



Dr. Jennifer Lanett, DC

Chiropractic Naturally Wellness Center  
2506 Shattuck Ave., Berkeley, CA 94704  
Phone/Fax 510-644-4414  
www.DrLanett.com

## Constipation - How Healthy Are You?

Stedman's Medical Dictionary defines constipation as 'a condition in which bowel movements are infrequent or incomplete'. While one movement per day might be considered ideal, any less requires further questioning. Most people believe constipation implies hard or painful bowel movements and not just frequency. Many believe a bowel movement every two or three days is normal and that even a bowel movement every four or five days is no cause for concern. The simple fact that it happens that way does *not* mean that it is normal.

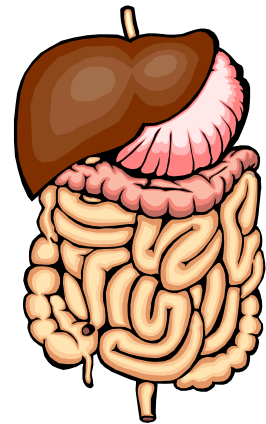
Infrequent bowel movements indicate slow movement of fecal material through the intestine. The longer fecal material remains in the intestine, the more water will be reabsorbed making the stool drier and harder. This is the result of *bacterial decomposition* in the large intestine.

These waste products, formed in the bowel by bacterial or fungal action on inadequately digested food (i.e., food that could not be absorbed into the body and used for nourishment), cause an *inflammatory reaction* in the mucosal lining of the bowel. This triggers an immune response that is associated with the so-called "leaky gut syndrome" and fibromyalgia. These conditions have deservedly received a great deal of attention in the past few years; unfortunately, little is directed toward their association with poor digestion.

Slow movement also allows for auto-intoxication, as the waste products of bacterial and fungi/yeast must be absorbed into the blood, detoxified in the liver, and sent to the kidney for elimination. This is a burden on the body and the maintenance of health.

The usual recommendations to overcome constipation are to increase your water consumption and exercise. But, as anyone who frequently suffers from the problem can tell you – it seldom works! That is because the major cause of constipation is *excessive food intake and poor digestion* of that diet.

Digestive and poor dietary choices are rarely considered to be direct causes of constipation. Yet, stomach acid deficiency can be directly related to inadequate protein intake, allowing much of the protein to pass into the large intestine. Stomach acid deficiency is also directly related to thickened bile and gallstone formation, which are directly related to poor bowel function.



In addition, stomach acid deficiency and inadequate protein digestion result in increased protein putrefaction in the bowel. The absorbed toxins produce many clinical problems. Extensive clinical outcome studies dating back over the last 100 years indicate bowel toxicity as a major causative factor in the most commonly seen health problems, including headaches as cited in *Textbook of Medical Physiology* (A. C. Guyton, 9th ed., W. B. Saunders Co., 1986).

For many people over-the-counter **laxatives** are a solution. They represent on-the-spot relief for problems that are covered up year after year. However, while prompt pain relief is important and necessary, it should *not* be a way of life.

You must realize that the laxative remedies do not actually correct the problem. They are examples of the "magic bullet" theory of "sick care" which places emphasis on attempts to mask symptoms. With laxatives, there is no attempt to remove the cause of the symptoms and restore normal body function.

**Fortunately, there is a better way.** Every symptom has a general physiological cause, and lifestyle changes and nutritional support for the stressed organs can correct these problems. A prudent course of action is to remove the stress by changing a few simple dietary habits and including the use of **food enzyme supplements** to restore normal function. Taking a food enzyme will allow the whole food that you eat get 1) digested 2) absorbed and 3) utilized by your body! And *not* causing waste build-up in your bowel!



Would you like to restore normal bowel function and not just relieve your symptoms? Ask Dr Lanett about evaluation for digestive enzymes for constipation or diarrhea symptoms! She carries the right supplement to assist your body to function **healthy**....

References:

The Loomis Institute of Enzyme Nutrition, [www.loomisinstitute.com/articles](http://www.loomisinstitute.com/articles)  
Stedman's Medical Dictionary (27th ed., Lippincott Williams & Wilkins, 2000)