

## Crap—Move It to Lose It!

*Summary: Learn why daily bowel movements matter for digestion, detoxification, and inflammation. Discover 8 natural ways to support gut health and elimination.*

Healthy digestion and regular elimination are often overlooked—but they are foundational to **detoxification, hormonal balance, immune function, and inflammation control**. If waste isn't leaving the body efficiently, it can create a ripple effect of health challenges.

Let's explore why **daily bowel movements matter**, what optimal elimination looks like, and practical ways to support your body naturally.

### Why Elimination After Meals Is Normal

Have you ever noticed that babies, toddlers, and even pets often eliminate shortly after eating? This is due to the **gastrocolic reflex**—a normal physiological response where incoming food stimulates intestinal movement to make room for digestion.

Adults are designed the same way.

When food enters the stomach, it triggers **peristalsis**, the wave-like muscle contractions that move waste through the digestive tract. When this process slows, waste lingers longer than intended, increasing toxic burden on the body.

Slow intestinal transit can contribute to bloating, constipation, inflammation, and toxin reabsorption.

### What Is Optimal Elimination?

A useful guideline in functional wellness is:

**Aim for as many bowel movements per day as meals eaten the day before**, keeping digestive transit time under 24 hours.

If you regularly experience bloating, fullness, or infrequent stools, your body may be signaling that digestive support is needed.

### 8 Keys to Healthy Waste Elimination

Optimal elimination depends on multiple interconnected factors. Consider working with a **functional health provider**, nutritionist, or naturopath for personalized testing and guidance.

### **1. Bulk: Give Waste Something to Move**

Stool consistency matters. Diets too low in fiber often produce small, hard stools, while liquid diets may result in loose stools.

#### **Bulking foods include:**

- Whole grains and oats
- Beans and legumes
- Fruits and vegetables
- Psyllium husk, bran, and cellulose fibers

Fiber adds structure and helps waste move efficiently through the colon.

### **2. Fiber: Fuel for Gut Health and Detox**

Fiber does far more than prevent constipation. It feeds beneficial gut bacteria and supports the production of **short-chain fatty acids (SCFAs)** like butyrate, which nourish colon cells and reduce inflammation.

Fiber helps:

- Bind toxins and estrogen metabolites
- Reduce intestinal permeability (“leaky gut”)
- Support hormone balance
- Lower breast cancer risk when consumed consistently

**Goal:** 30+ grams of combined soluble and insoluble fiber daily.

### **3. Healthy Fats: Essential for Digestion and Hormones**

Healthy fats are critical for:

- Nutrient absorption
- Hormone production
- Brain and nervous system function
- Smooth bowel movements

The brain itself is approximately **60% fat**, including essential fatty acids and cholesterol.

Healthy fat sources include:

- Olive oil
- Avocados
- Nuts and seeds
- Coconut oil
- Grass-fed animal fats

#### **4. Liver, Enzymes, and the Gut Microbiome**

The **lymphatic system** collects metabolic waste from tissues and routes it to the liver, kidneys, and colon for elimination.

Healthy digestion depends on:

- Adequate digestive enzymes
- Balanced gut bacteria
- Liver detoxification capacity
- Binding agents like fiber and calcium D-glucarate

Imbalances can result in toxin reabsorption rather than elimination.

#### **5. Minerals: The Unsung Heroes of Digestion**

Minerals are essential for muscle contraction, nerve signaling, enzyme function, and bowel motility.

Magnesium is well known for supporting bowel movements, but the body requires **80+ trace minerals** to function optimally. Minerals are required for vitamin activation and cellular health.

#### **6. Movement: Move the Body, Move the Bowels**

Physical movement stimulates:

- Peristalsis
- Lymphatic circulation
- Detoxification pathways

Because the lymphatic system has **no pump**, movement is essential for clearing waste.

Even gentle activities like walking, yoga, rebounding, and stretching can significantly improve elimination.

## 7. Produce: Nature's Detox Support

The **USDA recommends at least 5 servings of fruits and vegetables daily**, supplying phytonutrients that support digestion, detoxification, and immune balance.

Diets rich in organic produce have been associated with a **lower risk of breast cancer and chronic inflammation**.

## 8. Water: The Foundation of Elimination

Water softens stools and supports kidney, liver, and colon function. Even mild dehydration can slow elimination.

A common wellness guideline: **Drink half your body weight (in pounds) in ounces of water daily**.

For example:

- 150 lbs → 75 oz of water per day

## Why Regular Elimination Reduces Inflammation

When waste is not removed efficiently, toxins can be reabsorbed into circulation, contributing to:

- Chronic inflammation
- Immune dysfunction
- Hormonal imbalance

Functional imaging and clinical observations consistently show improvements in inflammation markers when bowel frequency increases.

## Key Takeaways

Healthy elimination is not just about comfort, it's about **prevention, detoxification, and resilience**.

If your body isn't eliminating efficiently, it may be time to support digestion with better hydration, fiber, movement, mineral balance, and professional guidance.