



THE SOLINGER METHOD

by Root Health L.L.C.

Constipation

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Constipation

Root Health L.L.C, The Solinger Method

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What Is Constipation

Constipation is defined as **infrequent, difficult, incomplete, or uncomfortable bowel movements**, but clinically it is far more than stool frequency. A person can have daily bowel movements and still be constipated if evacuation is incomplete or requires strain.

In adults, constipation most often reflects:

- Impaired gut motility
- Low stomach acid and digestive secretions
- Inadequate bile flow
- Nervous system dysregulation
- Dehydration and electrolyte imbalance
- Inflammation or dysbiosis
- Medication or supplement side effects

Constipation is a **failure of movement and signaling**, not simply lack of fiber.

Conventional Medicine Perspective

Conventional medicine typically views constipation as:

- A fiber deficiency
- A hydration issue
- A benign inconvenience

Common recommendations include:

- Fiber supplements
- Osmotic laxatives
- Stool softeners
- Stimulant laxatives

While these may increase stool frequency, they often do not address:

- Why motility is impaired
- Why digestive signaling is weak
- Why stools are dry or difficult to pass
- Why constipation returns when laxatives stop

More fiber is not always better, and in many cases, it makes symptoms worse.

Naturopathic Medicine Perspective

Naturopathic medicine views constipation as a **systems issue involving digestion, motility, bile flow, hydration, and nervous system tone.**

Key systems involved include:

- Gastric acid and digestive enzyme output
- Bile production and flow
- Enteric nervous system signaling
- Autonomic nervous system balance
- Gut microbial composition
- Electrolyte and fluid regulation

The goal is to **restore normal peristalsis and evacuation**, not force bowel movements.

Key Drivers and Patterns in Adult Constipation

Slow Transit Pattern



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- Infrequent bowel movements
- Little urge to go • Hard, dry stools

Outlet Obstruction Pattern

- Daily urge but incomplete evacuation
- Straining
- Pelvic floor dysfunction

Bile Insufficiency Pattern

- Constipation worse with fatty meals
- Pale stools
- Bloating and nausea

Nervous System Pattern

- Constipation worsens with stress
- Alternates with diarrhea
- History of anxiety or trauma

Medication Related Pattern

- Iron, calcium, opioids, antidepressants
- Long term laxative use

Nutritional Strategy

Nutrition for constipation focuses on **hydration, motility, bile flow, and digestive signaling**, not bulk alone.

Core Nutritional Priorities

- Adequate hydration with minerals
- Support bile flow
- Improve digestive secretions
- Normalize meal timing
- Avoid overloading fermentable fibers initially



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Therapeutic Foods to Emphasize

Hydrating Foods

- Soups and broths
 - Cooked vegetables
 - Fruits with watercontent, if tolerated
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Healthy Fats

Dietary fat stimulates bile flow and intestinal motility.

- Olive oil
 - Avocado
 - Pasture raised butter or ghee
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Magnesium Rich Foods

- Leafy greens
 - Squash
 - Seeds
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Bitter Foods

Stimulate digestive secretions and bile.

- Arugula
 - Dandelion greens
 - Radicchio
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Reduce or Temporarily Limit

- Large raw salads
- Excess bran or fiber supplements
- Processed foods
- Skipped meals

If fiber worsens symptoms, it is a sign of impaired motility or bile flow, not failure to “eat enough plants.”

Targeted Supplement Support



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Therapeutic Adult Dosing

Magnesium Citrate

Supports stool hydration and smooth muscle relaxation.

Dose: 400 to 800 mg daily, adjusted to stool response

Digestive Enzymes (with Lipase)

Improve digestion and reduce stool stagnation.

Dose: 1 to 2 capsules with meals

Ox Bile or Bile Salts

Supports fat digestion and stool movement.

Dose: 125 to 500 mg with fatty meals

Vitamin C

Draws water into stool and supports motility.

Dose: 500 to 2,000 mg daily, titrated to tolerance

Targeted Herbal Support

Triphala

Supports gentle bowel regularity and gut tone.

Dose: 500 to 1,000 mg daily, typically at night

Ginger Root

Stimulates gastric emptying and intestinal motility.

Dose: 1,000 to 2,000 mg daily or tea

Cascara sagrada (Short Term Only)

Used cautiously for severe, refractory constipation.

Dose: 250 to 500 mg daily

Not for long term use.

Herbs should **restore rhythm**, not create dependence.



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Celery Juice Support for Constipation

Celery juice is frequently helpful in adults with constipation driven by **dehydration, low stomach acid, and sluggish digestion**

How It May Help

- Provides hydration and natural sodium
- Stimulates digestive secretions
- Supports bile flow
- Softens stool without irritation

Dose:

8 oz fresh celery juice daily

Timing:

First thing in the morning on an empty stomach

Response often occurs within one to two weeks.

Lifestyle Support That Matters

- Establish a consistent bathroom routine
- Use proper toileting posture
- Gentle daily movement, especially walking
- Reduce chronic stress, motility is stress sensitive

The gut moves best when the body feels safe.

When to Dig Deeper

Further evaluation is warranted when constipation is persistent or severe:

- Comprehensive stool analysis
- Thyroid function
- Iron and medication review
- Pelvic floor assessment
- History of laxative use

Constipation resolves when **movement, hydration, and signaling are restored**, not when stool is forced.



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