



Digestive Balance

Regular, 1-3 stools a day are a sign of a healthy digestive system. If this is temporarily or permanently upset, the balance can be restored naturally in the following ways.

Discuss these with your sponsor, food buddy, and family doctor, if necessary. If the problem persists or worsens, be sure to consult a doctor.

IN CASE OF CONSTIPATION

- **LIQUIDS** - It is recommended to drink at least 2 liters of water or other sugar-free liquid (e.g. green or herbal tea,

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water with vitamins or flavored with fruit / vegetables) every day. Drinking warm liquid in the morning, lemon water, green tea or coffee also has a laxative effect, but due to the caffeine content, it is worth limiting consumption to 2-3 per day and not drinking after 2 pm, as it disrupts the sleep cycle, which indirectly can also cause digestive problems. For example, if you take a daily multivitamin or magnesium in the evening, take it in the form of an effervescent tablet instead of a pill, adding it to your daily fluid intake. There are laxative herbal teas and herbs such as rhubarb root, thyme, ginger, peppermint, senna and dandelion, aloe vera.

- **FIBER** - The guidance is to consume 14 grams of fiber for every 1,000 calories consumed. That's about 25-28g of dietary fiber per day for women and 28-34g per day for men. Fill your plate with lots of vegetables, fruits and whole grains (e.g. brown rice, oatmeal, buckwheat pasta, etc.) and don't eat too many low-fiber foods like dairy and meat.

★ **VEGETABLES:** At every meal, at least 30-50% of your vegetable portion (50-100g - which is a good large portion and fills you up anyway) should be leafy greens (e.g. lettuce, spinach, arugula, rucola, etc.) Broccoli, carrots and green peas are also recommended too.

★ **STARCHY VEGGIE PROTEINS / LEGUMES:** instead of meat and dairy products, choose fiber-rich white, black, kidney or red beans, lentils, chickpeas (canned is perfectly fine, but avoid added sugar).

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- ★ **OTHERS:** Apples, (dried) plums or plum juice, red berries (raspberries, blueberries, black and redcurrants), pears, oranges, tangerines. From the oily seeds and nuts you can take **flaxseed**, plain, unsalted almonds, hazelnuts, pecans; castor and olive oil with a teaspoon, avocado. **Fermented foods** (e.g. sauerkraut, kimchi, pickled cucumbers, tofu, tempeh or fermented soybeans, kefir, etc.) are also excellent sources of **probiotics** and support the proper composition and functioning of the intestinal flora.
- ★ **PSYLLIUM HUSK** – Consume 10g (2 teaspoons) in the morning (and/or evening) before meals, which must be mixed with 200 ml of water/natural yogurt and drunk/eat immediately so that the gelatinization takes place in the stomach. Psyllium contains 85% non-absorbable, completely natural fiber, so it can absorb up to ten times the amount of water. Swallowing the psyllium husk with liquid forms a jelly-like substance, which gently and **gradually cleans the residual waste** from the entire surface of the intestinal walls. It causes a feeling of saturation and also **lowers blood cholesterol** levels.
- **LAXATIVES and ENEMA** - 1-2 teaspoons of **baking soda, magnesium citrate or magnesium sulfate** (Epsom salt - also works externally, e.g. mixed in bath water) mixed with 200 ml of liquid (e.g. lemon water) can quickly achieve the desired effect, and can even cause diarrhea, so it is only worth turning to this solution if the stool is

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missed for several days. **Enema** can be applied at home, with a gradual dosage of 1-2 liters of lukewarm water or medicinal tea (e.g. nettle, chamomile) and a **gentle lower abdominal massage**. In combination, it promotes immediate release. Take care of the proper preparation (e.g. a quiet environment, laxatives, enema tool).

- **PHYSICAL EXERCISE** - In order to facilitate release, the movement of the small and large intestines can also be assisted manually with lower abdominal **massage, movement** (e.g. sit-ups, squats, cycling, yoga or pilates) and **stretching** (e.g. Yin yoga spine twisting positions). In addition, it also helps with **stress management**, which is also an important way to maintain our digestive balance. Chronic stress is the cause of IBS (Irritable Bowel Syndrome) and countless other chronic diseases. The more you can be in a **squatting position** on the toilet, the easier it is to empty, for example you can use a stool chair so that your knees can be above your lower abdomen.
- **RELAXING** - 7-8 hours of restorative **sleep** per day (including both non-REM type deep sleep before midnight and REM type "dreamy" sleep periods between 4-6am) is **critical for the proper functioning of digestion**. If the nervous system cannot switch to parasympathetic operation for a long enough time, the processes taking place at that time (e.g. digestion, memory consolidation, cellular maintenance and renewal, etc.) are partially or completely stopped. With the right amount and quality of

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sleep and 10-20 minutes of **meditation** or other stress-relieving activities **during the day**, you can greatly contribute to the proper functioning of your body. In many cases, the **retention and rumination of mental burdens** is responsible for the insufficiency of physical release.



IN CASE OF DIARRHEA

- **LIQUID** - In such cases, hydration and mineral supplementation is very important, because with diarrhea there is a chance for dehydration. Electrolyte fluids, broth, herbal teas are all excellent sources of mineral replacement.
- **SUITABLE FOOD PLAN** - see the “Sick plan” document for further details.

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- **MEDICATION** - in case of diarrhea, the most important thing is to identify the root cause. In most cases food poisoning or some kind of viral or bacterial infection is behind it. It could be a side-effect of weight-loss medication like Ozempic or Wegovy. In this case, the symptoms are very intense, but you can get over it in 1-3 days. If it lasts longer, a life-threatening condition may develop due to dehydration and mineral deficiency. If it is accompanied by a fever or other pain and symptoms, consult a doctor immediately, who can help with the treatment of the cause and symptoms.

I wish you a speedy recovery and good health!