



# PARKSIDE NUTRITION

Ali Parkerson, MS NTP

## How to Make *Sh\*t* Happen ... Everyday

**YOUR GUIDE TO SMOOTH MOVEMENTS**

**#PoopEveryday**

[www.ParksideNutrition.com](http://www.ParksideNutrition.com)



## Water

When? - Away from food and between meal times is best.

Why? - While some water with meals is fine we don't want to over do it. When we eat our body produces digestive juices to prep for the breakdown of food. These juices include, saliva, stomach acid (HCl, pepsin), digestive enzymes from the pancreas, and bile. When we add a large amount of the water to the stomach when these juices are trying to digest your food, we dilute their acidity and their power to do the job.



How much? - A general guideline is 1/2 your body weight in ounces every day, more if you exercise or live in a hot climate. Use your urine as an indicator. If your urine is constantly a dark yellow then you need more.

## Chew your food. *"Chew your liquids, Drink your solids"*

This is the easiest & cheapest way to improve you digestive health. Chew until your solids are LIQUID. Even if it is liquid still chew it. This gives your brain time to trigger the necessary digestive processes.



*Mini shrimp, rice, peas,  
butternut squash, ground  
golden flaxseed.*

## Fiber

What is fiber? - The material that provides structure for plants that humans cannot breakdown and absorb, hence it passes thru us and provides the bulk of our 'waste'.

Fiber rich foods: (highest to lowest)

- Bran, legumes, peas, berries, whole grains (rye, bulgar), oats, flaxseed, chia, greens, squash, nuts, seeds.

## Foods to avoid:

Investigate possible food sensitivities to dairy, wheat, eggs, beef, soy, tomato, oranges, legumes, peas, cauliflower, fish, beans, and goat's milk.

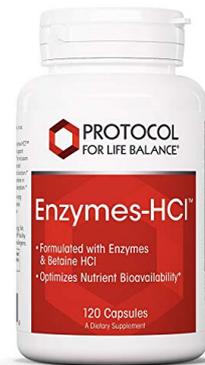
## Foods to include:

- Prunes/Prune juice/Kiwi
- Yogurt
- Flaxseed oil: 1-2 Tb/day or Gr. Flaxseed: 2-3 Tb/day + 8oz water

## Probiotics

Using a TARGETED probiotic that contains the specific bugs that you need can help improve your gut health. Ask your nutrition professional or provider for advise on which product is best for you.

**DAIRY FREE**  
**EGG FREE**  
**GLUTEN FREE**  
**NUT FREE**  
**SOY FREE**



For digestive enzymes I recommend these two high quality products. For 15% visit [wellevate.me/ali-parkerson](http://wellevate.me/ali-parkerson)

## Digestive Enzymes

Why? - This is a supplemental version of what your body already produces and so can therefore boost your digestive power. Sometimes a sluggish bowel is an indication of low stomach acid or insufficient bile salt production. **Probiotics + Digestive enzymes = Success.**

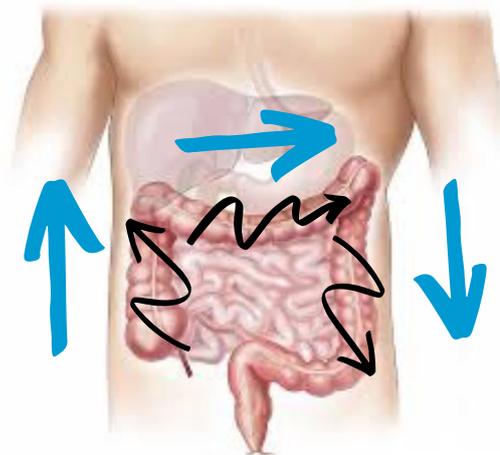
Sometimes the combination of these two is needed to see improvements. better breakdown of food means we are feeding the healthy population of bacteria in our guts.

## Vitamin C

Vitamin C is great for many things but it can also be used for acute instances of constipation. Amounts of 1-5 g per day in several divided doses are usually effective. Gradually increase your daily dose of Vitamin C until the desired effect occurs. Careful not to increase too quickly as high doses can cause diarrhea. Start with doses through out the day with food or in "buffered" form to prevent abdominal cramping.

## Magnesium

Magnesium (Mg) is a common aid to sluggish BMs. Mg - sulfate, - citrate or -hydroxide (aka Milk of Magnesia) can all help in doses ranging from 300-600 mg/day. Increase slowly to avoid diarrhea.



Trace along the black arrows, in the general direction of the blue ones. This is where your large intestine lays.

## Massage

Lay down flat, facing upwards, and relax. Massage your large intestine (LI) in a back in forth motion, as if you are rolling your hand over a large hose pipe. Start at the lower right corner of your abdomen, then move up to just underneath the right side of your ribs. Move across to the left and down the that side. This traces your LI in the direction waste flows (clockwise). This motion simulates peristalsis - the muscle contraction of the bowels to move waste along.

## Movement

As humans we are meant to move, daily steps and general activity are step one for stimulating healthy BMs. Try some of these movements - squats, jump rope, running, etc.

\*\*If you find yourself back up, spend some time in a deep squat. I mean a really deep squat, as in "butt to heels" or "ass to grass". This position puts your body (and your colon) in a much better position for elimination. This is also why the Squatty Potty is so effective as it helps you achieve this position.



## Bathroom Guidelines

1. Don't strain, this isn't a max effort lift. Google "*Bristol Stool Chart*" for more on the desired 'quality/consistency' of BMs.

2. Buy a Squatty Potty

This is a great addition to your bathroom decor! This little step puts your colon in a more optimal position - just think about how a caveman would have pooped in the woods . . .



## Bonus Feature!

Test your transit time. If you want to see how long it takes for you to digest your food. Even if you do poop once a day your food might be taking too long to pass.



Instructions:

- Note the time, and eat some of the following foods with minimal chewing - corn, beets, or charcoal (supplement).
- Then note the time you see it again... in the toilet bowl. That is your transit time.

Optimal is about 18-24 hrs.

Less than that and you might not be absorbing as many nutrients from your food.

Longer than that and your body is not efficiently eliminating toxins from the body.



For more information or to set up your FREE strategy call contact me - [Ali@ParksideNutrition.com](mailto:Ali@ParksideNutrition.com)