



MOVE YOUR

BODY

MOVE YOUR

POOP

UNDERSTANDING CONSTIPATION AND BOWEL MOVEMENTS

As you can tell by now, I want you to have massive success with your health during this program, and one component to great health is great bowels.

So welcome to MOVE YOUR BODY, MOVE YOUR POOP – the place where no one ever has constipation, and if they do, they get rid of it quickly!

Of course, making any changes in your diet, such as this program, can lead to constipation, bloating or even irritable bowels for many. That's why I want to educate you on the importance of bowel movements and how they can lead to a healthier you.

You can only experience weight loss, great skin and improved digestion when you have great snake-like bowels and healthy poop. The quality and health of your poop is a good indication of what nutrients you are absorbing and assimilating.








First, let's examine what is in the toilet before we go any further.

MEET THE BRISTOL POOP CHART

The **BRISTOL POOP CHART** was created in the United Kingdom by a group of gastroenterologists at the University of Bristol. This chart is designed to help you determine the health of your bowels by showing you the difference between a healthy stool and an unhealthy stool.

This chart will give you the knowledge to see how you can change the way you are assimilating nutrients, digesting food and eliminating your waste.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Your poop should resemble Type 4 in the chart above. This is a great long snake-like stool. Of course, do not get upset if you are not there yet.

By the time you have cleared out the toxins from your colon, and removed mucous-producing foods like dairy and gluten from your diet, you will see your stool change.

Mantra – “I desire and deserve snake-like stools.”

Bhahaha!

Another component that matters is the smell of your stool. Below are the smells that could come from your stool, and any one of them means your digestive system is unbalanced.

AMMONIA/FOUL-SMELLING: Could mean you are eating too much protein and not enough vegetables.

FOUL-SMELLING: Could mean you need to do a detox or balance your digestive system with good quality probiotics.

MUCOUS PRESENT: Could mean you are eating foods that your body may be sensitive or allergic to.

Remember the key to good digestion is the balance of good and bad bacteria in your digestive system. Everyone in the world has imbalances, but to what degree are the imbalances affecting the assimilation of your nutrients?

Track your daily stools in your Food Diary so you can begin to see if there is a pattern in connection with the food you eat or the probiotics you add to your daily regimen. As you track your stools and record your food in your Food Diary, notice if there are changes between each phase of the program.

HOW TO RELIEVE CONSTIPATION

1. Empty your bowels at least once a day, but ideally twice a day. Your bowels will move more effectively when you use the Detox Support Tools. Bowels that are not moving can be from a congested liver, congested lymphatic system or poor bacteria in the gut.
2. Add a good quality probiotic. By doing so, you are taking huge steps towards colon health and good bowel movements.
3. Add 1 ounce of aloe vera to your green juice or lemon water daily.
4. Triphala is a great supplement you can find at your local health food store or buy online. Follow as directed on the bottle.
5. Mix psyllium husks with water –1 teaspoon to 10 ounces of water.

6. Add spirulina or blue-green algae to 10 ounces of water to alkalize your body. Ideally, 2 teaspoons or 2 pills.
7. Magnesium is wonderful too. Rub the bottom of your feet with magnesium oil.
8. Vitamin C is awesome for increasing bowel movements. I suggest you follow the instructions on the bottle. I consume 1000 mg per day with bioflavonoids.
9. Consume probiotic-rich foods or fermented foods. You can find the recipes in your Recipe Guide or buy at your local health food store.

MOVE YOUR BODY TO MOVE YOUR POOP

Constipation is caused by the food we eat, but also by the toxins our bodies hold on to. When our bodies hold on to these toxins, our systems become stagnant. This is shown in our bowel movements, or by the lack of bowel movements.

In order to keep things flowing right within your body, you need to move your body and your thoughts to release emotional and physical blocks that may be causing your discomfort.

As you have learned from your Detox Guide, your body has its own natural detoxification mechanisms for eliminating toxins. The three main systems that play an important role in the elimination of toxins are the digestive, lymph and circulatory systems.

Although these systems generally do a good job, they can get bogged down by too many toxins. This is why it's a good idea to detox regularly. Certain yoga poses can also help encourage detoxification and ease constipation.

THIS SEQUENCE OF YOGA POSTURES SYSTEMATICALLY STRETCHES, TWISTS AND COMPRESSES ALL PARTS OF THE BODY TO HELP ELIMINATE IMPURITIES FROM DIFFERENT ORGANS, AND ALLOWS OXYGENATED AND NUTRIENT-RICH BLOOD TO FLOW THROUGH THE ORGANS.

A few of the benefits of this practice over time include more energy, mental clarity, better sleep, better digestion, clearer skin, fewer aches and pains, and less illness.

I like to do this series on a daily basis to **FEEL LIGHTER, BRIGHTER AND MORE ENERGETIC.**

To start, clear yourself an area to practice yoga. Throw on some comfy yoga clothes that allow yourself to twist and turn with ease. Now, take a deep breath and get ready to have fun.

APANASANA: KNEES HUGGED TO CHEST

This pose is also known as the “wind-relieving” pose.



HOW TO DO IT: Lie down, relax and inhale. Place your hands on your knees. Exhale, and hug your knees to your chest. Rock your knees from side to side to maximize the stretch. Stay for 5 to 10 breaths, and release your knees. Repeat this move a few more times.



NEXT: Extend your right leg while you lift your shoulder blade up off the mat. Look towards your left knee. Stay in this position for one inhale and one exhale. Switch legs. Alternate legs for a total of 20 reps.



PICTURE CREDIT: YOGA OUTLET



SPINAL TWIST

ALL CONTRACTING AND TWISTING POSES STIMULATE THE ABDOMINAL ORGANS, INCLUDING THE LIVER AND DIGESTIVE ORGANS.



PICTURE CREDIT: YOGA OUTLET

HOW TO DO IT: Lie down, hug your knees and inhale. As you exhale, extend your left leg to the mat and bring your right knee across your body with your left hand. Stretch your left arm out to the side and then look the opposite way. Stay for 5 to 10 breaths. Inhale, and return your hands and knees to center. Repeat on the other side.

NOTE: If you have a spinal disc injury, consult your health-care provider before practicing twists of any kind.

TRANSITION: Transition to Boat Pose by bending knees to a 90-degree angle, placing hands behind knees, and rolling up to a seated position.

NAVASANA (BOAT POSE)

Strengthens the abdomen, hip flexors and spine. Stimulates the kidneys, thyroid, prostate glands and intestines. Helps to relieve stress and improve digestion.



PICTURE CREDIT: YOGA OUTLET

HOW TO DO IT: Sit with your knees bent. Tilt your upper body backward, and lift your feet off the ground. Extend your arms forward, parallel to the floor, and stretch your feet and legs together so that your legs are between your arms, straightening them if possible.

Continue to breathe steadily. Hold for 10-20 seconds, and then release your legs. Do two more times. Then relax in a seated position.

MARICHIYASANA 3 (MARICHI'S TWIST)

This is a nice, relatively simple twist that will help stimulate the liver and kidneys.



HOW TO DO IT: Sit up tall with your legs straight. Bend your right knee, and bring the sole of your right foot to the floor just in front of your right sitting bone. Rest your right hand on the floor behind your back for support.

Reach your left hand up so strongly that your ribcage lifts up. Rotate your torso to the right, and bring your left elbow to the outside of your right knee. Stay for 5 deep breaths, gradually and gently using the sensation of your left elbow pressing into to your right leg to encourage your torso to twist further to the right.

Look behind you, over your right shoulder or straight ahead, depending on what feels best to your neck. Repeat on the other side.

ADHO MUKHA SAVANASANA (DOWNWARD FACING DOG)

Do this all-over stretch to energize your mind and body. Getting the heart higher than the head reverses the pull of gravity and aids in the circulation of blood and lymph. It also gently tones the abdomen, which stimulates digestion.



HOW TO DO IT: Start on your hands and knees with the entire surface of your palms pressing into the floor and your toes tucked under. Slowly lift the knees and straighten the legs. Press equally into the hands and feet, and lift your sitting bones up as you move the thighs back. Allow the head to hang. Stay for 5–10 deep breaths.

KNEE TO NOSE



HOW TO DO IT: From Downward Facing Dog, inhale and lift the right leg as high as possible. Exhale, round back, scoop in abs and pull right knee to nose. Inhale, kick leg up to Dog Split. Do 5 more knee to nose reps then switch to the left leg. Repeat for 5 reps, and then return to Downward Facing Dog.

Transition: Step your right foot to meet your left and move into Uttanasana.

UTTANASANA (STANDING FORWARD BEND)

Hold this pose to strengthen your spine and relieve tension in your neck and back.



PICTURE CREDIT: YOGA OUTLET

HOW TO DO IT: Stand with your legs apart, and bend forward from the waist. Keep your back straight and place your hands on the floor.

MODIFICATION: Can't reach the floor? Place your hands on a yoga block.

TADASANA (MOUNTAIN POSE)



HOW TO DO IT: Stand with your feet together, big toes touching, spine straight and head erect. Lift your kneecaps to activate your quads, and press the tops of your thighs back as you point your tailbone down between your heels.

Lengthen your spine, broaden across your collarbones, let your shoulders slide down your back, and stretch your arms down alongside the body, fingers spread and active. Hold for 5 to 10 breaths.

Bring your hands to your heart center. Close your eyes.

Take a moment to see how you are feeling at this moment. Are you feeling empowered? Zen? Peaceful? Let your thoughts flow in and out. Take one last deep breath in and then, with your exhale, go ahead and let out an audible sigh.

Slowly bow your head and seal in that feeling of accomplishment.

NAMASTE
THE DIVINE IN ME
HONORS THE DIVINE IN YOU