Nutrition and herbal remedies will prevent and eliminate constipations

By: Catherine Pettie Holistic Nutritionist

American College of Healthcare Science
CAM Capstone Project
Advisor: Cindy Fouhy
Catherine Pettie

- Mother to daughter, Taylor now 2 years old and growing fast
- Raised in Bronx, NY and currently reside in East Orange, NJ.
- B.S. Dietetics, Foods and Nutrition from CUNY Lehman College
- Certified Holistic Health Practitioner
- Certified Breastfeeding Consultant
- Certified Mental Health First Aid responder
- Certified BLS/CPR instructor
Presentation Outline

- Goals and objectives
- Literature review
- Theoretical framework
- Methodology of research
- Findings
- Summary
- References
Goals and Objectives

- Research nutritional aids and herbal remedies for constipation
- Research and understand the mechanism of the GI tract
- Informing and assisting practitioners and consumers of CAM products and protocols for constipation
- Locate integrative medical gastroenterologists using CAM and conventional protocols
- Find local CAM practitioners using natural products and mind & body practices to aid in gastric healing process
Literature Review

- Constipation is more prevalent among:
  - Women, nonwhites, children and the elderly
- Risk factors:
  - physical inactivity, low income, limited education, history of sexual abuse, symptoms of depression
- Laxatives are expensive the yearly cost has reached $235 million dollars on laxative. With 96% medication use and 72% used continuously
- Average miss 2.4 days of school and/or work. Symptoms decreased quality of life for an average of 52% of sufferers.
Literature Review

- Pathophysiology of constipation is categorized a chronic or functional with subtypes
- Primary or idiopathic causes of constipation:
  - slow-transit constipation: some unexplained condition hinders defecation
  - normal constipation: change of environment i.e. vacation
  - Outlet delay constipation: blockage at the pelvic and anus region
- Secondary or chronic etiology:
  - Medical condition or disease of the GI tract
  - Endocrine / Metabolic / neurologic disorders
  - Medication i.e. antidepressants
The research supports a diet higher in fiber than your normal range to trigger defecation. Proper functioning of the colon requires fiber because the colon is home to beneficial flora that ferment on fiber producing fuel for the colonic cells.

Oligosaccharides (prebiotics) are non-digestible carbohydrate that exhibit an affinity for (probiotics or microflora) bifidobacteria however lactobacilli also lives in the colon producing health benefits.

Prebiotics are described as resistant to gastric acidity, hydrolysis by enzymes and absorption in the upper gastrointestinal tract, fermented by the intestinal microflora and selectively stimulating growth and activity of the intestinal bacteria.

Herbal remedies that promote defecation are laxatives, bitters, bulk-forming agents, fiber, mucilaginous.
Theoretical framework

- As a community intervention project I presented a “Diminish Constipation” workshop to interested individuals in an effort to provide educational materials and information to combat constipation problems.

- The project identified those with primary and secondary constipation and provided aimed to help eliminate the constipation.

- The project also aimed to help improve decreased quality of life through encouragement of relaxation and exercise techniques.
Methodology of research

- Using keywords like: constipation, functional or chronic constipation, probiotic benefits, nondigestible saccharides I searched databases for scholarly reviewed articles.

- Searched renowned books looking for information to support the idea that nutritional aids and homeobotanical remedies prevent and eliminate constipation.

- Such databases like: LIRN, pub med, natural databases, google scholar and nutrition journal for useful information about CAM remedies.

- Used holistic Medical Doctor Sharma guidance to find information to aid in research.
Findings

- Constipation is a symptom not a disease thus, the primary or secondary cause must be identified for best treatment.
- Management of constipation by way of increased consumption of nondigestible carbohydrates, functional fiber supplements, prebiotics, probiotics, green supplements and herbal-tonics
- Colonic fermentation due to nondigestible carbohydrates, functional fiber and prebiotics produce short-chain fatty acids (SCFA) that directly influence colonic mechanisms of fluid that encourages motility and electrolyte transport.
- SCFA; butyrate is the major energy source for the colon providing nourishment protection from cancer by promoting cell differentiation, cell-cycle arrest and apoptosis of transformed cells.
Findings

- Herbal remedies provide benefit to the function of the colon through direct actions of the anthraquinone compounds, gum, inulin and mucilaginous properties.

- Anthraquinone laxatives are chemicals that cause water to be retained in the bowel by osmosis, for secondary care i.e. senna, cascara sagrada and rhubarb.

- Gum swells forming a sticky colloidal dispersions gelatinize in water attaching to toxins. Mucilaginous retain large amounts of water forming slippery aqueous colloidal dispersions that stimulate motility when fermented and soothe gut inflammation.

- Herbs that relieve stress is recognized to relieve constipation by way of relaxing and soothing pain nervine, antispasmodic and antidepressant.
Findings

- Create a bathroom routine and respond to the bathroom call most ignore this backing up fecal matter thus causing drying of the resulting in hard stools and straining.
- Increase physical activity the stagnation of the can entire person results in a slow moving colon.
- Relax during defecation don’t rush, this can result in incomplete defecation.
- Sit down to eat and chew food thoroughly, chewing starts digestion thus allowing the foods to be completely digested and absorbed resulting in colonic fermentation, water binding, soft and bulked stools.
Conclusion

- Constipation has many forms and is triggered by lifestyle, disease or medication and it seems that with the proper care regular bowel movements can be achieved.

- Eat a well balanced meal of whole foods and medicinal teas because the fiber content comes in many forms to which the colon has specific functions for.

- Dietary fiber and bulking agents are effective and preferable agents to treating constipation. Also maintaining a diet that includes probiotics, green supplements will provide adequate amounts of colonic cell nutrients.

- Medicinal herbs and nutritional aids will soften, bulk-up and generate a healthy colonic transit time


Reference


Lipski, E., (2012). Digestive wellness- strengthen the immune system and prevent disease through healthy digestion. The McGraw-Hill companies, United States of America


Reference


