

The Midlife Constipation Relief Plan™

Support more comfortable, regular bowel movements with a few gentle habits that work together.



Begin with the basics. Add changes gradually and notice how your body responds.



1 Start with Fluids

Sip water regularly through the day. Extra fiber works best when fluid intake is adequate.

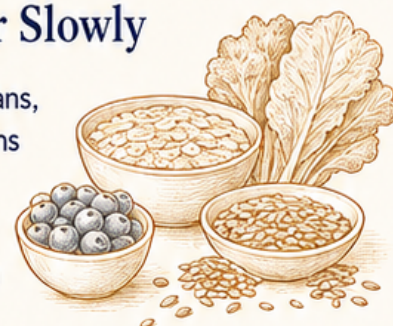
Try: a glass of water with meals and between meals.



2 Build Fiber Slowly

Add vegetables, fruit, beans, oats, seeds or whole grains a little at a time.

Try: increase one fiber-rich food, then assess comfort.



3 Add Gentle Movement

Walking and regular movement can help support natural intestinal activity.

Try: a short walk after a meal.



4 Make Time to Go

Respond to the urge when possible. Rushing or repeatedly delaying can make things harder.

Try: sit calmly after breakfast without straining.



5 Improve Your Position

Place your feet on a small stool, lean forward slightly and relax your belly. Avoid prolonged pushing.

Comfort matters. Stop if you feel pain or dizziness.



Before Adding More

- ☐ Review medications and supplements that may contribute.
- ☐ Notice whether fiber was increased too quickly.
- ☐ Track bowel habits, discomfort and bloating.
- ☐ Ask your provider before using laxatives regularly.



Martine's Midlife Wellness Tip

Choose one or two steps first. A steady routine is often more helpful than changing everything in one day.



Gentle Reminder

Constipation can have many causes. Persistent symptoms deserve individualized guidance.



Contact your healthcare provider promptly for severe abdominal pain, vomiting, blood or black stools, inability to pass gas, unexplained weight loss or a new persistent change.

