture because of the soft gel the psyllium fibre forms. As a result, the waste remains moist and soft and therefore easier to pass. A soft stool means less chance of diverticular disease and haemorrhoids.

In the case of diarrhoea Psyllium, because of the soft gel it forms, helps to provide bulk to the waste matter and slows it down. Most fibre, because it is usually too abrasive, cannot achieve this.

Once things slow down sufficiently the all-important healthy bacteria will start to proliferate again. This is often the catalyst that overcomes diarrhoea which has been caused by a toxic colon.

Friendly bacteria love the moist environment that the psyllium creates. It literally thrives on it. Taking psyllium and probiotics together form a good partnership. Some recent research has proven the synergy between these two ingredients which make them an extremely powerful double-act for cleansing your bowels.

However, there is another type of fibre that operates in a different way to psyllium which can also really help you in your battle to rid yourself of constipation.

The name of this fibre is inulin – a truly remarkable ingredient that has so many nutritional benefits.

Recommendation 4:

Inulin – a unique fibre which works to prevent putrefaction in the large colon.

The fourth ingredient is another fibre. The one I recommend is inulin which is commonly found in root vegetables like onions, leeks, chicory, artichokes and agave.

This fibre is different to psyllium in that it doesn't expand and have the 'chamois leather' effect of psyllium. It actually cleanses in a different way which is why the two fibres are so complementary when taken together.

This is how it works. As the food containing the inulin is digested, the inulin passes through the small intestine without getting broken down. Once it arrives at the colon or large intestine, it ferments in a friendly way and is converted into bifidum bacteria, one of the most important strains of friendly bacteria.

This is absolutely brilliant because it is in the large intestine in particular where you need loads of good bacteria. Incidentally, the inulin also acts as a fermentable source of food for other friendly bacteria already present in the colon, so it has a double whammy effect.

Added to that, because it is not converted until it actually reaches the colon, inulin can be a much more stable way of promoting your friendly bacteria than normal probiotics.

This means that inulin is not a probiotic but it is converted to one type of probiotic strain once it arrives in the large colon. This is why it was given the term as being a 'prebiotic' by Professor Glen Gibson from Reading University who was a pioneer of much of the early research on inulin.

Since then there have been numerous studies on inulin which is now known to have a number of other benefits as well as its prebiotic properties.

Our ancestors and prebiotics

Our plain-dwelling ancestors were big-time eaters of inulin containing plants and prebiotic consumption was significantly higher than today. The type of subsurface plants and bulbs they used to eat in large quantities were onions and agave. Studies have shown that inulin-rich plants dominated the dietary intake of our ancestors with about 60% of their calorific intake coming from such sources.

This would equal a dietary fibre intake of between 250-400grams (their bowels movements must have been prolific) and inulin between 50 and 100grams. Today's recommendation is that we should consume between 8 and 10 grams of inulin but to get to even these seemingly low levels would probably require a mountain of vegetables!!

The good news is that these days inulin is available in powder form. It is a white powder and in most cases extracted from chicory. When added to liquid it dissolves almost completely, so you can hardly see it. This makes it easier to take than psyllium but, as I mentioned earlier, it doesn't form the cleansing type of gel that psyllium does. It works in a different way.

By increasing the levels of bifidum bacteria in the colon, inulin can be a great way of reducing the effects of any 'putrefaction' going on and enhance the effects of existing bacteria. I have worked with this wonderful ingredient for more than 15 years and found it absolutely brilliant for keeping my own bowels healthy too!

Taking quite a lot of inulin on its own can make you quite windy at first but usually this settles down after a few days. However, I have always felt that inulin and psyllium work better when taken together. The presence of psyllium clearly has the potential to enhance the prebiotic effect of inulin and, another recent study has shown how these two ingredients actually enhance each other's activities and can be considered to be 'synergistic.' It is my advice therefore that these two ingredients should be taken together with the probiotics.

I now want to move on to the fifth and final ingredient, Magnesium, which is not a fibre or probiotic but a simple – and extremely important – mineral.

Recommendation 5:

Magnesium – a simple mineral - which can be the key to helping you overcome your constipation.

Last, but certainly not least, is the mineral, magnesium.

If you have been unable to find relief from long term constipation no matter what you try, then this simple mineral could make the difference.

I suspect that if you have been to see your doctor about constipation, then you will have been prescribed some sort of laxative which helps to 'kick start' the peristalsis action. This is fine in the short term, but if you continue down this road, then, as we now know, your bowels will simply get used to the laxative and eventually you will find yourself back to square one – and possibly worse.

However, if you are looking for something to give you a 'helping hand' then a balanced magnesium supplement might be the answer – rather than resorting to laxatives.

Taking a well balanced magnesium supplement can get you going, comfortably and naturally.

I find that it works best alongside the soluble fibre, psyllium husks. This is because both ingredients work in different ways to improve digestive transit time comfortably and naturally.

Magnesium influences bowel function and some cases of constipation might in fact be a sign that your body is deficient of this crucial mineral.

How Magnesium works

Magnesium encourages water to be drawn into the colon, where it softens stools in the large colon making for a smooth, natural passage. Magnesium is also responsible for the normal functioning of the muscles and this encourages the peristalsis movement.

Magnesium is a mineral – an essential nutrient necessary for a wide range of bodily functions. But studies have shown that even if you are eating normally, you are on the whole likely to be deficient in this vital mineral because you are not getting anywhere near the RDA (recommended daily allowance) from your diet. There is no doubt that many cases of constipation may be due to a deficiency of this important mineral.

By correcting your biochemistry and maintaining adequate levels of magnesium in your body, your bowel movements will become much easier. You'll be able to have an effortless bowel movement at least once a day.

Why is Magnesium deficiency so widespread?

The answer is that the food that you eat today just isn't what it used to be. It is nutritionally weaker and lacks many essential vitamins and minerals. That's because modern farming methods have worn away our top soils by planting the same crop year after year and by growing foods with artificial chemicals, pesticides and herbicides. So the agricultural products are not as rich in nutrients (vitamins, minerals and amino acids) as they should be.

Commercial food processing destroys even more of your food's nutrients. And on top of this, the stress we all face in our day to day lives means that our use of magnesium is accelerated and this can result in 'burn out.' A stressed-out person requires greater requirements of nutrients than a person who is not under a lot of stress.

Magnesium is particularly vulnerable to stress.

So, why is it that your doctor didn't recommend magnesium for your constipation? The simple fact is that doctors are not trained in nutrition and the products they are familiar with tend to be pharmaceutical drugs.

If you are increase your intake of fresh fruit and vegetables and the majority of this is organic, then you will be vastly increasing your chances of increasing your magnesium levels.

However, if you are finding that things are not moving quite as fast as you feel they should, then taking a magnesium supplement for a while could bring about results.

Taking Magnesium is not like taking a laxative

A laxative is something that would not normally be ingested by the body through your normal diet. It works by 'kick starting' the peristalsis action of the bowels, acting as a purgative. This type of laxative is commonly known to weaken your bowel wall and become habit forming.

On the other hand, magnesium is a natural substance normally supplied in your diet. It works by correcting the true underlying cause of constipation. When you add magnesium to your daily supplement program (in the dosage you require to get your bowels moving) you are correcting the problem on a nutritional level, preventing constipation from happening.

If you do consider taking a magnesium supplement for a while, then you will probably need to take around 600mg of pure, elemental magnesium each day for a few days to get an effect. You can then taper things down as your diet improves. Taking a supplement which contains a blend of different magnesium salts is probably the best option

Summary

So, there you have it. Five different ingredients which you can dip into if you feel you need some help to get things moving. Of course, introducing plenty of fresh food to your diet with particular emphasis on fruits and vegetables will automatically mean more fibre but sometimes, with the busy lives we lead, it's not always possible to eat just right. These five natural ingredients – taken individually or together - can help bridge any gaps.

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