



So Long Constipation, Part 1

Katarina Nolte

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If you are at a point at which you need a book to help you defecate, you will have to find the constipation culprits and readjust your *art de vivre* by becoming creative. Being constipated means that you are stuck in a rut of some sort and to *unstuck* yourself, you will have to take the big picture approach that incorporates your entire mind-body system.

In *So Long Constipation, Part 1* you will learn how to eliminate your constipation by learning what causes it and how this comes about. You will learn about the relationship between our daily environment and the gut. You will discover, in simple detail, how things like stress, industrial toxins and our modern diet and lifestyle influence the delicate balance of our mind-body system. You will familiarize yourself with the main aspects of this delicate balance in relation to gut function.

So Long Constipation, Part 1 takes care of the urgent part, namely, getting rid of constipation, while *So Long Constipation, Part 2* focuses on creative, long term constipation prevention methods. For now, your main objective is to understand how you got constipated in the first place, because once you get that, you will know how to return back to normal.

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Frances Barrett:

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Susan Padgett:

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Brooke Fisher:

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