

Wellness Wednesday



October 4, 2023

LifeAdvisor.com

Ulliance
Enhancing People. Improving Business.

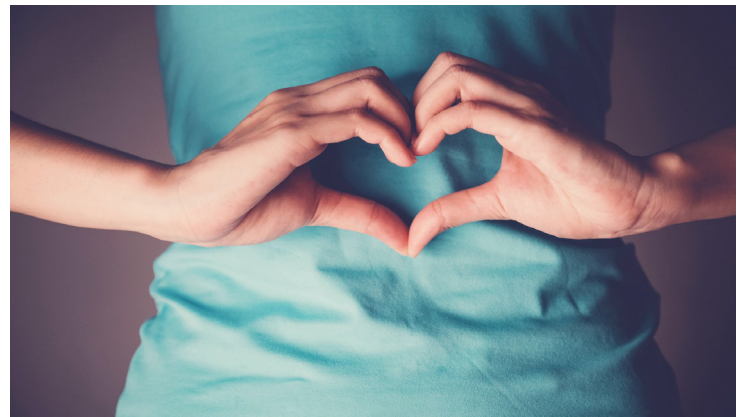


Find your path to total well-being!

Four Tricks to Keep Your Digestive System Regular & Happy

In our daily lives, we often overlook the importance of regular bowel movements. However, constipation is a common issue that affects many people, especially as they age. It can lead to discomfort, pain, and even more serious complications if left untreated. That's why it's crucial to adopt healthy habits to maintain regular bowel movements.

In this Wellness Wednesday, we'll explore the four essential habits that gastro doctors always do to stay regular. By incorporating these habits into your daily routine, you can improve your digestive health and prevent constipation. Let's dive in!



1. Establish Consistent Mealtimes and Rest Periods

One of the key habits that gastro doctors emphasize is having consistent mealtimes and rest periods. Our body's natural rhythm for bowel movements is after a period of rest and after meals. Therefore, establishing a routine can help regulate your digestive system and promote regular bowel movements.

Dr. Harmony Allison, a gastroenterologist at Tufts Medical Center, suggests aiming for consistent mealtimes and rest periods throughout the day. By doing so, you allow your body to adjust and anticipate regular bowel movements. Avoid snacking excessively or going long periods without eating, as it can disrupt your digestive rhythm.

2. Include Fiber-Rich Foods in Your Diet

Fiber is an essential component of a healthy diet and plays a crucial role in maintaining regular bowel movements. Including fiber-rich foods in your diet can help promote digestive health and prevent constipation. Dr. Supriya Rao, a board-certified gastroenterologist, recommends incorporating plant-based foods like fruits, vegetables, and grains into your meals.

Fiber absorbs water and adds bulk to your stools, making them easier to pass through the digestive system. It also helps regulate bowel movements by promoting regularity. Aim for a daily intake of 25 to 30 grams of fiber from whole foods such as oats, nuts, seeds, fruits, and vegetables. Remember to increase your fiber intake gradually and drink plenty of water to avoid any discomfort.

3. Stay Hydrated

Proper hydration is essential for maintaining regular bowel movements. Water helps soften the stool, making it easier to pass through the intestines. Gastroenterologist Dr. Steven Batash stresses the importance of proper hydration for good bowel movements. Aim to drink at least half of your body weight in ounces of water each day.

Dr. Tarun Sharma, a gastroenterologist at Gastroenterology Associates of New Jersey, personally drinks one to two liters of water every day to stay regular. Adequate hydration not only helps prevent constipation but also supports overall digestive health. Make it a habit to carry a water bottle with you throughout the day and sip water regularly.

4. Engage in Regular Exercise

Regular exercise is not only beneficial for your physical health but also plays a role in maintaining regular bowel movements. Dr. Sharma emphasizes the importance of exercise as a stimulant for proper gut peristalsis, which is required for regular bowel movements.

Engaging in moderate exercise two to three times a week for 30 to 45 minutes can help promote healthy digestion and prevent constipation. Exercise increases blood flow to the digestive organs, stimulates intestinal contractions, and helps regulate bowel movements. Find activities that you enjoy, such as walking, jogging, cycling, or yoga, and make them a part of your routine.

Additional Tips for Maintaining Regular Bowel Movements

In addition to the four essential habits mentioned above, here are a few more tips to help you maintain regular bowel movements:

1. Prioritize Whole Foods

Focus on consuming whole foods that are rich in nutrients and fiber. Avoid processed foods that are low in fiber and may contribute to constipation.

2. Limit Foods that Can Cause Constipation

Some foods can contribute to constipation, such as dairy products, red meat, and refined grains. Pay attention to how your body reacts to these foods and consider reducing or eliminating them from your diet if necessary.

3. Practice Stress Management

Stress can affect your digestive system and contribute to constipation. Find healthy ways to manage stress, such as meditation, deep breathing exercises, or engaging in hobbies that bring you joy.

4. Consider Probiotics

Probiotics are beneficial bacteria that can help maintain a healthy gut. Talk to your doctor about incorporating probiotic-rich foods or supplements into your diet.

By taking care of your gut health, you can improve your overall well-being and prevent the discomfort of constipation. Start incorporating these habits into your daily routine and enjoy the benefits of a healthy digestive system.

If you experience persistent constipation or have concerns about your digestive health, consult a health-care professional. They can provide personalized guidance and recommend appropriate treatment options.

A close-up photograph of a wooden cutting board. On the board, there is a large, bright orange pumpkin on the left and a yellow-orange pumpkin on the right. In the foreground, several pumpkin chocolate chip cookies are arranged on a white parchment paper. The cookies are golden-brown with visible chocolate chips. The background shows a blue and white checkered cloth.

PUMPKIN CHOCOLATE CHIP COOKIES



INGREDIENTS

- 4 unces of reduced-fat cream cheese. This adds richness and moisture to the cookies.
- 2 tablespoons of unsalted butter contribute to the overall flavor and texture.
- A combination of 3/4 cup monk fruit brown sugar and 1/4 cup monk fruit sweetener (or regular brown sugar and sugar)
- 1 large egg
- 1/2 cup canned pumpkin puree adds a luscious pumpkin flavor and moisture.
- 1/4 cup buttermilk keeps the cookies tender and moist.
- 1/2 teaspoon vanilla extract and 1 teaspoon pumpkin spice give the cookies their signature taste.
- 1 and 3/4 cups of all-purpose flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon baking powder
- 3/4 cup sugar free chocolate chips or regular chocolate chips

Fall is the perfect time to indulge in the warm and comforting flavors of pumpkin. And what better way to enjoy this seasonal ingredient than in a batch of delicious Pumpkin Chocolate Chip Cookies? These cookies are a delightful combination of pumpkin puree, pumpkin spice, and creamy chocolate chips, resulting in a moist and cake-like texture for a perfect cold weather comforting treat.

Storage and Serving Suggestions

These Pumpkin Chocolate Chip Cookies can be stored in an airtight container at room temperature for up to two days. For longer storage, you can refrigerate them for up to seven days. Before serving, allow the cookies to come to room temperature for the best taste and texture. If you have any leftovers, you can also freeze them for up to three months.

Nutrition Information

Serving: 2 cookies, Calories: 95 kcal, Carbohydrates: 25.5 g, Protein: 2.5 g, Fat: 3.5 g, Saturated Fat: 2 g, Cholesterol: 15 mg, Sodium: 107 mg, Fiber: 3 g, Sugar: 1 g



INSTRUCTIONS



1. Preheat your oven to 350°F and line three baking sheets with a silicone mat or parchment paper.
2. In a large bowl, beat the cream cheese, butter, monk fruit brown sugar, and monk fruit sweetener (or regular brown sugar and sugar) until light and fluffy.
3. Add the egg to the mixture and beat well.
4. Mix in the pumpkin puree, buttermilk, and vanilla extract until well combined.
5. In another bowl, whisk together the all-purpose flour, pumpkin spice, baking soda, salt, and baking powder.
6. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.
7. Fold in the chocolate chips.
8. Using a heaping tablespoon, drop spoonfuls of the dough onto the prepared baking sheets, spacing them about two inches apart.
9. Bake for 14 to 15 minutes or until the cookies are golden, rotating the baking sheets halfway through.
10. Remove the cookies from the oven and transfer them to a wire rack to cool completely.

FEATURED EXERCISE

<https://www.self.com/gallery/9-ridiculously-effective-exercises-that-work-your-abs>Featured Exercise ► **Front Lunge With A Twist**

- Start standing with feet hip-width apart.
- Take a big step forward with right foot and bend knees to lower into lunge while twisting torso over right leg.
- Return to standing. Alternate sides with each rep.

One of the major benefits of the front lunge with a twist is its ability to target the quadriceps and glutes. As you step forward into the lunge position, your front leg takes on most of the workload, activating those large muscle groups. This helps to tone and strengthen these areas, giving you a lean and sculpted look. Additionally, the twist engages the obliques, which are often neglected in traditional lunges. This not only adds to the aesthetic appeal of your midsection but also improves your overall core strength.

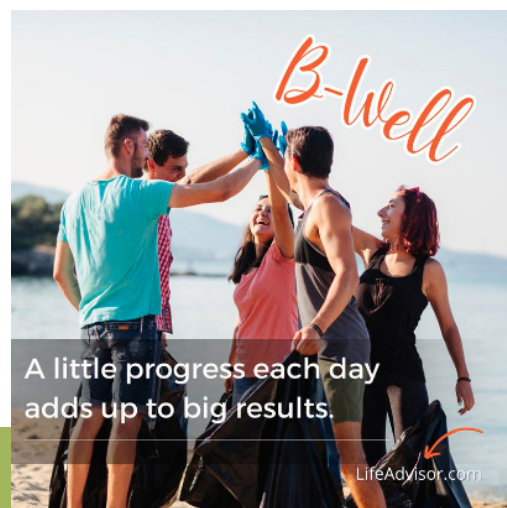
Another advantage of this exercise is its ability to improve balance and coordination. As you step forward and twist, you are challenging your body to maintain stability. This not only works your muscles but also trains your brain to better control your movements. By regularly incorporating front lunges with a twist into your routine, you'll notice an improvement in your overall balance and coordination, making everyday activities easier and reducing the risk of injury.

[Click here to view online!](#)

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



Meet Ulliance Senior
Wellness Account Manager



LifeAdvisor.com