

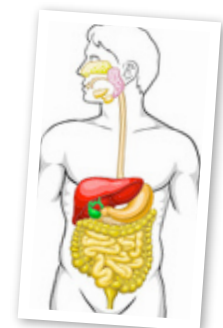


# 8 Easy Constipation Remedies That My Doctor Didn't Tell Me About

Did you know that 95% of all illness begins in your digestive tract?  
75% of your immune system resides in or around the digestive tract.

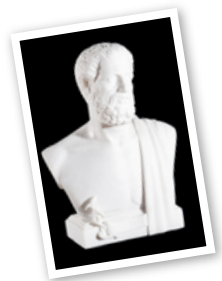
*These are pretty bold statements, but they are true.*

*How do you begin to heal your intestines?  
You begin with an easily controllable thing: YOUR FOOD.*





**Hippocrates, the Father of Medicine, knew it: “Let food be thy medicine and medicine be thy food” However, your health does not simply depend on what you eat. You need to look at how well your body can utilize the fuel you are providing.**



By improving your digestion, you will also be boosting your immune system. When your immune system is strong you are less likely to get sick.

An easy and crucial step to keep your system optimally functioning is to eliminate wastes efficiently. If you are not making at least a daily trip to the bathroom to eliminate, then you are letting wastes sit and rot in your colon. Toxins and waste products from undigested or indigestible food get reabsorbed back into your system. The bacteria in your colon are having a NOISY PAR-TY, which produces gas, not so much of a party for you or your loved ones. May all things come out well for you!

*This is your guide - you can decide how much you want to do at your own pace. You can implement all the steps in one week or you can change one week at a time. My recommendation is to pick one thing per week to change, so that you build your habits in slowly and sustain the changes you are looking to*

# Let's Begin!

The first 3 steps are so simple you might want to laugh them off or say yes, I have heard that before. But do **Not** underestimate their power.



## I. *Water*

**Simple, so simple that we often forget to do it.**

- Drink at least half your body weight in ounces.

Example: I weight 132 lbs, so I would divide that by 2, which is 66. That is how much I should be drinking every day. About: 66 oz of water daily.

If this is too much math for you, shoot for 8-10 glasses a day.

- On hot days or during workouts drink a few ounces more. Not tea, juice, or coffee, etc. But straight up or on the rocks Water.



- I also recommend drinking coconut water to help replenish lost vitamins and electrolytes.
- If you are really inspired, sip some hot water throughout the day. This is an easy Ayurvedic practice to add into your life to help clean out the lymphatic system.

If you like lemon water, go ahead spruce up that water. Sometimes I like to make Orange water.

Throw in a slice of lemon or orange in your bottle or glass. It looks so fancy, you will want to drink it. Whatever it takes **HYDRATE!**





## 2. Masticate

### Do I have your attention?

Masticate. Yes, Chew your food well. Let the saliva mix with the food adequately. The saliva has an important job. It begins carbohydrate digestion in the mouth. Let salivary amylase (enzyme that breaks down sugars) do it's job. Food that is chewed well will be digested better and will pass through your system with less effort.



A side benefit of slower, longer chewing time will be weight loss. If you eat slower - you will get fuller faster and will be less likely to overeat. Easy! Peasy!

Savor every bite!



## 3. Exercise

### Yes, you know you have heard this before.

Move your body. Any which way you want.

Find fun pleasurable ways of moving:

Walk, dance, ski, play soccer with your kids, tennis match, swim, jump, anything... Just move.

Exercising your big muscles will stimulate circulation and that will help move things along (in your tummy I'm talking about).

Exercise your smaller muscles too. Using muscles around your abdomen (core workouts) will give the internal organs a nice massage and will also will move things along.





The next 3 recommendations primarily have to do with  
**Getting Your Fiber.**

*Generally I recommend adding more vegetables, fruits, legumes, nuts, seeds and whole grains.*

- An average American eats a mere 7-15 grams of fiber/day.
- If you want to lose weight, reduce hunger pangs by filling up your belly on fiber, and improve your bowel movements you want to be eating anywhere between 30-50 grams of fiber/day.
- There are two different kinds of fiber. Soluble and insoluble.
- Fibers from organic veggies are pre-biotic, meaning they are sources of nutrients that feed good bacteria in your gut
- Soluble fiber can also help lower cholesterol, stabilize blood sugar and insulin, balance hormone levels, remove excess estrogen and reduce the risk of cancers.
- Insoluble fiber is the kind that will clean out the insides of your intestines



## 4. Eat More Fat!

**Yes, you read that correctly!**

I'm talkin' yummy good fats.

Fat will help lubricate things, if you know what I mean...

I am talking good fats:

- olive oil
- coconut oil
- tahini
- avocados (9.8 g of fiber)
- olives (4.3 g of fiber)
- artichokes (11 g of fiber)
- fish (I love sardines and wild salmon high in omega-3s).

If you are not a vegetarian - add grass-fed, free-roaming, unprocessed animal products in moderation.

Don't buy the low-fat lies that you have been sold for so long. **FAT IS VERY IMPORTANT.**

- Cholesterol is a precursor to many hormones (estrogen, progesterone, testosterone).
- Cholesterol derivative gets converted into Vitamin D, which is vital for so many functions in the body, including boosting immunity, preventing cancer, preventing osteoporosis and so much more.



## 5. Eat Your Leafy Greens

**I will say it all day long if I have to:  
“Eat More Kale!”**

It is such an inexpensive, easily accessible super food. Check out the profile:

One cup of kale contains

- a mere 36 calories
- 5 grams of fiber
- 15% of the daily requirement of calcium and vitamin B6(pyridoxine)
- 40% of magnesium
- 180% of vitamin A
- 200% of vitamin C
- 1,020% of vitamin K.
- It is also a good source of minerals copper, potassium, iron, manganese, and phosphorus.



*Do I really have to say any more than this?*

Yes? Okay, here is more: It will turn your poo green! Seriously, Kale has anti-cancer properties, antioxidant, good for your eyes. Anyone want eye glasses? No? Eat more kale! Need inspiration? Contact me for some easy and delicious recipes.

Start with this easy and delicious [“Cheesy” Kale Chips](#).

*That’s my simply glorious kale garden. Kale is extremely easy to grow. It’s almost like a weed. It is extremely hardy in cold temperatures and very forgiving if you neglect it for a while*

## 6. Beets and Prunes

**This is a personal favorite for softer, kinder to your bottom, poops.**



Beet salad with dried plums (aha, I said dried plums, fancy way of saying prunes)

Try this recipe: [Russian Sweet Beet Salad](#)

- divinely sweet and delicious
- it works!
- Warning: if you eat a lot of it, don't be frightened if your pee or poo looks a bit red. That's just the betalains that are contained in the beets moving through your system.
- These phytonutrients support the body's ability to eliminate toxins.
- Note: This class of phytonutrients is easily destroyed after too much heat. So include some raw and/or low cooked beets in your diet too!
- Beets stimulate the liver and enhance elimination of toxins. Awesome!!
- Prune tip. Take a handful of prunes. Soak them in water overnight. In the morning, drink the prune water. Eat the prunes while you are at it. :)
- Prunes (7.7 g of fiber)
- Beets (4 g of fiber)





The next 2 tips calm the nervous system to help you relax and enjoy life.

**Let it go. Let it go. Let it go!**

## 7. *Yogic Practices*

**Yoga is therapeutic on soo many levels**

- Hatha (physical) yoga practice will help strengthen your body. Twisting practices are particularly helpful to wring out the intestines and move stuck things along, including stuck emotional stress.
- Pranayama (breathing practice) will help massage the internal organs via the diaphragm movement and will provide relief to clogged intestines.
- Relaxation practices and Meditation will also relax the body and stimulate the “rest and digest” part of your nervous system. This will help you to eliminate in a healthy way.

Find a yoga class that works for you. You may need to try a few classes before you find a style and teacher that work for you. Alternatively, you can get a DVD to use at home.



## 8. Massages

### Divinely Awesome & Healthy

- Professional Massages
- Partner Massages
- Self Massages

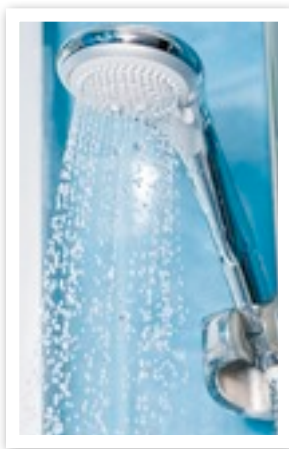


Massage, like yoga, can promote relaxation of the whole body, while stimulating the digestive system to work well for you. After a massage you can expect improved digestion, absorption and elimination. Any type of massage will work:

- Full Body
- Abdominal
- Foot/Reflexology

An easy self care routine to incorporate into your life is giving yourself a morning belly massage in the shower. Get an oil that appeals to your senses, perhaps add an aromatherapy essential oil if you like, but a simple olive or sesame oil will do perfectly.

Rub your belly in a clockwise motion, tracing the flow of food matter through your intestines. What a delicious way to love yourself in the morning and start out your day!



# You have made it!

You know what to do, you have action steps you can take - **The important thing is To Do Them!**



And not just once. I am talking about **consistently** implementing all these steps into your life. Take one thing at a time or if you are really ambitious pick three.

Start by getting a glass of water. Then call your favorite LMT to schedule a massage. Look at local yoga classes. Schedule time to attend one. Pick a recipe that appeals to you and go shopping for the ingredients. Schedule time to make it. Turn on the music and dance crazy like the kid inside; or wild and sexy like the beautiful woman (or man) that you are!

- Many different ways to do this: Pick something, Pick Anything!
- Add one thing a week and track your progress.
- It helps to have someone on your team, so find an accountability partner and check in weekly.
- Or work with a coach who will be able to help point out your blind spots. If you get stuck, she can help you stay on track.

I have **two bonus tips for you.**

**Bonus 1:** Repopulate the flora in your digestive tract. It will also help reduce gas and bloating after meals. Get yourself some cultured and fermented foods like sauerkraut or kim chi to help restore healthy flora in your digestive system.

**Bonus 2:** A big one to start with, but you could slowly work on it. Take out as much processed dairy as you can.

**Get support from a professional.** If you are looking for a coach to hold your hand during this process and to give you support and accountability. I want to be your coach. I invite you to a digestive health breakthrough session at a special rate of \$95 (normally valued at \$200).

**Are We a Good Match? Schedule Your Initial Session**

## Work With Raya

To your health and always in service,  
Warmly,  
Raya Ioffe

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*Raya Ioffe holds a B.A. in Biology from Cornell University. She has been a practicing NY State Licensed Massage Therapist since 2002 and a 200+ hours Certified Yoga Instructor. She is a Holistic Nutritional Coach, trained at the Institute for Integrative Nutrition (IIN) and certified by the American Association of Drugless Practitioners (AADP).*

Raya is beyond passionate in her desire to help clients: maintain good health, prevent injuries and reverse disease when possible via natural healing modalities. She has worked with hundreds of clients: providing relief from pain, aiding the body's natural tendency to heal its own imbalances, preventing future suffering, and restoring health.

Drawing on all of her knowledge, along with a variety of practical lifestyle coaching methods, Raya helps you create a completely individualized "roadmap to health" that suits your unique body, lifestyle, preferences, and goals.