

# Constipation

## DNA Health Report

REPORT CATEGORY —



Sample Client

Report date: 03 September 2025

Powered by

omicsedge



# Table of Contents

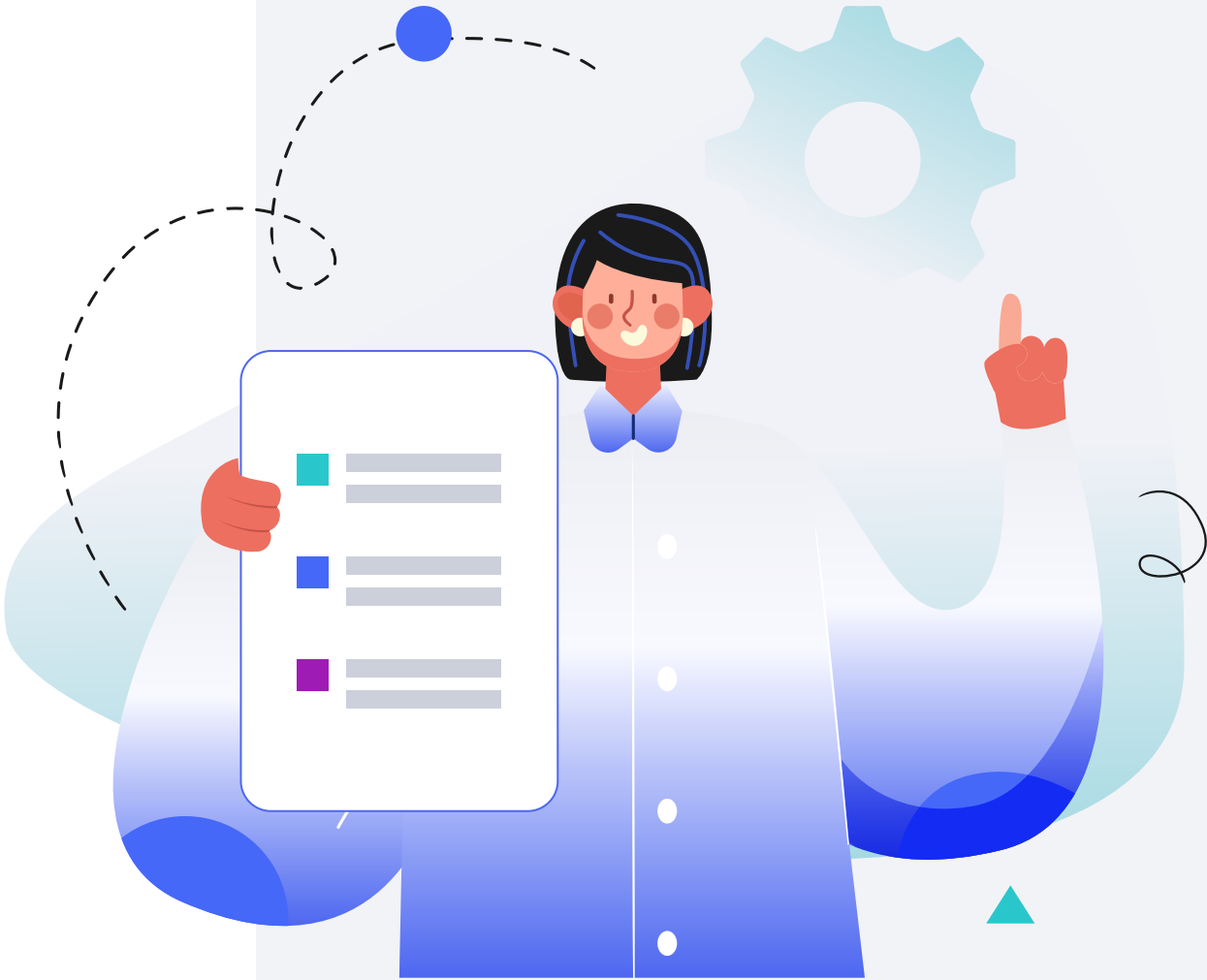
- 03 Introduction
- 04 Your genetics
- 06 Your recommendations

## Personal information

|               |         |
|---------------|---------|
| NAME          |         |
| Sample Client |         |
| SEX AT BIRTH  |         |
| Male          |         |
| HEIGHT        |         |
| 5ft 9"        | 175.0cm |
| WEIGHT        |         |
| 165lb         | 75.0kg  |

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.



# Introduction

## Feeling like you’ve got to go, but your bowels are saying no?

Constipation is an age-old medical issue.

The oldest known complete book, a medical text created by the ancient Egyptians in the 16th century BC, implied that disease may be directly caused by the ‘decomposing material within our intestines’ [\[R\]](#).

The idea that constipation plays a central role in disease persisted until recently. While we now know that constipation isn’t the root of all diseases, that doesn’t change the fact that **constipation can have a big impact on your health and happiness**.

Severe constipation leads to around 2.5 million visits to the doctor each year in the US [\[R\]](#).

There are a lot of factors that can influence your bowel movements.

One thing that won’t is swallowing gum. While we may have all been warned as children that swallowed gum will get stuck inside of us, that’s actually a myth! (But don’t go swallowing a whole pack of gum – on rare occasions, swallowing large amounts of gum has caused blockages in children) [\[R\]](#).

## Things that can influence your regularity can include the amount of fiber you eat, how often you exercise, and your genetics.

For example, if you happen to carry a certain variant of the [AHR](#) gene, then you may drink less water than others. Dehydration is linked to constipation [\[R\]](#), [\[R\]](#). If you tend to not drink a lot of water, you should take extra care to remain hydrated in order to maintain healthy bowel movements.

## Read on to find out more about:

- **How your genetics play a role in constipation**
- **Your genetic risk score based on over 1,700 genetic variants**
- **Personalized recommendations based on your genetics**

# Factors Affecting Constipation

## Key Takeaways:

- Genetic research indicates that genes involved in constipation are likely similar to those influencing IBS.
- Other risk factors include dehydration, a low-fiber diet, lack of exercise, intestinal blockages, certain nerve, muscle, or hormone issues, older age, being female, and certain medications.
- Constipation is very common, with about 1 in 4 people having it at any given time.
- If your genetic risk is high or you have symptoms, you may lower your overall risk by taking action on those factors that you can change.

Constipation is difficulty passing stools. It presents as few bowel movements a week, generally less than three. People with constipation may also have [R](#), [R](#):

- Difficult or painful bowel movements
- Stools that are hard, dry, or lumpy
- A feeling that more stool needs to be passed

Constipation is very common; **about 1 in 4 people may have it at any time** [R](#), [R](#).

The following may contribute to constipation [R](#):

- Dehydration
- A low-fiber diet
- A lack of exercise
- Something blocking the intestine
- Problems with certain nerves, muscles, or hormones
- Older age
- Female sex
- Some medications

To support healthy bowel movements, experts recommend [R](#):

- Eating lots of fiber
- Drinking lots of water



TYPICAL LIKELIHOOD

Typical likelihood of constipation based on 1,687 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

| GENE    | SNP         | GENOTYPE |
|---------|-------------|----------|
| MORC2   | rs55694472  | CC       |
| FZD4    | rs182200829 | GG       |
| /       | rs574648890 | AA       |
| HORMAD1 | rs150782165 | GG       |
| KATNIP  | rs149014823 | CC       |
| /       | rs140085457 | AA       |
| MCUR1   | rs562047350 | AA       |
| /       | rs560797967 | TT       |
| TRAPPC9 | rs116380351 | CC       |
| LRRC31  | rs564587334 | AA       |
| SEC62   | rs551839727 | CC       |
| /       | rs13328995  | TT       |
| CXCR4   | rs146493009 | TT       |
| CALM1   | rs113878265 | CC       |
| PPP6R2  | rs188272551 | CC       |
| ST18    | rs144859003 | CC       |
| KCTD9   | rs79700501  | TT       |
| SLITRK1 | rs113428943 | TT       |
| MTRES1  | rs116465542 | GG       |
| ATP8B2  | rs144890977 | CC       |

- Staying active
- Managing stress
- Passing stool as soon as you feel the urge

Some people may need laxatives or other medications to help with constipation. In some cases, surgery may be required to remove a blockage [R].

**Some of the differences in people's bowel movements may be attributed to genetics [R, R].**

| GENE     | SNP         | GENOTYPE |
|----------|-------------|----------|
| AP1M1    | rs143695943 | CC       |
| /        | rs537591474 | CC       |
| KLF2     | rs561412363 | CC       |
| MCTP2    | rs115350201 | AA       |
| CLSTN1   | rs542394633 | CC       |
| AVL9     | rs576185900 | GG       |
| CCNI     | rs115310636 | TT       |
| GRK5     | rs551434317 | GG       |
| GCFC2    | rs568976510 | GG       |
| ESRRG    | rs142704599 | GG       |
| JARID2   | rs150597631 | GG       |
| DDR1     | rs147082103 | GG       |
| MUC21    | rs59236926  | GG       |
| GABRG3   | rs112865614 | CC       |
| SLC35G1  | rs138110766 | AA       |
| NAALADL2 | rs144790287 | GG       |
| TMEM174  | rs6872673   | CC       |
| MAP4K3   | rs146245526 | AA       |
| VPS41    | rs77233399  | TT       |
| ZNF764   | rs147809573 | CC       |

The number of "risk" variants in this table doesn't necessarily reflect your overall result.



# Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

| DOSAGE |                                         | DOSAGE |                                     |
|--------|-----------------------------------------|--------|-------------------------------------|
| 1      | Eat Fiber-Rich Foods                    | 2      | Psyllium5 g                         |
| 3      | Drink at Least 8 Glasses of Water a Day | 4      | Enemas                              |
| 5      | Probiotics10 billion                    | 6      | Bacillus Coagulans                  |
| 7      | Lactulose                               | 8      | Lactobacillus Reuteri10 billion CFU |
| 9      | Glucomannan3 g                          | 10     | Tuina Massage                       |
| 11     | Biofeedback                             | 12     | Magnesium250 mg                     |
| 13     | Acupuncture1 hour                       | 14     | Prebiotics125 mg                    |
| 15     | Prunes                                  |        |                                     |

1



Eat Fiber-Rich Foods

IMPACT

4 / 5

EVIDENCE

5 / 5

## How to implement

Incorporate foods high in fiber, such as fruits, vegetables, whole grains, and legumes, into your daily meals. Aim for a total dietary fiber intake of 25 to 30 grams per day, spread out over all meals.

## Description

Fiber is a type of carb that your body can’t digest which supports digestion, heart health, and blood sugar control. You can get fiber by eating things like whole grains, fruits, nuts, seeds, and leafy greens.

**Fiber is a type of carb that your body can’t digest. It supports digestion, heart health, blood sugar control, and more** [\[R, R\]](#).

**Adults should get 28 g of fiber every day.** Most people in the US don’t get enough fiber [\[R, R\]](#).

**You can get more fiber by eating** [\[R, R\]](#):

- Whole grains
- Fruits
- Leafy greens
- Nuts and seeds
- Beans
- Broccoli

Fiber supplements, such as [psyllium husk](#), are available for people who don’t get enough fiber from their diets [\[R, R\]](#).

## How it helps

**Fiber (up to 35 g/day)** may help reduce pain and relieve constipation. It may be best to increase fiber intake slowly over the course of a few weeks to minimize gas and bloating [\[R, R, R, R, R, R, R, R, R\]](#).

High-fiber foods that may help include:

- Rye bread [\[R\]](#)
- Wheat bran [\[R, R\]](#)
- Flaxseed [\[R, R\]](#)
- Kiwifruit [\[R, R, R, R\]](#)
- Mango [\[R\]](#)
- Prunes [\[R, R, R\]](#)
- Figs [\[R, R\]](#)

Fiber supplements that may help include:

- Psyllium [\[R, R, R\]](#)
- Partially hydrolyzed guar gum [\[R, R\]](#)
- Inulin [\[R, R, R\]](#)
- Oligosaccharides [\[R, R, R\]](#)

However, there is some mixed evidence for the benefits of some supplements [\[R\]](#).

Fiber may help by [\[R, R, R, R, R\]](#):

- Making stool easier to pass
- Increasing “good” bacteria in the gut
- Supporting gut function

2



Psyllium

IMPACT4 / 5

EVIDENCE4 / 5

## How to implement

Take 5 grams of psyllium husk powder with at least 8 ounces of water. Do this once daily, preferably in the morning before breakfast. Continue this regimen daily for ongoing digestive health benefits.

TYPICAL STARTING DOSE

5 g

## Description

Psyllium is a plant-based dietary fiber derived from the seeds of the *Plantago ovata* plant. It is primarily used both traditionally and today, as a dietary supplement due to its high soluble fiber content, aiding in digestive health and regulating bowel movements. The main compounds in psyllium are soluble fiber and mucilage.

[Psyllium husk](#) might be beneficial for gut health and heart health. But what exactly is this supplement and how does it work?

Psyllium is an herb that grows around the world. Its “husk,” the outer coating of the psyllium seed, is full of fiber. The health benefits of psyllium husk are due to this fiber.

## How it helps

Experts recommend psyllium for constipation management. It may help more than other fiber supplements such as bran and offer similar benefits to laxatives like lactulose [\[R\]](#), [\[R\]](#), [\[R\]](#).

Clinical trials and systematic reviews confirm that psyllium (3.5-50 g/day for 1-12 weeks) improves defecation frequency, bowel movement quality, and gut microbiome composition, making it a valuable component of a graded treatment approach for chronic constipation, alongside lifestyle and dietary modifications [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).



3



Drink at Least 8 Glasses of Water a Day

IMPACT

4 / 5

EVIDENCE

4 / 5

## How to implement

Consume a total of at least 64 ounces (or approximately 1.9 liters) of water over the course of the day. This can be divided into 8 glasses, each containing 8 ounces of water. Aim to drink evenly throughout the day to avoid dehydration.

## Description

Water is an essential nutrient for nearly every process in your body, helping to mainting brain and gut function, maintain a health weight, as well as energy and performance levels, among others.

**Water is essential for life. It supports nearly every process in your body** [\[R\]](#).

Water helps maintain [\[R\]](#):

- Energy and performance levels
- Brain function
- Gut function
- Healthy weight

Most experts recommend drinking **around 8 glasses (64 oz. or 2 L) of water daily**. You might need more or less than this, depending on how active you are, where you live, or what your overall health is like [\[R\]](#).

## How it helps

Low water intake is linked to an increased risk of constipation [\[R, R, R\]](#).

**Experts recommend drinking up to 50-60 oz. (1.5-2.0 L) more water per day, in combination with a high-fiber diet, to help improve constipation** [\[R, R, R, R, R\]](#).

Drinking more water may help by supporting healthy bowel movements [\[R\]](#).

4



Enemas

IMPACT

4 / 5

EVIDENCE

3 / 5

## How to implement

To implement an enema as part of your lifestyle, you'll need to use an enema kit, which typically includes a liquid solution and a tube. First, you should lie down on your side, gently insert the tube into the rectum, and slowly squeeze the liquid solution from the bag into the bowel. This process is usually done once or as recommended by a healthcare provider, not exceeding once per week for routine use without medical supervision.

## Description

Enemas are a medical procedure involving the introduction of liquid into the rectum to cleanse the colon or deliver medications. They can provide relief from constipation and help remove toxins from the body, but they should be used under medical supervision and when medically necessary.

An enema is a device designed to deliver liquid (such as saline or plain water) into the bowels through the anus [\[R\]](#), [\[R\]](#).

Enemas may help relieve constipation [\[R\]](#).

## How it helps

**Experts say that enemas may be a good option for some constipated people.** They recommend using plain, warm water in most cases [\[R\]](#), [\[R\]](#), [\[R\]](#).

Enemas may help by softening stool. They may also stimulate bowel movements [\[R\]](#).

**Please note:** *Enemas should be used as a last resort. They are associated with risks like discomfort, bowel stretching, and injury. Electrolyte imbalances and severe dehydration may also occur* [\[R\]](#), [\[R\]](#), [\[R\]](#).

5



Probiotics

IMPACT

4 / 5

EVIDENCE

3 / 5

## How to implement

Take a probiotic supplement containing 10 billion or more live cultures once daily, preferably with a meal or as directed by the packaging or a healthcare provider.

TYPICAL STARTING DOSE

10 billion

## Description

Probiotics are live beneficial bacteria and yeasts that can support gut health and digestive function when consumed as supplements or found in fermented foods like yogurt and sauerkraut. They may be beneficial to gut health, immune function, blood sugar, and mood.

**Probiotic bacteria** are “good” bacteria found mainly in the large intestine. They support your body and mind by [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Maintaining gut health
- Supporting a healthy immune system
- Improving your mood
- Helping to maintain healthy blood sugar

**Prebiotics** are certain types of fiber and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

## How it helps

Probiotics may help with constipation by supporting healthy bowel movements. Blends may work better than single species probiotics [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Probiotics (at least 100 million CFU\*) that may help include:

- *Bifidobacterium* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- *Lactobacillus* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- *Streptococcus thermophilus* [\[R\]](#)
- *Bacillus coagulans* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

However, some studies show mixed effects for certain probiotics [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Food products with probiotic bacteria that may help include:

- Kefir [\[R\]](#)
- Yogurt [\[R\]](#), [\[R\]](#)
- Cheese [\[R\]](#)
- Other fermented milk products [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

\*CFU (colony forming units) = the number of active bacteria in one probiotic serving



6



Bacillus Coagulans

IMPACT

3 / 5

EVIDENCE

3 / 5

## How to implement

Take a Bacillus coagulans supplement containing 1 to 2 billion CFUs (colony forming units) daily, with a glass of water, preferably with meals. This routine should be consistently followed for at least four weeks to potentially see benefits.

## Description

Bacillus coagulans is a probiotic strain believed to support digestive health and boost the immune system. It's used in various probiotic supplements and may aid in maintaining gut balance.

## How it helps

Supplementation with *Bacillus coagulans* (1-2x/day for 2-8 weeks) may improve constipation. The following strains may be useful [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- PROBACI
- Unique IS2
- SNZ 1969
- lilac-01

7



Lactulose

IMPACT3 / 5

EVIDENCE3 / 5

## How to implement

Take lactulose solution orally. The usual dose for adults is 15-30 milliliters (mL) once daily, which may be adjusted based on response. This medication can be taken with or without food. Make sure to measure the dose accurately with a proper measuring device. For constipation, it's generally used on a short-term basis, but for conditions like hepatic encephalopathy, it may be used longer as directed by a doctor.

## Description

Lactulose is a synthetic sugar used as a laxative to treat constipation. It works by increasing water content in the colon and promoting regular bowel movements, making it a useful option for individuals with constipation-related issues.

## How it helps

Research supports the use of lactulose in various patient groups, including the elderly and those with specific conditions like postpartum constipation, where it has been shown to effectively increase defecation frequency and improve symptoms [\[R\]](#).

Studies comparing lactulose with other laxatives like Polyethylene Glycol (PEG) have found it to be equally effective in many cases, although some studies suggest PEG may work faster. However, lactulose's safety profile and ease of use make it a preferred choice for many, especially for long-term management of constipation [\[R\]](#).

8



Lactobacillus Reuteri

IMPACT

3 / 5

EVIDENCE

3 / 5

## How to implement

Take a supplement containing *Lactobacillus reuteri* daily, ideally choosing a product that specifies CFU (colony-forming units) to ensure you receive an effective dose. Dosage can vary depending on the specific product, but it's typically around 10 billion CFUs. Continue taking the supplement for at least 4 to 8 weeks to evaluate its benefits for your gut health.

TYPICAL STARTING DOSE

10 billion CFU

## Description

*Lactobacillus reuteri* is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

[Lactobacillus reuteri](#) is a [probiotic](#) bacterium that is part of the normal [microbiome](#) of the gut, skin, urinary tract, and, occasionally, the stomach [\[R\]](#).

*L. reuteri* is also used as a probiotic. People take it to help with [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- High cholesterol
- Gut diseases
- Constipation
- Helicobacter pylori infections

In the 1960s, **30-40 percent** of people had *Lactobacillus reuteri* as a part of their microbiome. Today, estimates suggest it is found in only **10-20 percent** [\[R\]](#), [\[R\]](#).

## How it helps

Supplementation with *Lactobacillus reuteri* (strain DSM 17938, for 4-13 weeks) may improve constipation. The following strains may be useful [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

9



Glucomannan

IMPACT

3 / 5

EVIDENCE

3 / 5

## How to implement

Take 1 gram of glucomannan powder with 8 ounces of water, 15 minutes to 1 hour before each meal, three times daily. It's essential to drink plenty of water when taking glucomannan to ensure it reaches the stomach and expands, helping to promote a feeling of fullness.

TYPICAL STARTING DOSE

3 g

## Description

Glucomannan is a dietary fiber derived from the root of the konjac plant and is often used as a weight loss supplement. It may promote feelings of fullness and support weight management when used in conjunction with a balanced diet.

## How it helps

Supplementation with the fiber glucomannan (1.45-4.5 g/day for 10-30 days) improved bowel movement (by 30%), evacuation frequency, and gut microbiome composition in 6 studies of 231 people with constipation [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

A meta-analysis of 3 trials and 122 people concluded that glucomannan moderately increases the defecation frequency of children with constipation. However, larger studies are needed t confirm this benefit and the safety of glucomannan [\[R\]](#).

10



Tuina Massage

IMPACT

3 / 5

EVIDENCE

3 / 5

## How to implement

Schedule a Tuina massage session with a certified practitioner. Initially, aim for once a week for a month to address specific health concerns, then adjust frequency based on personal response and practitioner advice.

## Description

Tuina is a traditional Chinese massage therapy that involves various manipulations, acupressure techniques, and stretches to promote relaxation, alleviate muscle tension, and improve the flow of vital energy (qi) in the body. It is used for both therapeutic and relaxation purposes, aiding in conditions like pain management, stress reduction, and musculoskeletal issues.

## How it helps

The traditional Chinese massage *tuina* may improve functional constipation and reduce the symptoms and adverse effects [\[R\]](#).



11



Biofeedback

IMPACT

3 / 5

EVIDENCE

3 / 5

## How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

## Description

Biofeedback is a type of therapy that teaches people how to control certain body functions, such as heart rate, blood pressure, and muscle tension. It can be used to treat a variety of conditions, including stress, anxiety, and chronic pain.

**Biofeedback** is a kind of “**brain training**” in which sensors are attached to your body. They detect information like your heart rate, temperature, and breathing rate. By seeing this information, you may be better able to control these functions [\[R\]](#), [\[R\]](#).

Biofeedback is used to help with [\[R\]](#), [\[R\]](#):

- Gut problems
- Chronic pain
- Migraines
- Insomnia
- Attention

[Neurofeedback](#) is a form of biofeedback that measures brain activity in real time [\[R\]](#).

## How it helps

Experts recommend biofeedback as a first-line treatment for pelvic floor dyssynergia and constipation related to pelvic floor dysfunction. It uses devices such as anorectal electromyography or manometry catheters to help people learn to control these muscles effectively during defecation, which can facilitate easier stool passage [\[R\]](#), [\[R\]](#), [\[R\]](#).

Biofeedback is less effective than surgical options. However, it presents fewer risks and is effective in improving functional constipation, particularly dyssynergic defecation, in a significant proportion of patients [\[R\]](#), [\[R\]](#), [\[R\]](#).

12



Magnesium

IMPACT

3 / 5

EVIDENCE

3 / 5

## How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

250 mg

## Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

**Magnesium is an essential mineral.** Your body needs it for [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

## How it helps

Magnesium-based therapies may help manage constipation across various populations and settings. Studied forms of magnesium include [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Magnesium hydroxide
- Magnesium sulfate
- Magnesium oxide

Drinking magnesium and sulfate-rich water (1.5 L/day for 14 days) may also improve constipation in adults with functional constipation [\[R\]](#).

Both magnesium oxide and probiotics like *Lactobacillus reuteri* and *Lactobacillus casei rhamnosus* improved defecation frequency in children, although magnesium oxide sometimes disrupted the gastrointestinal microbiome [\[R\]](#), [\[R\]](#).

13



Acupuncture

IMPACT

3 / 5

EVIDENCE

3 / 5

## How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

## Description

Acupuncture is a part of traditional Chinese medicine. It involves inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

## How it helps

**Acupuncture** may help with constipation. It may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce symptoms
- Support bowel movements
- Increase the quality of life

Acupuncture may help by acting on the nervous system and balancing gut hormones [\[R\]](#), [\[R\]](#).

**Electroacupuncture and acupressure** may have similar benefits [\[R\]](#), [\[R\]](#), [\[R\]](#).

**Please note:** *Acupuncture is safe for most people. However, it may come with extra risks for pregnant women, people with pacemakers, and people with bleeding disorders. Consult your doctor or a licensed acupuncturist for more information* [\[R\]](#).

14



Prebiotics

IMPACT

3 / 5

EVIDENCE

2 / 5

## How to implement

Take 125 mg of a prebiotic supplement daily. Consistent daily intake is key for maintaining gut health.

TYPICAL STARTING DOSE

125 mg

## Description

Prebiotics are primarily plant-based sources of dietary fiber that provide nourishment for beneficial gut bacteria. These foods, like garlic, onions, and asparagus, promote a healthy gut microbiome, support digestion, and enhance nutrient absorption.

**Prebiotics** are certain fibers and other complex carbs that serve as food for gut bacteria. **They support gut health by helping boost the activity and growth of “good” bacteria** [\[R\]](#), [\[R\]](#).

Some natural sources of prebiotics include [\[R\]](#), [\[R\]](#):

- Whole grains
- Bananas
- Onions
- Soybeans

Prebiotics are also added to foods and supplements. Common prebiotic ingredients are [\[R\]](#), [\[R\]](#):

- Oligo-fructose
- Oligo-galactose
- [Inulin](#)

Combined mixtures of probiotics and prebiotics are known as **synbiotics** [\[R\]](#).

## How it helps

A study evaluated the effectiveness of a prebiotic inulin/partially hydrolyzed guar gum mixture for treating constipation in women. The study found an increased frequency of weekly bowel movements and improved patient satisfaction [\[R\]](#).

Another systematic review and meta-analysis examined the efficacy of prebiotics, probiotics, and synbiotics in treating irritable bowel syndrome (IBS) and chronic idiopathic constipation. While the evidence specifically for prebiotics was limited, the findings suggested potential benefits in managing symptoms associated with constipation, with probiotics and synbiotics showing positive results in improving bowel function [\[R\]](#).



15



Prunes

IMPACT

2 / 5

EVIDENCE

2 / 5

## How to implement

Eat 5-6 prunes daily, either as a snack or incorporated into meals, to help improve digestion and potentially bone health. Continue this habit consistently for at least a few weeks to observe benefits.

## Description

Prunes are dried plums that are rich in dietary fiber, vitamins, and minerals, particularly potassium and vitamin K, as well as antioxidants. They are often consumed to support digestive health and may help regulate bowel movements.

**Prunes** are a good source of omega-6 fatty acids, vitamin A and B6, potassium, iron, magnesium, and copper. A ½ cup serving provides 635 mcg or 14%DV.

## How it helps

A study focusing on prune juice found that prune intake (for 8 weeks) decreased hard and lumpy stools while increasing normal stool consistency without causing an increase in loose and watery stools. It also ameliorated subjective complaints of constipation and hard stools, without significant side effects such as increased flatulence or diarrhea [\[R\]](#).

Consuming a plum-derived mixed fiber supplement (10-100 g/day for 4-8 weeks) may improve constipation and quality of life as effectively as psyllium (10-22 g/day). It may offer greater benefits in relieving flatulence and bloating [\[R, R, R, R, R\]](#).