

JUST JESS on HEALTH:



Constipation

Tummy problems can be debilitating and uncomfortable! When we address constipation it is very important that a number of factors are looked at i.e. stress levels, diet, water consumption, physical activity...No matter the system we deal with, it is always important to address the condition holistically.

The gastrointestinal system needs to be looked at in its entirety when dealing with constipation. This is so that we can address the potential causes. Let's start at the beginning. The action of chewing our food stimulates the production and release of pancreatic enzymes. These enzymes help to break down the food in our stomach. Once the food has been broken down, it moves into the small intestine where nutrient absorption occurs. In the large intestine water is drawn out of the colon to allow for the firming up of the waste matter ready to be moved out of the body. The action of peristalsis assists in moving the contents through the colon to be expelled via the rectum. Peristalsis requires a series of muscular contractions of the colon wall. When the stool reaches the rectum a signal is sent to the brain, this response is in the form of an urge to evacuate the bowels.

Symptoms of constipation:

- Passing stool infrequently
- Hard stool
- Ineffectual urge/straining
- Lack of desire to pass stool
- Abdominal distension (bloating abdomen)
- Abdominal pain

There are many factors that can affect this process:

- Decreased fluid consumption
- A sedentary lifestyle
- Having a diet low in phytonutrients and fiber
- Having a diet high in processed foods, fried foods, saturated fats and refined sugars
- Laxative abuse
- Poor posture when sitting on the toilet
- Change in environment/lifestyle habits
- Issues on a functional/physiological level as a result of different acute and chronic conditions

A thorough case taking is always necessary in order to address the contributing factors, as well as find the correct homeopathic remedy to restore balance to the body. Remember we should be passing stool regularly. If you feel your stomach is out of balance, let's get to the root cause.

Kind regards
Dr Jess



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