

Constipation

Constipation is an uncomfortable condition that makes passing a stool difficult and painful. This can really affect your mood and long term health.

What are some of the causes of constipation?

SIBO

Small intestine bacterial overgrowth can produce gas that leads to constipation. Dysbiosis (bacterial imbalance) can influence constipation too

Chronic stress

Too much of the stress hormone, cortisol, can disturb the digestive system and contribute to constipation.

Low water intake

If your body is dehydrated, it will take water from your large intestine (colon). This can make your poop dry and difficult to pass.

Low fibre intake

Fibre bulks up the stool. Too little fibre can mean your poop is insufficiently formed, resulting in a slow transit time.

Hypothyroidism

This is a condition in which you don't have enough thyroid hormone available. This slows everything down, contributing to constipation.

Neuromuscular issues

Your intestines move poop through and out of your body via a series of signals that involve your nerves and hormones. If your nerves aren't working properly, constipation can result.