

What helps with constipation?



1. Eat foods high in **fiber** like fruits, vegetables, and whole grains to help ease digestion.

Eat foods high in **probiotics** like yogurt, sauerkraut, and kimchi to help you break down food.



2. Drink 8-10 cups of **water** each day and eat regularly spaced meals.

Skipping meals and water slows down digestion.



3. Get 30 minutes of **exercise or movement** each day. When we move our bodies, it helps improve digestion.



4. **Cut back on fried and high-fat foods** as they slow down digestion and worsen constipation.

If your constipation won't go away, eat 4-5 dried prunes each day or drink 1/2 a cup of prune juice. If you don't like prunes, try tamarind juice. Or you can try a fiber supplement. Ask your doctor about Metamucil, Benefiber, or Konsyl.



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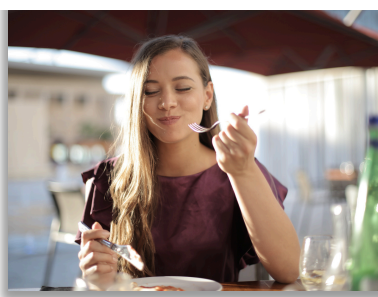
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What helps with gas and bloating?



1. Eat **smaller, more frequent meals**.

Avoid skipping meals as this can slow down digestion and worsen gas.



2. **Chew well** and eat slowly to avoid swallowing excess air.

3. Add foods high in **probiotics** like yogurt, tempeh, kimchi, or sauerkraut.



4. Identify and **limit foods that cause you to overproduce gas** or feel too full.

Watch out for beans, cabbage, broccoli, dairy products, carbonated beverages, and salty foods.



5. **Move more**. Physical activity can help with digestion and eliminate gas.

If your gas and bloating won't go away, try gas supplements or pills. Ask your doctor about Beano, IBgard, and Gas-X.



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