**Managing Constipation and Diarrhea**

Constipation may actually be a MOTILITY PROBLEM due to gastroparesis, the slowing of colonic contractions. Talk to your doctor about these suggestions:

* Miralax
* Chia seeds (2-3 tablespoons) soaked first in water for 15 minutes and then added to cereal at breakfast.
* Ground flax seeds added to diet. Look on internet for amount. Talk to doctor.
* Triphala
* Smooth Move tea – Potent! Be careful here.
* Pelvic floor exercises
* Abdominal massage. There’s a right and wrong way to do this. Look at YouTube for instructions.

Uncontrollable diarrhea can be a MOTILITY PROBLEM, due to misfiring of nerves that control sphincter muscles and bowels. After having numerous surprise attacks of diarrhea, this is what one member’s doctor has him do every morning:

1. Drink a thermos of hot tea.
2. Lie on left side.
3. Using a Sephure applicator, aide inserts Dulcolax suppository.
4. Wait 20 minutes and transfer to toilet. Bowels empty and day proceeds without fear of fecal accident.

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