

First Steps for Constipation Relief

Use of Miralax, Restoralax, Movicol, and any other laxative is not recommended in this group due to the damage it can do to the human gut microbiome. See the files for research papers etc. The information provided below and in the Guide is based on the experience of helping thousands of parents help their children poop without the use of laxatives.




Quick Start Summary Sheet

Use Magnesium (Mg) Citrate Specifically!

Two brands are highly recommended: **Now Magnesium Citrate Powder** or **Capsules** OR **Pure Encapsulations Magnesium Citrate Powder** or **Capsules**. *Avoid liquid forms of Mg Citrate due to unfavourable ingredients. Gummies also not recommended.*


Both brands will dissolve clearly in water. Add the powder to water and stir vigorously for a few minutes e.g. 1/2 tsp in 4 oz / 1 tsp in 8 oz. It will have a mildly bitter taste. If needed, add juice to it, mix it into a smoothie, or add it to some food. They are well tolerated by children.

Most Mag in Mag Citrate is not absorbed. It acts *like* an osmotic laxative, pulling water into the colon. Make sure your child drinks sufficient fluid through the day to help this happen. See Guide for fluid recommendations.


 **Dosing (for > 16 months)**
Everyone has different Mg needs so find the dose that provides an **Optimal Bowel Movement (OBM)**, an unstrained, non-urgent, log-like poop. If child withholding want stool like "soft serve".

Dose by weight: see main guide for recommendations. If stool still too hard after a couple days increase dose; if too soft or get diarrhea, decrease dose slowly.

For < 16 months see guide and/or seek help below.

 **Other Supports With or Without Mg ...**

- Increase healthy fats (e.g., MCT oil)
- Increase hydration
- Increase body movement
- Add vitamin C Sodium Ascorbate powder (ideal for children) or Ascorbic Acid powder / capsules
- Eliminate gluten / dairy

 **Avoid ...**

- Mg Oxide / hydroxide as it lowers stomach acid which is needed for protein digestion & absorption of micronutrients
- Clean outs (including colonoscopy prep) due to negative effects on gut microbiome

First Steps

- Determine starting dose of Mg Citrate. Trial at night or determine optimal time for child.
- Stop laxatives on the same day starting Mg Citrate.
- Daily and consistent dosing will result in regular bowel movements - but may take a few days.
- If stool remains too hard increase dose. If stool too soft decrease the dose. Once an OBM is achieved, continue with same dosing until root cause is found.

Next Steps

- It's necessary to find the root cause in order to overcome constipation.
- Gut testing. e.g., comprehensive stool tests, available through practitioners or directly thru some labs, will help find root cause (see Guide for recommended tests).
- Work with a practitioner trained to interpret test results, determine the root cause and customize a protocol to treat the root cause(s).
- Doctors tend not to look for nor treat the root cause, but focus on treating symptoms. This usually does not resolve constipation.

When to See a Doctor

- Child stops pooping OR is not ill but stops eating and starts vomiting after several days of no bowel movements
- You want a doctor's opinion on how best to move forward with your child.

No medical advice is being given in this group either from parents or practitioners. Users are encouraged to do their own research.

Need Help?

V.1 Feb 6/25

Please reach out to one of the Group Admins. This guide remains the property of Parents Against Miralax and is not to be shared outside this group. Thanks to Lisa Joan Anderson (CNP, ROHP) and Cheryl Schmid (AFMC-SLP) for their help.

Guide for Constipation Relief

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This guide belongs to the Parents Against MiraLAX group and is not to be shared outside the group without permission from one of the admins

Step #1 How To Start – Help your child poop daily

Magnesium (Mg) Citrate - Consistent Daily Use

Mag citrate is the preferred type of magnesium to use daily. It works like an osmotic laxative, pulling water from the body into the colon to help flush out stools. Only about 15-30% of the magnesium in magnesium citrate (depends on the supplement) is absorbed into the body. More absorbable forms of magnesium (e.g., magnesium bisglycinate) are beneficial but won't necessarily help with constipation relief. See more information on different types of magnesium on [pages x and xx](#).

You can use any brand of pure magnesium citrate powder or capsules, however Now and Pure Encapsulations have been used by many and will help those aged 16+ months through adults. A good quality mag citrate will only contain magnesium + citric acid with no or limited additional ingredients. Liquid forms of magnesium citrate are not recommended.

Initial Dosing (can be split into 1-3 doses a day):

16 months up to 40 lbs: 250-350 mg a day
 40 - 80 lbs: 350-450 mg a day
 80 - 120 lbs: 450-600 mg a day or more
 120+ lbs: 600-1000 mg a day or more

Mix powder into water and stir vigorously until fully dissolved OR add powder to food and consume. Although the ideal timing to take this supplement is before bed, give it when your child will take it and it is best for the family. You know your



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Magnesium (Mg) Citrate - Consistent Daily Use Continued ...

child best; if child is sensitive, start with a lower dose and increase the dose over a few days to allow the body to adjust to stool elimination. However if the child has not pooped in several days, starting with a higher dose may be more beneficial to help with faster stool elimination.

It can take a couple days of taking mag citrate along with adequate fluids to see a bowel movement. If the stool is still too hard or there has been no bowel movement within that time, increase the dose. If the stool becomes too loose then decrease the dose.

Fluid Intake - Consistent Daily Intake

Include A LOT of water and healthy organic fluids with electrolytes to help offset the fluids that will be pulled into the bowel. Organic coconut water is great for hydrating and for electrolytes. Gatorade or Pedialyte are NOT recommended as they are loaded with unnatural sweeteners and chemicals.

Most of us are dehydrated. When dehydrated the body doesn't signal thirst. To "kick start" the thirst signal, it's important to drink adequate amounts of fluid daily.

Recommended fluid intake:

Babies & Kids:

body weight in pounds + 10 oz = daily fluid intake in ounces up to 60 oz a day

Adults:

1/2 body weight (in pounds) = daily fluid intake in ounces.

Fluid intake amount in ml / litres:

Determine # of ounces above / 8 = # of cups x 250 ml = daily intake in ml

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How to help your child increase fluid intake:

Chasing your child around with a water bottle likely is going to result in your child running the opposite direction. However, teaching them to drink an adequate amount of fluid a day is a life skill that will bode them well for life. Chances are, though, if your child is dehydrated you likely are too. So the first step to helping your child is to help yourself first.

Here are a few suggestions on how you can help them. Some of these recommendations, of course, depend on the age of your child.

- Once you start introducing solids to your baby be sure to also introduce fluids: water, coconut water, broths are good first options.
- Choose a fluid that they are likely to drink; while trying to increase fluids any thing goes EXCEPT soda pop! Soda pop is never a good option for kids / adults to drink. Read the label if you have any doubts about this!
- Choose (or have your child choose) a water bottle or cup they will like to drink from.
- Fluids come in various temperatures: warm, room temperature, cold. What does your child prefer?
- Make it fun; drink fluids with them. Be sure they see you drinking fluids (not just coffee!) as especially when they are young they are more likely to copy you ... and want what you're having ;)
- Most often when a child says he or she is hungry he or she is actually thirsty. Between meals offer fluids first. Decide whether it's better to not offer snacks between meals.
- You determine how much fluid your child needs to drink daily. However, give your child options and let him or her make as many decisions about what they are going to drink and even possibly making the drink.

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Increase Healthy Fats Daily:

Healthy fats are a necessary part of a good health and a balanced diet. They help balance blood sugar and insulin, lubricate the digestive tract (including the colon), and nourish the brain and support the nervous system.

Healthy fats include:

- coconut and coconut oil, cream, milk
- MCT oil
- olives and olive oil
- avocados and avocado oil
- seafood, fish and fish oil.
- animal fat from good quality wild / organic animals and fish, including tallow
- organic milk / cream / butter / ghee from cows / goats / sheep / camel (if tolerated).

Seed oils (omega 6) oils / fats should be kept to a minimum as they contain higher levels of omega 6 fatty acids and if heated can result in free radicals: soybean oil, canola (rapeseed) oil, hemp, flax, peanut, sunflower, safflower oils. If going to use any of these fats, they should be purchased in opaque glass bottles and not clear plastic containers. These oils should never be heated.

The Role of Vitamin C in Constipation Relief:

While magnesium citrate works by pulling water into the colon, vitamin C works by softening the stool.

Use: **Nutribiotic Sodium Ascorbate** Powder or Capsules / **Revitalize Wellness Sodium Ascorbate Powder** / **New Roots Sodium Ascorbate Powder** / **Nutri Script Vitamin C Sodium Ascorbate Powder**. Nutribiotic or other brands of ascorbic acid can be used with older children and adults. For younger children they likely won't tolerate the acidity of this form of vitamin C and if used it needs to be taken with food.

Don't use: food grade vitamin C, such as camu camu powder, acerola cherry powder, amla berry powder. Although these are beneficial in other ways, they are not strong enough to cause a bowel movement.

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The Role of Vitamin C continued ...

Vitamin C and sodium (bicarbonate) are essential nutrients that help support the body. Vitamin C provides antioxidant protection to the immune system, as well as maintains the health of blood vessels, tissue, cartilage, bones, eyes, and other organ systems. Vitamin C is also required for the biosynthesis of collagen, L-carnitine, and neurotransmitters. Sodium is an electrolyte that helps maintain the balance of water in and around cells, maintain stable blood pressure, and is important for muscle and nerve function. The combined positive effects of vitamin C and sodium make them vital to the body's overall health. (<https://www.nutribiotic.com/sodium-ascorbate.html?srltid=AfmBOooNWsv-NTcKk47JuIDYVrBOM7SsnViQ7UTXDmbIb9omu7MWhAh4>)

Dosing is tricky and depends on what each individual needs. Too much will cause diarrhea. The dose to help with a daily bowel movement without the use of magnesium citrate will be considerable. Also to consider, the human body will use what vitamin C it needs and then will eliminate the rest through urine and stools within a few hours. Therefore, dosing through the day is advised.

Vitamin C can be used with or without mag citrate. If using with mag citrate less vitamin C will be needed. If using mainly vitamin C, then less mag citrate will be needed.

Recommended starting doses (1/4 tsp = 1000 mg) if using alone:

Toddlers: 1/4 tsp +

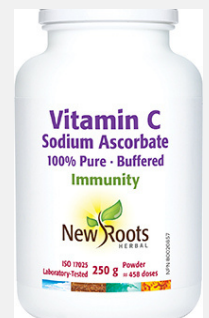
School aged children: 1/2 tsp 2-3 times a day +

Adolescents: 1 tsp 2 times a day +

Teenagers and Adults: 1 tsp 3-5 times a day +

Mix sodium ascorbate powder into water and stir. It will fully dissolve. If don't like the salty taste, mix several hours in advance and the saltiness will dissipate.

- 1/4 tsp into 2 oz (64 ml) fluid
- 1/2 tsp into 4 oz (125 ml) fluid
- 1 tsp into 8-10 oz (250-320 ml) fluid



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Baby Support (under 16 months):

Babies and young toddlers who are constipated need different supports. Magnesium citrate is not for young children nor are any laxatives. If your baby is constipated consider the following:

- When did the constipation begin? If started between birth and starting solids then it's likely baby's gut microbiome is unbalanced. Doing the Tiny Health Gut Microbiome (stool) Test is recommended.
- Did constipation start with the introduction of solids? If so, what foods is baby eating? How much is baby drinking when eating foods?

For babies:

- decrease fiber intake as baby's digestive system is not able to digest it yet
- baby best digests healthy fats and clean and soft animal protein
- all carbohydrates (fruit and veggies) need to be cooked (except mango, banana, papaya & avocado)
- increase water / coconut water intake when eating solids
- use omniblue or other trace mineral drops (see omniblue.com FAQs for recommended dosing)
- try a small amount of Nutribiotic sodium ascorbate powder
- try some chiropractic adjustments to realign body after birth (if this is going to help changes will be seen within the first few sessions)
- rule out any physiological issues with paediatrician e.g., Hirschsprungs disease
- reach out for help (see below) as the gut may need to be rebalanced

Note: while baby is young is the best time to figure out the cause of the constipation and heal the gut. Don't think that it is likely to improve with time. As a child gets older the issue gets bigger and harder to treat!



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What else can help with daily pooping:

- Body movement , rebounding, and exercise - helps to stimulate the vagus nerve which can help improve the peristaltic movement of the digestive tract to help move food and waste through the small intestine and colon
- “I love you” massage over colon (see you tube videos)
- Castor Oil packs and castor oil in belly button
- Eliminating cow dairy and gluten / wheat to see if this improves digestion and elimination

Note that wheat is often contaminated with glyphosate, a pesticide that can harm the gut microbiome. Also note that gluten free products may not be helpful if ingredients includes other fibers like corn, psyllium, etc. Organic wheat may also be problematic, as the gluten and non-gluten proteins can still, even if not sprayed with glyphosate, result in gut inflammation.

- Watch sugar and yeast intake - Candida and fungal infections can result in constipation and health issues including neurological concerns. Foods containing yeast to avoid: leavened baked goods, processed and fried foods, cereals containing malt, cured meats, dried fruits / berries / grapes, sweets / sugar, kombucha, cheeses and dairy, fermented foods like miso, soy sauce, alcohol
- Pelvic floor strenthening exercises
- Probiotics and Prebiotics - work with a practitioner to determine if and when and what strains may help.
- Consuming water-based fruit and (cooked) veggies

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What is NOT recommended to help with daily pooping:

1. Magnesium Oxide / Hydroxide for more than 2-3 weeks - Magnesium oxide / hydroxide is a form of magnesium salt that contains both magnesium and oxygen. Magnesium salts tend to dissolve in water, making the magnesium available for use by the body. However, magnesium oxide is less soluble than other magnesium salts, meaning that less magnesium is available for the body to use.

Mag oxide is often used for constipation relief since it is not well absorbed (about 12% of the magnesium it contains is absorbed). Similarly to magnesium citrate, it acts like an osmotic laxative pulling water into the colon. After mag oxide is taken, it converts into slightly different magnesium compounds in the stomach and intestines (i.e., mag chloride + mag carbonate). These compounds help transfer water into hardened stools, which can trigger movement in the intestine (peristalsis) and relieve constipation.

However, mag oxide / hydroxide has the potential to reduce stomach acid, something we don't want to happen. Because magnesium oxide is an alkali, it can neutralize acids. When magnesium oxide hits the stomach, it helps to reduce the acidity of the gastric juices that can cause indigestion / heartburn / reflux / GERD. When the stomach and esophageal pH rise, pepsin activity (enzyme that helps digest protein in the stomach) decreases. When stomach acid rises (to become more alkaline) protein is not properly digested, bile likely won't be triggered to be released into the small intestine, bugs / bacteria / viruses that enter the body and would normally be killed off by stomach acid live and can potentially affect the body.

If using mag oxide, it is recommended to switch to mag citrate within 2-3 weeks.

2. Liquid magnesium citrate - Often recommended as a colonoscopy prep option. This is not recommended to use for constipation relief, especially for children, due to some questionable ingredients. Depending on the brand, the liquid product may contain: benzoic acid, flavour, sucralose or fructose, FD&C red 40, saccharin sodium, carrageenan.

3. Use of laxatives such as Miralax / Restoralax / Movicol / Peg 3350 etc - this laxative states on its packaging that it is not recommended for children under the age of 17 years. Peg 3350 breaks down in the body into ethylene glycol which can raise oxalate levels in the body and destroy the gut microbiome along with other potential health issues. See the files section on the Parents Against Miralax Facebook group for more information on the issues with using this chemical.

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What is NOT recommended to help with daily pooping cont'd ...

4. Senna - Sennosides in Senna is a stimulant that may cause stomach cramping.. Long-term use can cause the bowels to stop functioning normally and might cause dependence on laxatives. If necessary, keep to short term use and use senna tea rather than senokot, a laxative, that usually contains polyethylene glycol.
5. Gummy supplements - Most gummy supplements are made so that children and adults will like the taste and consume them, which means they usually have sugar / sweetener, flavours, colours. It is very difficult to determine the amount of nutrient in them so even if the label states it contains a certain amount studies analyzing the amounts per gummy have indicated that they can contain more or less than what is stated.
6. Synthetic or Processed fiber - Some types of fiber are good and some should be avoided.

Insoluble fiber: this fiber does not dissolve but absorbs fluids and sticks to other materials, helping form bulkier stools e.g., oat bran. When relatively coarse it irritates the colon lining, which stimulates water to be secreted. The water softens and bulks up the stool.

Soluble fiber: this type dissolves in water and forms a gel-like substance that aids digestion and feeds bacteria in the colon e.g., flax, chia, beta-glucan. They do not ferment in the colon. Psyllium also falls into this category, however psyllium can cause bezoars (i.e., "hair balls") anywhere in the digestive tract so is not recommended for use in children.

Vegetables, fruit, grains and legumes all contain different amounts of insoluble and soluble fiber. Too much insoluble and soluble fiber when constipated may make it difficult to have a bowel movement, especially if fluid intake is low. With these food-based fibers, chewing, crunching, the cellular structure, and the volume that comes from the intact cells and fiber will all have an impact of satiety too. These fibers do not ferment in the gut.

Processed / Synthetic Fiber: Many processed fibers are fermentable in the gut microbiome and so don't contribute to stool mass as insoluble and soluble fibers do. These fibers also don't leave one feeling full nor stabilize blood glucose, despite what food labels may state. Examples of these fibers include:

- inulin
- polydextrose
- soluble corn fiber
- wheat dextrin
- guar gum
- locust bean gum
- hydroxypropyl- methylcellulose

Cont'd ...

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What is NOT recommended to help with daily pooping cont'd ...

Processed fiber work by thickening the “mush” of food that travels down the intestine. They may boost good bacteria by feeding the bacteria in the gut microbiome. Be aware that the fermentation of these fibers can result in more gas and consuming when constipated may not be ideal.

Keep in mind that things like ice cream, yogurt, and candies don't usually contain fiber! Added processed fiber and fiber supplements often add food dyes, preservatives, artificial sweeteners or natural flavours which are detrimental to the gut microbiome.

Bristol Stool Chart

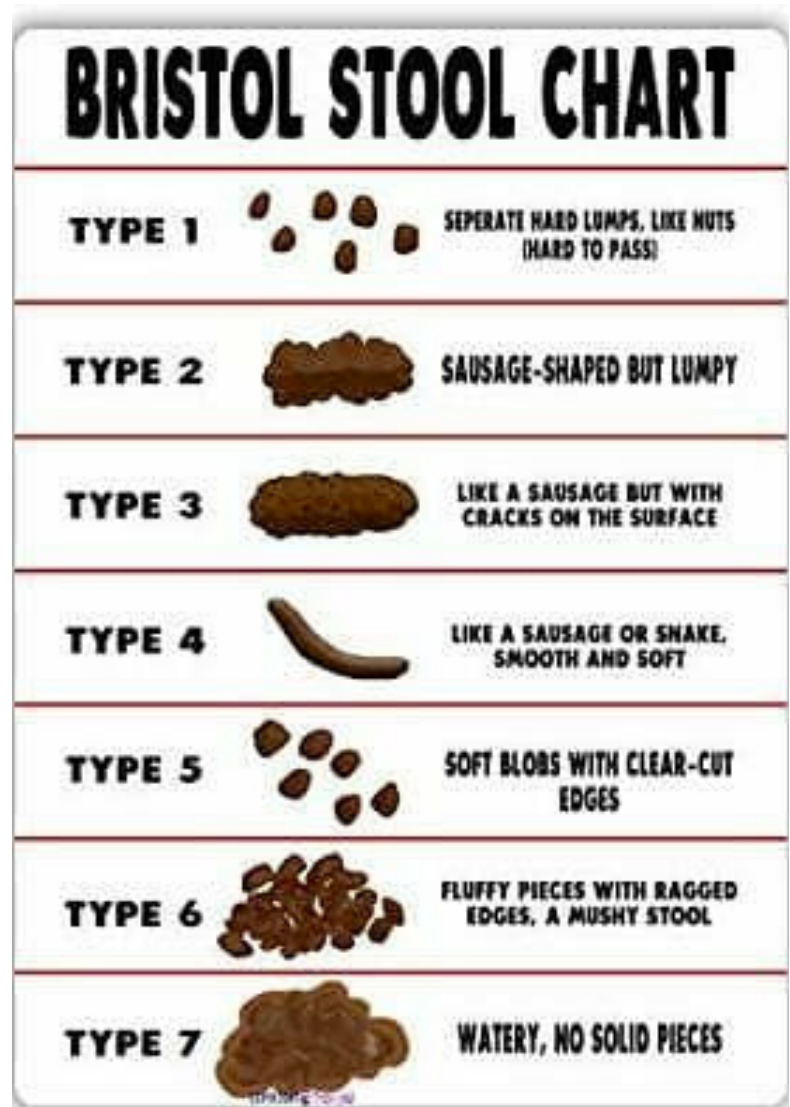
Maintenance & Healing

Here is an image of the Bristol Stool chart.

For kids that are chronically constipated, aim for a 4 to 5 consistency to shrink the colon and keep things moving.

There should be a bowel movement at least every 24 hours.

There are many ways mentioned here to help maintain soft stools. The answer that is right for you depends on the person and the root cause – every body is different.



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Step #2 How To Find the Underlying Cause of the Constipation

Test, don't guess!

Step #1 will help you to achieve at least one daily bowel movement. However, you will be forever reliant on supplement or laxative support unless you figure out the underlying cause of the constipation and heal the gut (step #3).

Constipation is a symptom of a bigger cause. Food sensitivities are rarely causes but can be symptoms of the same big cause. There may also be more than one cause. A genetic disorder usually is NOT an underlying cause - many people with genetic disorders and healthy guts are able to have regular bowel movements.

Finding the underlying cause usually involves doing some form of gut testing - a comprehensive stool test is a good place to start. There are many different types of gut testing and most practitioners (not doctors!) will be able to recommend what will help you or your child. Here are *some* of the basics ...

Comprehensive Stool Tests

There are different types of stool tests based on the methodology used to look at the stool samples. **Shotgun metagenomics** provides data on the whole gut microbiome. Tests using this methodology include: Tiny Health Gut Microbiome or their Pro Test, BiomeFX Stool Test, and Nirvanabiome.

qPCR tests provide information on preselected bacteria / fungal markers. These tests include Genova's GI Effects, GI360, and GI Map.

Other stool tests are not recommended due to low reliability.

All the above mentioned stool tests will provide data on bacteria, viruses, parasites, etc. However, no stool test will provide highly accurate information on parasites or yeast growth. Most *comprehensive stool tests are not usually available through GIs or doctors nor covered by insurance. Discuss with your practitioner if not sure what test would be ideal for your child.*

Organic Acids Test

This urine test is helpful especially if yeast / mold exposure is possible and/or there are complex health issues. It will also provide information on oxalates, nutritional deficiencies, mitochondrial and neurotransmitter functioning. This test is available through practitioners.

Food Sensitivity Testing

If a child or adult has a lot of food sensitivities doing a food sensitivity test may be helpful. These tests tend to be expensive and are not recommended to be done initially. If doing a food sensitivity test it's important to check more than one antibody. These need to be ordered through practitioners.

Need Help?

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Step #3 Heal the gut

Save Time & Money!!! Find a practitioner to help you!

Many parents believe they can figure out how to help themselves and their children and end up still struggling with constipation issues years later after having spent considerably more money on what they hope is a “magic pill” than if they had initially worked with someone who could work with them directly. A good practitioner will work with you over a period of time, will make gut testing recommendations that make the most sense for you or your child (e.g., stool, OAT, food sensitivities, micronutrient, SIBO, et cetera), and will provide a detailed, customized protocol that includes diet, supplement, and lifestyle recommendations that will help.

Constipation will not get better on its own - in fact it can get worse.

If you need help for your child, ensure the practitioner has experience working with children and recommending supplements for children.

If any practitioner or doctor recommends the use of Miralax / Restoralax / any product containing PEG 3350, please find another practitioner!

Many practitioners now work virtually so even if there is no one close to where you live you can still find help!

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CONGRATULATIONS on taking the first step towards healing!!

SIDE EFFECTS
from
MIRALAX
have been reported to the FDA



<p>Miralax is not approved for use in children under 17</p>	<p>Miralax is not approved for use for over 7 days</p>
<p>Common side effects include:</p>	<p>Rage, OCD, ADD, Aggression, Tics, Seizures, Panic Attacks, Speech Issues,</p>
<p>Kidney issues, Autism-like behaviors, ODD, Night Terrors, Numbness, Acidosis, Dysbiosis</p>	<p>Learning Delays, Mouth, Sores, Lack of Growth, Hallucinations, Homicidal and Suicidal Ideation</p>

Polyethylene Glycol (PEG) 3350, the active ingredient in MiraLAX/Restoralax/Movicol/Golytely **contains toxic contaminants** which **damages and strips the gut of good bacteria and essential short chain fatty acids including Butyrate.**

A lack of Butyrate is being linked to many autoimmune disorders, including autism.

Science has proven that gut damage causes moderate to severe health problems including: anxiety, depression, violent behaviors, seizures, motor tics, skin rashes, constipation, chronic immune disorders, etc., the list goes on.

Bayer, the manufacturer, clearly states it is not for long term use, nor for use in children under 17.

We see case after case of severe mood disorders and motor tics while on MiraLAX.

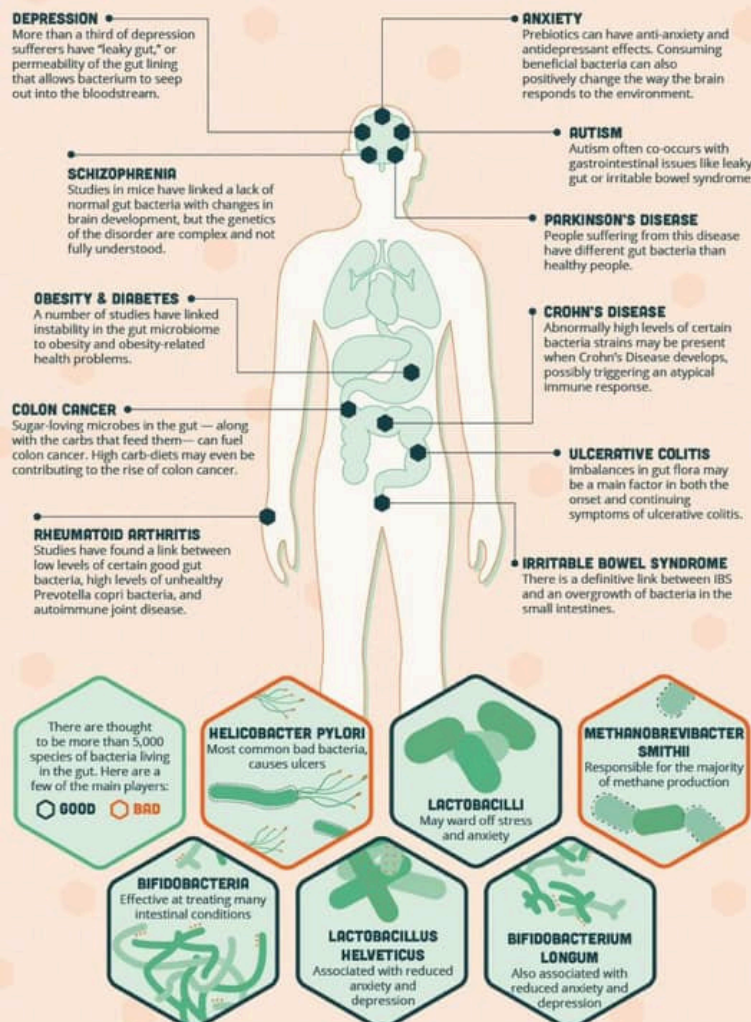
If you or your child are experiencing side effects from taking MiraLAX, make sure it is documented in yours or your child's medical records, and report it to the FDA. See the Miralax related documents available in the Files section of the FB page.

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The key for optimal brain and body health is good gut health

HOW GUT BACTERIA AFFECTS THE BRAIN AND BODY

We are more bacteria than we are human. Mounting research has suggested that the bacteria living in our digestive tract play a significant role in our overall health. Here are some of the physical and mental health conditions that have been linked to imbalances in gut flora.



What is digestion?

We eat our food, it gets digested, then the rest leaves the body!

Yes, but what exactly does "digest food" mean?

There is a very diverse colony of microbes that live in your gut. These microbes are responsible for "digesting" and properly breaking down your food into nutrients your body can actually absorb.

Ideally, there is a wide diversity of microbes that helps maintain a balance between the "good guys" and the "bad guys". The good guys are responsible for producing what your body needs to stay healthy, and the bad guys can make you sick.

What happens when diversity is compromised, and the balance is thrown off? Entire body systems are affected.

Working with a functionally-minded practitioner will help provide clear guidance on what foods and supplements will help your child the most.

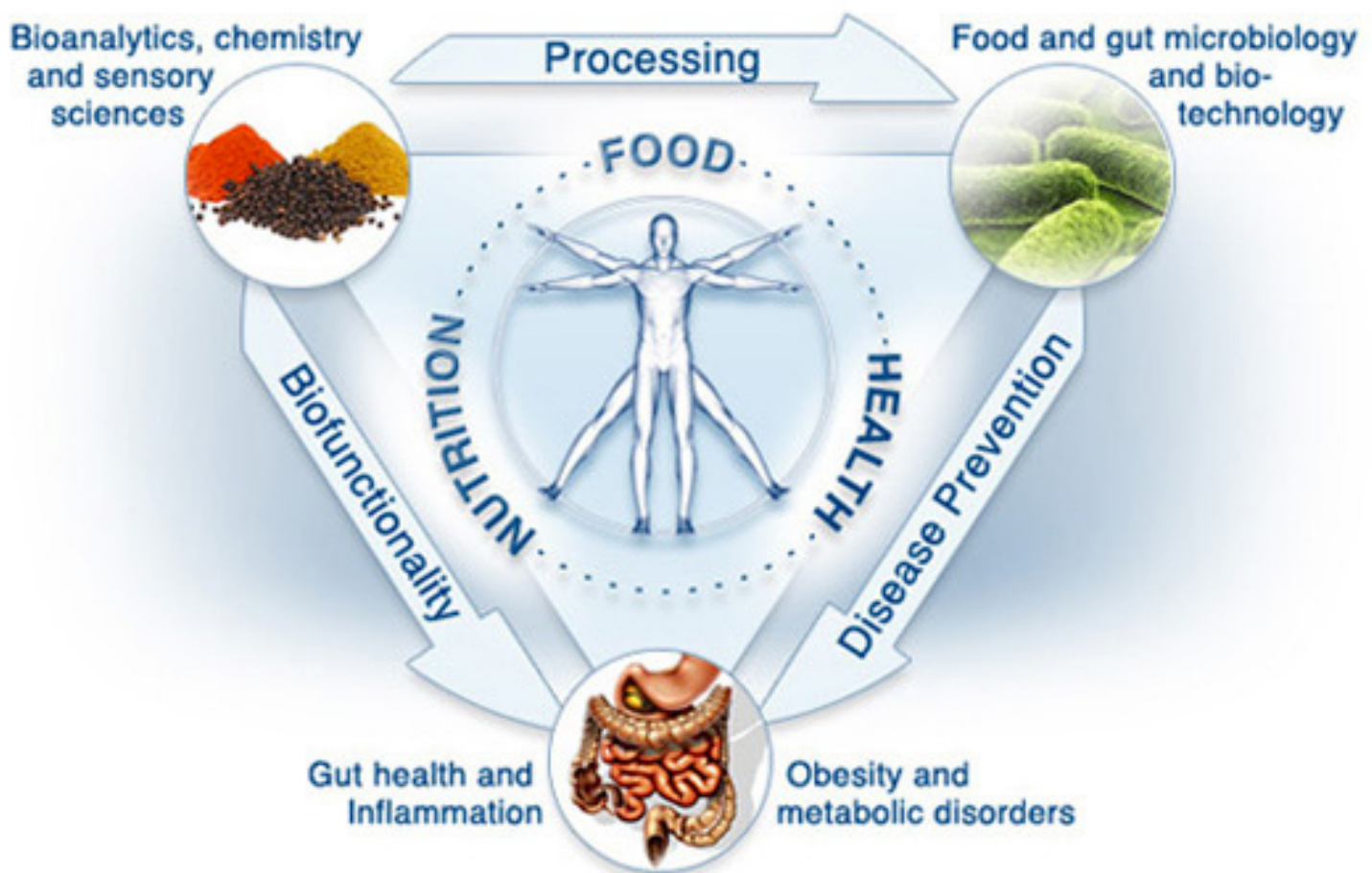
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Damaging the gut causes an imbalance called “gut dysbiosis”.

Gut dysbiosis and an overall lack of microbial diversity has been linked with chronic and acute diseases, infections, and autoimmune and autoinflammatory disorders.

There is plenty of science now that proves the important of gut function and its direct influence on your health and well-being.

Constipation is one of many **symptoms** pointing towards a gut imbalance or dysfunction.



The following information should NOT be taken as medical advice. Always be sure to consult with a physician that is knowledgeable about and open to the use supplements to help manage constipation.

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DIET



First and MOST important is to focus on the type of food that is going into your body.

NO DAIRY, NO GLUTEN, NO SOY, and try to avoid processed corn products and yeast. Dairy and gluten are the major culprits in today's environment causing inflammation and damage to the gut lining and microbiome.

Think whole foods: veggies, clean meats, fruits, nuts/seeds, healthy oils. Organic, locally bought is always best.

Limit grains. Nurture your gut with healthy foods, local, live organic fruits and veggies, smoothies and pressed juices, prebiotics, probiotics, homemade bone broth, fermented foods, and get outside and interact with nature (nature contains important microbes for our gut)!

Search for meal/snack ideas online by using the following terms: "Paleo recipes" or "Whole30 kids recipes" or "GAPS diet" or "Mediterranean diet".

If you need help with food substitutions and ideas, many in this group have great suggestions.

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Other Possible Supplements



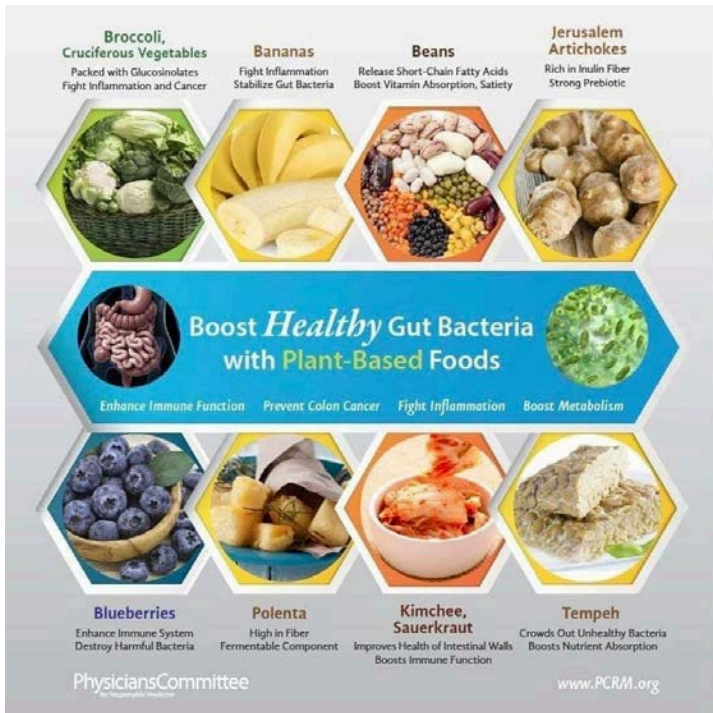
- Probiotics (comprehensive stool testing can determine which specific strains of probiotics are needed)
- Prebiotics: once gut testing has happened to determine when appropriate to take
- George's Aloe Vera Juice on an empty stomach can help support movement and healing the gut
- Organic oils: MCT, or virgin organic coconut oil - 1 tbsp each per day depending on age
- Healthy organic fluids and organic cold pressed juices for nutrients and gut health
- Organic hexane-free Unsulphured Blackstrap Molasses
- Constipation Candy and other recipes (see Files section)

If your child is on a maintenance dose, and hasn't had a bowel movement in 36 hours, this may help loosen stool:

- Extra dose of magnesium and or the oils mentioned above
- Epsom Salt baths
- Castor oil belly rubs
- Aloe Vera juice / gel

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There are many ways to help heal and nurture your gut and the microbes that are responsible for digesting your food.



Supplements to help reverse dysbiosis:

These may help following antibiotics or MiraLAX use

- Butyrate: ProButyrate or ButyCaps Tributyrin
- Herbs: chamomile, angelica, silymarin, licorice root, and lemon balm (Iberogast contains all of these)
- Fatty acids: Conjugated linoleic acid (CLA)34 and omega-3 fatty acids (DHA)
- Probiotics: *Saccharomyces boulardii*
- Vitamin A: retinoic acid
- Humic and fulvic acid

***What works for each person is going to be unique to the individual.
Make changes slowly and give it enough time to see how you feel.***

Eat This	Avoid This
Local organic fruits and veggies Root veggies Whole foods Healthy oils Prebiotics & Probiotics Fermented veggies Homemade bone broth Cold pressed juices	Dairy & Gluten Stay away from corn-based sugars Too many grains Too many nuts (they can be difficult to digest) Unhealthy oils Chemical laden foods Processed foods Products containing PEG Tap water

Working with a functionally-minded practitioner will help provide clear guidance on what foods and supplements will help your child the most.