

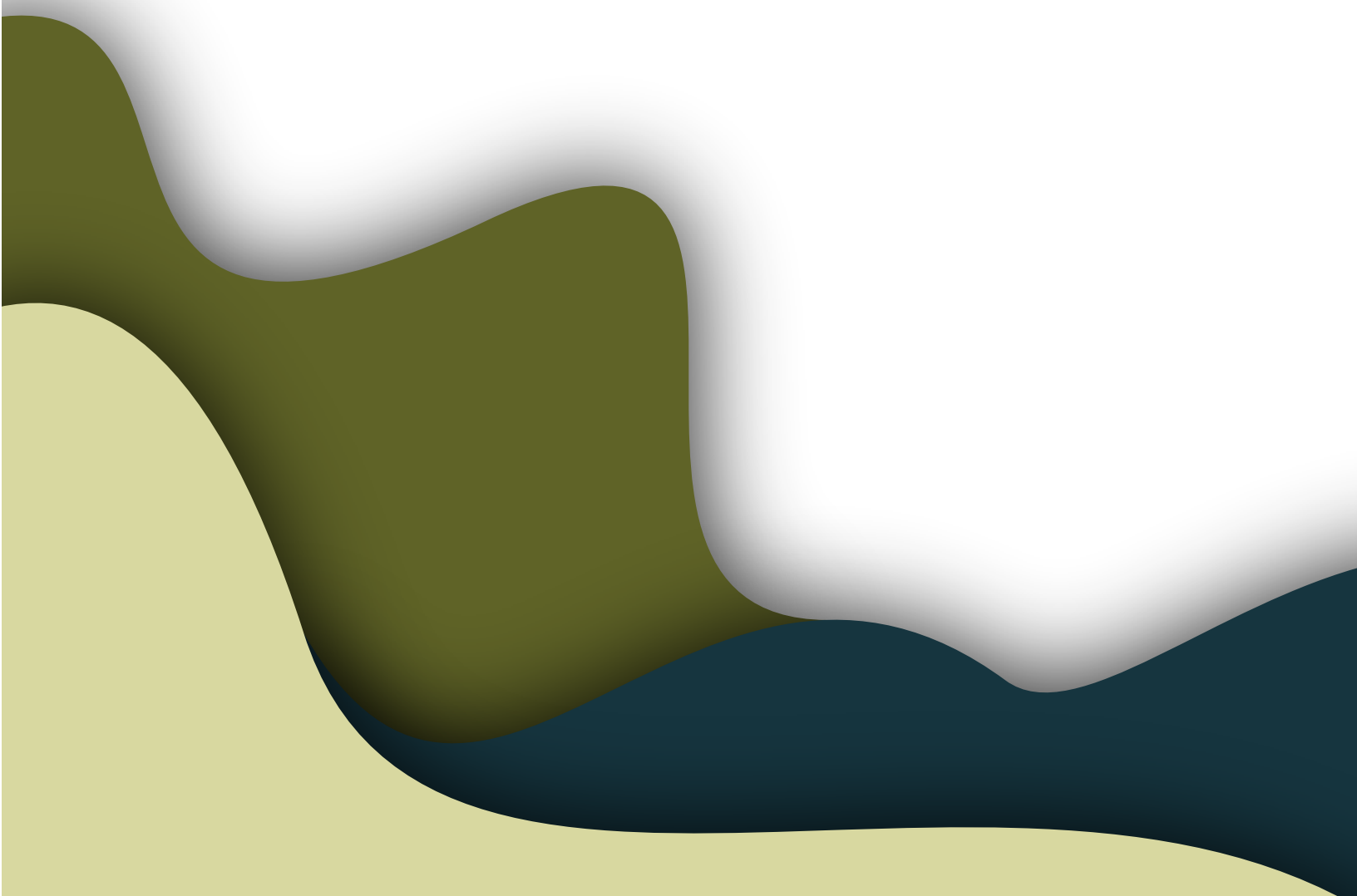
*Brain Belly Wellness*

# **3 CONSTIPATION RELIEF SECRETS**

*(that don't include fiber)*

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Rachel Goodman, MScN



# WELCOME

*I'm Rachel.*



I'm so glad you requested the "**3 Constipation Relief Secrets**" guide.

See, before I became a clinical functional nutritionist and before I created The Constipation Relief Method that works with professional women wanting to resolve chronic constipation, I spent *so much time* trying different things that either didn't work at all or only worked for a little while. I was determined to find a solution because continuing on was no longer an option for me.

After much trial and error, I discovered 3 key strategies that actually get long-term relief from chronic constipation. I almost dismissed them as just more things that wouldn't work BUT THEN I started to notice easier, more frequent #2's happening and I was over the moon about it.

These strategies now get my chronic constipation clients the results they've been looking for EVERY. SINGLE. DAY.

The good news is you did a really smart thing and requested this guide! Now you have access to these key strategies in the "3 Constipation Relief Secrets" guide.

IMPORTANT: These strategies only work if you actually do them.

Want additional free resources to help you resolve chronic constipation?  
[\*\*CLICK HERE TO JOIN\*\*](#) my free Facebook group.

I can't wait to hear how the "3 Constipation Relief Secrets" guide helped you.  
-Rachel Goodman, MScN

# HOW TO BEST USE THIS GUIDE

If you're anything like me, then you want simple steps to follow and even simpler actions to take that will help you resolve constipation.

Follow the steps below for best results.

**STEP # 1:** Read through the "3 Constipation Relief Secrets" in its entirety first.

**STEP # 2:** Join the free Facebook Group: Digestive Freedom For Women Professionals. [CLICK HERE TO JOIN.](#)

**STEP # 3:** Plan ahead.

Put time into your daily schedule to follow through with the steps in this guide. If you have questions, you can ask them inside of the Facebook Group.

**STEP # 4:** Focus on the wins.

It's easy to get distracted, off track, and disappointed when you don't see results immediately. Remember that resolving constipation won't happen overnight and that by focusing on the small wins, you'll keep yourself motivated to continue.

**STEP # 5:** Ask for help.

If you want to get results faster, the best way is to ask for help. I work with people who struggle with chronic constipation to help them achieve elimination freedom via the Constipation Relief Method. If you'd like more information about it, you can email: [rachel@brainbellywellness.com](mailto:rachel@brainbellywellness.com).

Ok, now that you have the steps to be successful, let's put them into action!

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# RELIEF SECRET #1

## TAKE NATURAL CALM IN THE PM

### **Low Magnesium Is A Root Cause of Chronic Constipation:**

Magnesium is an essential mineral vital for many bodily functions. When it comes to digestion, magnesium helps relax the muscles of the digestive tract, including the intestines. This relaxation aids in the movement of stool through the intestines, ultimately promoting healthy bowel movements.

Magnesium is not something our bodies can make, so it must come from the food we eat. In our modern times, it's very hard to get enough magnesium from our diets because:

- our soils aren't as mineral-rich as they used to be
- our diets are full of ultra-processed foods
- our diets are high in caffeine and sugar

### **Eat Magnesium-Rich Foods:**

Incorporating magnesium-rich foods like leafy greens, nuts, seeds, and whole grains into your diet can support healthy magnesium levels. However, in cases of chronic constipation, a targeted supplement like magnesium citrate can be a valuable addition to your wellness regimen.

### **Take Magnesium Citrate::**

Magnesium citrate is a form of magnesium that is very well absorbed by the body and has a natural laxative effect. It works by drawing water into the intestines, softening stool, and promoting regular bowel movements. It also helps address low magnesium levels in the body- which is really important!

**My favorite magnesium citrate supplement is Natural Calm.**

# RELIEF SECRET #1

## How To Take Natural Calm:

Follow the dosing instructions on the label.

Drink Natural Calm in the evening, after dinner. Because of its natural relaxing effects, it's a great way to wind down for bed. This is one of the few supplements I recommend people take every day because magnesium needs to be replenished often and it is very hard to get enough of through diet alone.

If you experience diarrhea at any point while taking Natural Calm, you've reached your body's optimal needs. Reduce the dose by 1/2 tsp until the diarrhea stops.

## TAKE ACTION:

Order Natural Calm from my professional supplement dispensary Fullscript\*.

Access a wide range of high-quality supplements and wellness products you can trust are pure and free from contaminants.

**Get an exclusive, 20% discount on Natural Calm today!**

**[CLICK HERE TO ACCESS FULLSCRIPT](#)**



*\*Rachel receives a small commission from purchases you make through Fullscript.*

# RELIEF SECRET #2

## DRINK 16 OZ OF WATER IN THE AM

### The Dehydration-Constipation Connection:

Dehydration contributes to chronic constipation. When the body lacks water, it compensates by pulling water from the colon, leading to hard, infrequent, and painful poops.

### Essential Tips for Staying Hydrated:

- **Set a Daily Water Goal:** Aim for 6-8, 8oz glasses of water per day. Adjustments may be needed based on climate, activity level, and individual needs.
- **Use a Reusable Water Bottle:** A dedicated water bottle makes it easy to track your water intake and ensures you always have water within reach.
- **Eat Hydrating Foods:** Fruits and vegetables with high water content, like cucumbers, watermelon, and celery, contribute to overall hydration.
- **Listen to Your Body:** Thirst is a clear signal that your body needs more fluids. Don't ignore it. Additionally, monitor the color of your urine; pale yellow is an indicator of good hydration.
- **Set Reminders:** Use phone alarms or apps to remind yourself to drink water throughout the day.

### TAKE ACTION:

As an immediate action step, commit to drinking 16 ounces (500 mL) of water as soon as you wake up in the morning.

This simple act jumpstarts your body's hydration levels and significantly reduces constipation over time. Make it a habit. Your body will thank you!



# RELIEF SECRET #3

## DRINK 4-6 OZ OF KEFIR DAILY

### The Gut Bacteria-Constipation Link:

Your gut is home to trillions of microorganisms, including bacteria, that play a huge role in your digestive health. When harmful bacteria outnumber beneficial bacteria, you may experience digestive issues like constipation.

### The Kefir Solution:

Kefir, a fermented dairy product, is powerful in supporting a healthy gut microbiome. It's rich in beneficial probiotics, which are live microorganisms that promote good gut bacteria growth. Drinking kefir daily can help restore microbial balance and improve digestive function.

## TAKE ACTION:

- **Choose Quality:** Find high-quality, organic kefir without added sugars or artificial additives at your local grocery.  
Lifeway is a common brand I use.
- **Start Slow:** If you're new to kefir, start with 4-6 ounces/day to allow your digestive system to adjust.
- **Be Consistent:** Consume kefir daily to establish and maintain a healthy gut microbiome.
- **Morning Routine:** Enjoy kefir on its own, mixed into smoothies, or used as a base for overnight oats.
- **Listen to Your Gut:** Everyone's gut microbiome is unique. If kefir doesn't resonate with your body, explore other probiotic-rich foods like yogurt, kimchi, or sauerkraut.



# STEPS TO TAKE NOW

- Order Natural Calm from Fullscript at 20% off .**  
**>> [PLACE ORDER HERE](#) <<**
  
- Write down Kefir on your grocery list and purchase next time you go to the store.**
  
- Place a big cup of water on your bedside table so you remember to drink it first thing tomorrow morning.**
  
- Join my FREE Facebook Community: Digestive Freedom for Women Professionals for support!**  
**>> [JOIN HERE](#) <<**



# DO THIS FOR 4 WEEKS

**STEP 1. DRINK 16 OZ OF WATER AFTER YOU WAKE UP IN THE AM**

**STEP 2. DRINK 4-6 OZ OF KEFIR DAILY**

**STEP 3. TAKE NATURAL CALM AFTER DINNER**

**STEP 4. CELEBRATE SOFT AND EASY #2'S!!!**

Share your constipation wins with me inside the [FREE Facebook community!](#)

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[rachel@brainbellywellness.com](mailto:rachel@brainbellywellness.com).

