

CONSTIPATION

Constipation can occur in babies, children and adults. It's estimated that around one in every seven adults and up to one in every three children in the UK has constipation at any one time.

The condition affects twice as many women as men and is also more common in older adults and during pregnancy.

Approximately 40% of pregnant women experience constipation during their pregnancy, because in pregnancy the body produces more of a hormone called progesterone which acts as a muscle relaxant and slows down the action of the muscles that line the bowel.

Causes

Most cases of constipation are not caused by a specific condition and it may be difficult to identify the exact cause. However, several factors can increase your chances of having constipation, including:

- not eating enough fibre, such as fruit, vegetables and cereals
- a change in your routine or lifestyle, such as a change in your eating habits
- immobility or lack of exercise
- not drinking enough fluids
- having a high temperature (fever)
- being underweight or overweight
- anxiety or depression

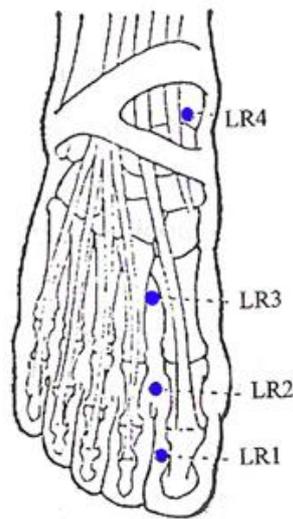
In rare cases constipation can be a symptom of an underlying medical condition such as Irritable Bowel Syndrome (IBS), inflammatory bowel disease, an underactive thyroid gland, bowel cancer, Parkinson's disease, multiple Sclerosis (MS) or damage to the spinal cord.

Warning: if the patient has noticed blood in the stools – even in very small quantities – we will ask them to go to the doctor first, in case it is polyps, bowel cancer, peptic ulcer, or oesophageal varices. In these cases, we will treat the patient **only** if they are being treated by a doctor for these problems. We will always ask the patient to be diagnosed by a doctor.

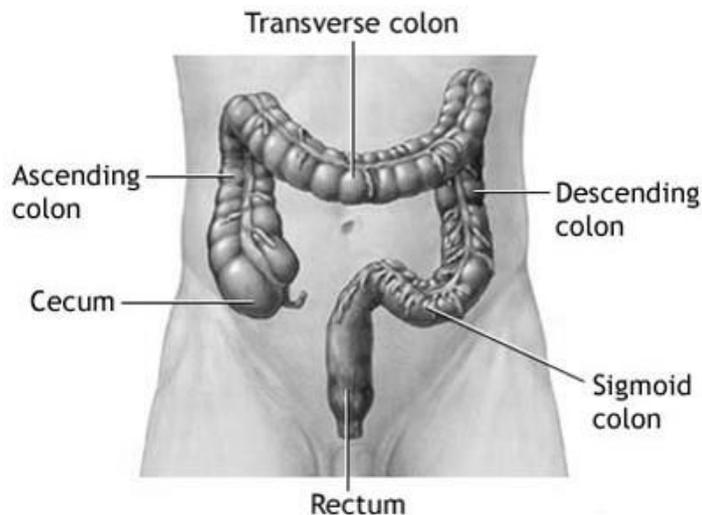
TREATMENT

- Articular rotations. Any you choose. All rotations will improve peristaltic movement.

- ブ° - Pressure on the abdomen should be very slow. Only go as deep as you can without causing pain. This is especially so when pressing the sigmoid colon.
- 口 - Anterior cervical region and medulla oblongata to stimulate the Vagus nerve.
- 指 - Interscapular, infrascapular and lumbar regions to balance the autonomic nervous system.
- Iliac crest, sacrum and the superior gluteal nerve point (Namikoshi point) for one to two minutes to stimulate the digestive functions.
- 圧 - Rub the second point between the big toe and the second toe in the dorsal region of the foot. (Liver 3)
- 学
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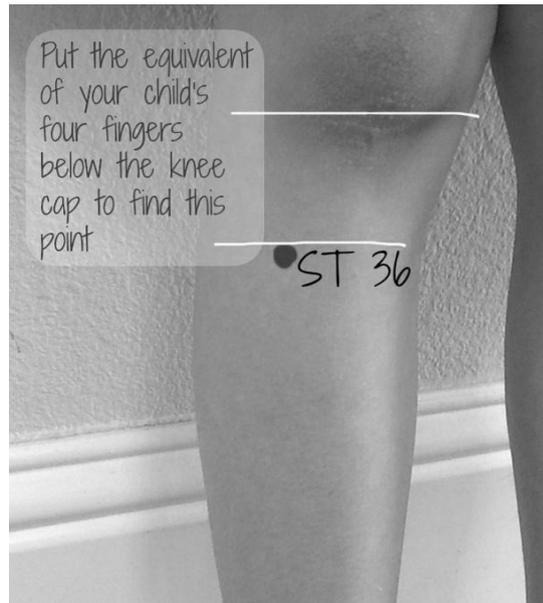
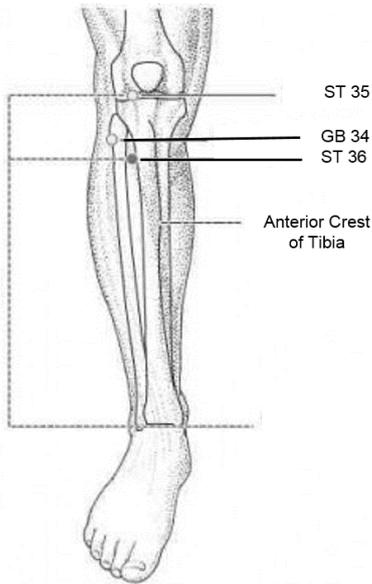
- Work the whole abdomen carefully. Pay special attention to the sigmoid colon which should be left to the last.



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- Press the leg sanri (Stomach 36). One to two minutes.



- Sotai exercises 3 and 4.

TRADITIONAL CHINESE MEDICINE

Constipation can be roughly divided into two main types:

Excess type constipation:

- Excess Heat
- Accumulation of Yin cold
- Liver energy congestion

Deficiency type constipation:

- Spleen Qi deficiency
- Blood deficiency
- Spleen Yang deficiency

The excess type is characterised by the inability of the body to produce enough liquid, and therefore difficulty in expelling stools.

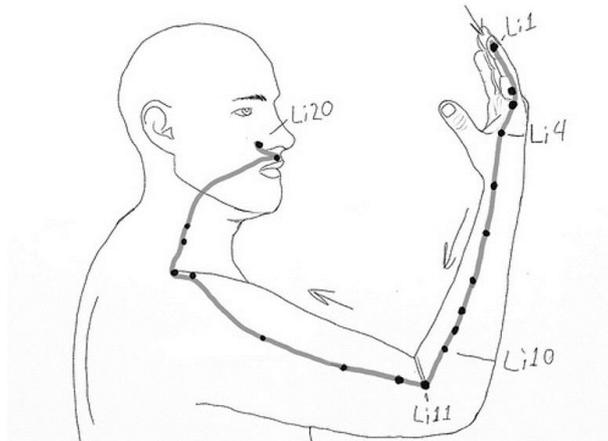
The deficiency type is characterised by the inability of the body to produce the stools.

Deficiency.

- Medial femoral and crural regions (spleen and kidney meridians)

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- Arm sanri (Large Intestine 10) and leg sanri (Stomach 36)



- Abdomen, deeply and slowly. Mainly palmar pressure.

- Chest

- Palmar pressure on the spine. Three or four times quite fast and then three or four times very slowly following the deeper breathing of the patient.

Excess

- Neck and arms (large intestine meridian)

- Abdomen. Mainly thumb pressure. First dispersing, trying to apply more pressure little by little.

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