



September 24, 2016 – Peoria, IL

## The Constipation Cocktail

Adults, children, even infants get constipated, and no one likes it. Over time, I developed a combination of nutrients that seems to work for many people—not every person but most. Is it based on absolute science? I would be hard-pressed to say that the research on occasional constipation is definitive. There are over 22,000 citations in PubMed for every type of cause and medication for many types of constipation, but there's no solid research on occasional constipation. I developed this combination based on the physiology and biochemistry involved, combined with years of experience.

The solution I came up with is based on fluids, electrolytes, and fiber. Any one of them could work independently, but combined together in this cocktail, occasional constipation is relieved relatively quickly—that day or the next. The goal is to get water into the gut and then help the gut keep things moving.

Here are the ingredients:

- 32-ounce sports drink, regular or sugar free
- 1/4 teaspoon sea salt
- 2 tablespoons soluble fiber such as dextrin or inulin



Shake until salt and fiber are dissolved. Drink 4 to 8 ounces; over the next 30 minutes, drink at least another 8 to 16 ounces of water.

Fluids are obvious—dehydration contributes to constipation. The sports drink contains the electrolytes sodium and potassium, which can pull fluids into the gut from the body. The type of sports drink doesn't matter; use a liquid from the store or a powder you mix with water. Sugar-free is better if you don't want the calories.

Sea salt adds more electrolytes to help keep the fluids in the gut for awhile and contains other types of minerals in it that table salt doesn't.

The fiber will absorb some fluid to add some bulk to the stool. Check the label on the fiber supplement to make sure it's dextrin or inulin; they mix very well in water and don't turn to gel. If you use psyllium fiber, it turns to gel quickly and you can't save it.

This is a great time to also take your probiotic if you want to. The soluble fiber can provide a food source, called a prebiotic, and can help feed the probiotic.

How often can you take the fiber cocktail? As often as you need it. But work to increase your fluid and fiber intake on a regular basis, get some exercise, and your need may be reduced.

What are you prepared to do today?

**Dr. Chet**



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