

*Wendy Leung*

Holistic Health & Happiness Coach

# Constipation

# TCM tips for healing IBS-C

Your IBS constipation could happen a few ways: you're able to go but that it's difficult, or that only small amounts come out at a time and it feels incomplete if you've gone multiple times that day. Or worst case, that you're not able to go for days or sometimes weeks at a time. And it could come with extreme bloating and pain, as well as so much frustration.

No matter how you experience your IBS-C, here are some TCM tips to help you start healing your gut naturally – without relying on laxatives and suppositories – so you can stop feeling so congested and start living your life again.

Happy gut-healing!

*Wendy*

## Tip #1: Manage Your Stress

Stress causes your body to tighten, clamp down and hold. Your muscles tense and so do your insides which disrupts smooth flow of normal functions, like stopping stool from moving through your intestines. In order to alleviate chronic IBS constipation, it's important to find ways to manage your daily stress levels.

### *How to get started*

Start a daily meditation practice. Guided meditation works well to help calm your overthinking brain and over time, can lower your overall threshold for stress.

Watch for a free download from my *Guided Meditation For Active Minds* in your inbox soon!

## Tip #2: Remember To Breathe

This ties into Tip#1 because often when we're stressed or anxious, we hold our breath or forget to breathe.

In TCM, the Lung and the Large Intestine organ systems are very closely related so by taking care of the Lungs, you'll also be helping your gut.

### *How to get started*

Inhale slowly and focus on feeling your breath expand through your chest and your belly. Exhale slowly as your body returns to normal. Repeat.

Taking the time to focus on your body's physical action of breathing also helps return your overactive mind back to the present.

## Tip #3: Get Moving!

Moving your body outside can help move your insides too! It can be difficult to exercise when you're feeling bloated and in pain, but light daily exercise will improve circulation and restore smooth flow in your body.

### *How to get started*

- Take a stroll through the park on your way home
- Stretch out your body at the end of your work day
- Research yoga moves for constipation and try them in the comfort of your own home.

## Tip #4: Proper Nutrition

A poor diet can aggravate your constipation, so it's very important to follow the TCM golden rule of thumb and eat warm, cooked, simple meals in order to allow your body to process nutrients and move your poo along.

### *How to get started*

Eating warm, cooked, simple meals. Watch for a mini-recipe guide in your inbox soon!

And for more information on what to eat and what not to, watch the YouTube episodes ***IBS Foods To Eat*** and ***IBS Trigger Foods***.

These foods may also help move your constipation-prone gut:

- Pumpkin
- Okra
- Peaches
- Coconut water