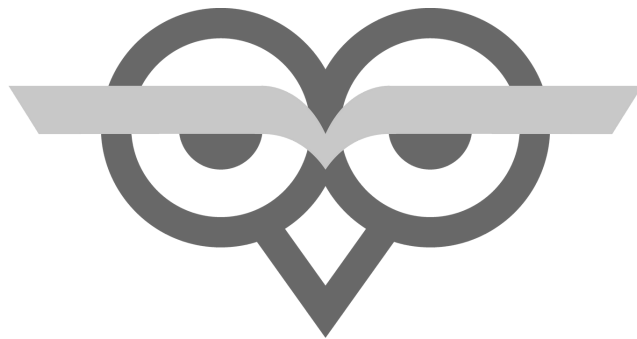


# CONSTIPATION AND DIARRHEA CHECKLIST

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R.O.A.R

ROADMAP TO ATTENTION AND REGULATION

**Module 5**

# CONSTIPATION

To step into a REST-DIGEST-LEARN state as opposed to a FIGHT- FLIGHT-FREEZE maintaining digestive regularity is key. This documents has a some key factors for you to check in order to address constipation and/or diarrhea.

How do you know if your child is constipated?

If your child has

- Irregular bowel movements (less than once a day),
- If the bowel movements are strained,

this qualifies as constipation. This could be any discomfort associated with eliminating stool. Constipation is one of the first factors that needs to be addressed to help moods, focus and behavior.

## SYMPTOMS OF CONSTIPATION:

- Hard Stools
- Straining during Bowel Movement
- Fatigue
- Brain Fog
- Confusion
- Chronic Headaches
- Incomplete Elimination

## Strategies to relieve constipation:

- 1.Remove Dairy
- 2.Add natural prokinetics like Triphala and Ginger.
- 3.Soaked prunes or prune juice
- 4.At least 5-6 cups of water per day, or more...
- 5.Castor Oil Packs on Liver area

6. Add chia and flax seeds or psyllium husk to the diet. Increase water intake...
7. Use a “Squatty Potty” to support posture.
8. Check Thyroid Status
9. Add Probiotics to diet
10. Make sure there is sufficient fat in the diet
11. Remove Gluten

## **SUPPLEMENTS THAT CAN SUPPORT CONSTIPATION:**

1. Magnesium (Oxide or Citrate) - try increasing doses till you see a bowel movement.
2. Digestive Enzymes
3. Mucilaginous / Demulcent herbs like Slippery Elm / Flax / Aloe / Licorice
4. Aloe Vera Juice
5. Triphala
6. Vitamin C (increase slowly till you see a bowel movement)

## **DIARRHEA**

Chronic diarrhea often stems from digestive issues and inflammation, and needs a little deeper root-cause check up than chronic constipation, though both are issues that rank high on my radar.

Diarrhea is often addressed in a symptomatic fashion, however working on underlying causes is crucial.

## POSSIBLE CAUSES OF DIARRHEA

1. Food allergies and sensitivities too. [esp Dairy, Sugar]
2. Lactose Intolerance
3. Gut inflammation - poor digestion, enzyme deficiency
4. Fat malabsorption
5. Excessive Antibiotic Use
6. Excess Magnesium or Vitamin C
7. Parasites / Food Poisoning / Infection
8. Stress / Anxiety
9. Lack of microbiome diversity or dysbiosis



**Disclaimer:** The information provided in this module is for educational purposes only. Vaishnavi Sarathy, Ph.D. is an educator, not a doctor, specifically not your child's doctor. Please consult your physician before implementing any supplement or diet recommendations.