



**If you're feeling a tad backed up, don't suffer another day.  
Try these natural remedies and relax - help is on the way**

### Drink Water & Exercise

Dehydration can get things stuck. So, make sure you drink enough. Better yet, make it warm, as cold can make things tight. So enjoy the steam in a warm cup, and know you've done things right.

And if you feel you've run out of luck, try some exercise. It will get your systems moving, and hopefully leave you with a morning prize.

### Lemon & Ginger

Mix a half of lemon in a glass of water, and drink it before you eat. Do this twice a day until you're better, and can comfortably excrete.

Ginger helps to calm your tummy when things get really tight. Just grate some in your warm water and sleep tight.

### Fiber & Emotions

Make sure you're eating enough fiber for your intestines to work okay. Without veggies, fruits and grains, there can be delay.

And ask yourself, what am I holding back? Because emotions can clog things up. So take a breathe & release, maybe then you'll go with ease.

A few other things you can do, to successfully have a poo: Avoid caffeine, dairy and wheat, sometimes these foods cause defeat. Magnesium will soften your stool, and prevent headaches, which is really cool. Fenugreek, flax and aloe suffice, and baking soda does the job quite nice. So there are many things you can try, now you can relax & detoxify.