

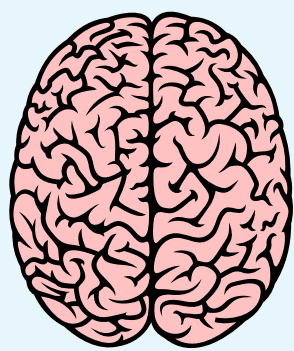
BOWEL RETRAINING PLUS TIPS

GOAL: DAILY SOFT BUT FORMED (TYPE 3 OR 4) STOOL THAT IS EASY TO PASS AND COMPLETELY EMPTIES.

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STARTS WITH YOUR BRAIN

THE PARASYMPATHETIC SYSTEM SUPPORTS DIGESTION - REST AND DIGEST. COME TO YOUR FOOD RELAXED.
SLOW DOWN.
CHEW CHEW CHEW.
ENJOY WHAT YOU'RE EATING.



STAY HYDRATED

BETWEEN 8-11.5 CUPS A DAY FOR MOST WOMEN BUT DEPENDS ON EXERCISE, MEDICATION, ETC.



STICK WITH IT

BOWELS ARE STUBBORN AND SLOW TO CHANGE. BE CONSISTENT FOR AT LEAST 6 WEEKS BEFORE DECIDING IF IT'S AN EFFECTIVE TOOL OR NOT.

FIBRE IS FABULOUS

RECOMMENDED DAILY INTAKE IS A MINIMUM OF 25 GRAMS/DAY
CONSIDER YOUR SOLUBLE VS INSOLUBLE OPTIONS.

CATCH THE POOP WINDOW

WORK WITH YOUR BODY'S GASTROCOLIC REFLEX:
PM - PREPARE FOR A MORNING BM BY TAKING A HELPER
AM - RISE
EAT BREAKFAST - CHEW
DRINK SOMETHING HOT
GO SIT ON THE TOILET
TAKE 2-3 BELLY BREATHS
WAIT NO LONGER THAN 10. IF NO POOP, TRY AGAIN AFTER LUNCH/SUPPER
AIM FOR A CONSISTENT TIME EVERY DAY TO HELP RETRAIN YOUR BODY AND BRAIN.



GUT HEALTH

THE BEST WAY TO SUPPORT YOUR MICROBIOME IS VARIETY. RESEARCH RECOMMENDS 30 DIFFERENT PLANTS A WEEK

POTTY POSTURE

SIT RELAXED
KNEES SLIGHTLY HIGHER THAN HIPS
SOFTEN YOUR BELLY AND BUM
EXHALE IF YOU NEED TO BEAR DOWN



MOVE IT

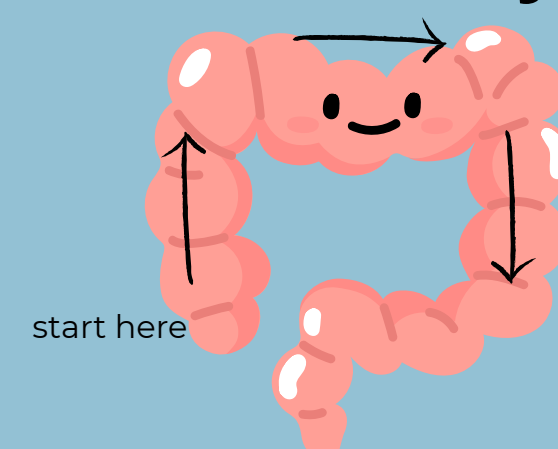
ACTIVITY, MOBILITY AND EXERCISE SUPPORT MOTILITY, STRENGTH AND TRANSIT TIME.

TRACK USING A POO DIARY

IT CAN BE HELPFUL TO RECORD YOUR FOOD INTAKE, SYMPTOMS AND BM'S FOR 3-5 DAYS

ILU MASSAGE

STARTING AT YOUR BOTTOM RIGHT, SWIPE UP X5 (I), UP AND OVER X5 (L), THEN UP, OVER AND DOWN THE LEFT X5 (U)



Soluble Fiber

Dissolves in water to form a gel-like substance. Helps with constipation and diarrhea.

Food Sources:

- Oats and oatmeal
- Barley
- Legumes (beans, lentils, peas, chickpeas, soybeans)
- Chia seeds
- Apples and applesauce
- Pears
- Oranges
- Grapefruit
- Bananas
- Berries
- Broccoli
- Carrots
- Brussels sprouts
- Avocado
- Sweet potato
- Psyllium husk
- Fiber supplements

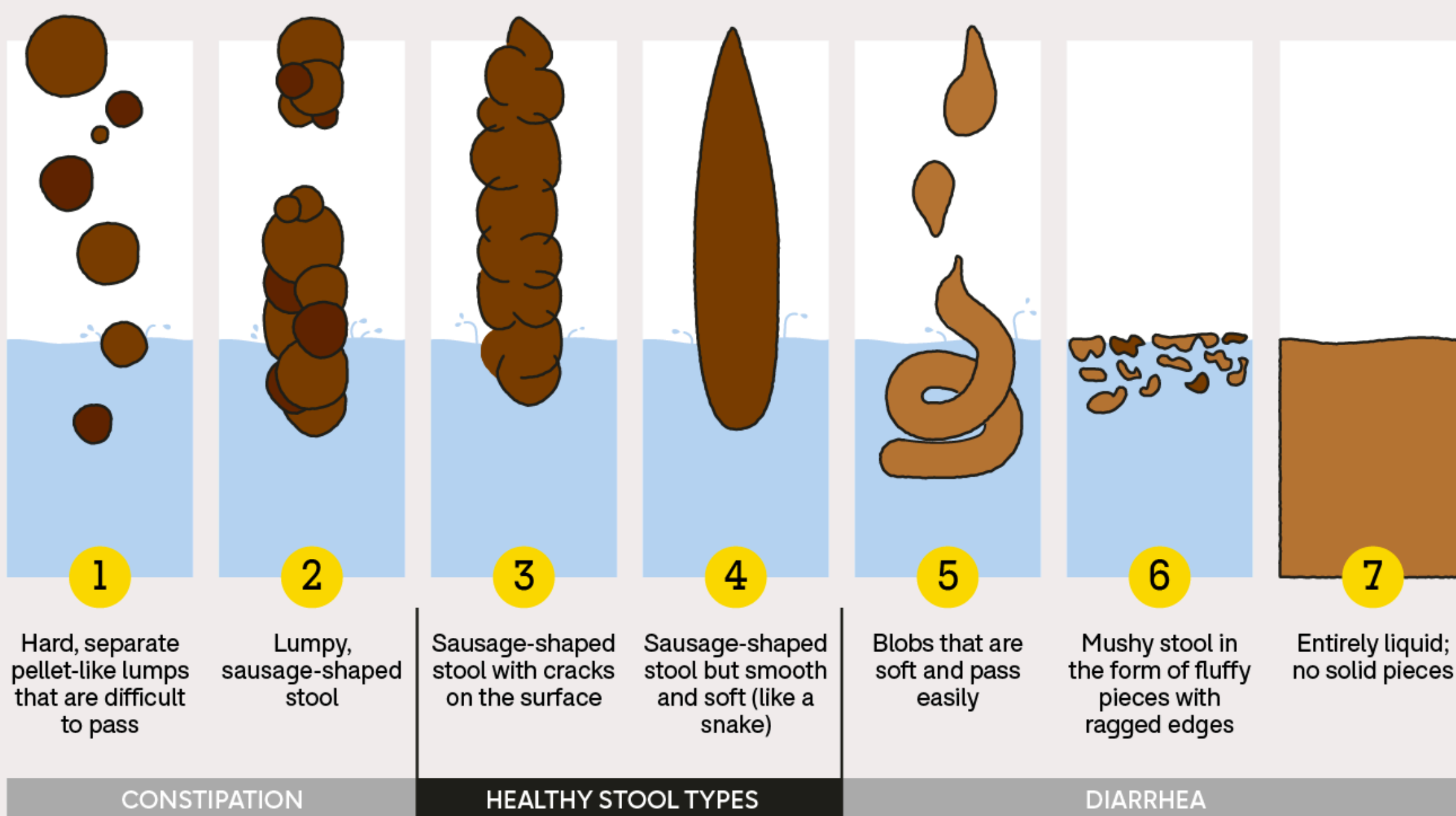
Insoluble Fiber

Traps and holds onto water pulled from intestines. Helps with constipation.

Food Sources:

- Ground flax seeds (flaxmeal)
- Wheat bran
- Nuts
- Seeds
- Cauliflower
- Green beans
- Leafy greens (spinach, kale, collard)
- Potatoes with skin
- Fruits and vegetables with skin
- Whole grains (eg. whole wheat or whole grain pasta, bread, and crackers)
- Brown rice

Score Your Poop Bristol Stool Chart



Goal is a minimum of 25 grams of fibre (consider your stool form for type of fibre) a day and type 3 or 4 stool.

Elle
PHYSIOTHERAPY
And pelvic health

* Everyone has different bowel habits. And stools can be different once in a while. If your stools are too hard or too loose on a regular basis, let your healthcare provider know.

Voiding Diary

Date: _____					Date: _____				
Time	Void (sec)	Drink (oz)	Bowels	Leakage	Time	Void (sec)	Drink (oz)	Bowels	Leakage
6:00 AM					6:00 AM				
7:00 AM					7:00 AM				
8:00 AM					8:00 AM				
9:00 AM					9:00 AM				
10:00 AM					10:00 AM				
11:00 AM					11:00 AM				
12:00 PM					12:00 PM				
1:00 PM					1:00 PM				
2:00 PM					2:00 PM				
3:00 PM					3:00 PM				
4:00 PM					4:00 PM				
5:00 PM					5:00 PM				
6:00 PM					6:00 PM				
7:00 PM					7:00 PM				
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11:00 PM					11:00 PM				
12:00 AM					12:00 AM				
1:00 AM					1:00 AM				
2:00 AM					2:00 AM				
3:00 AM					3:00 AM				
4:00 AM					4:00 AM				
5:00 AM					5:00 AM				
Total		(oz)			Total		(oz)		

Instructions: Complete the chart above for 3 days.

When recording bowel movements, indicate which type stool you experienced (via the bristol stool chart). use the space below for any additional comments.