



2.04 Oh Poop! Day 4

DAY 4 Time:	BLOOD PRESSURE	HEART RATE	URINE KETONE STRIP	TOTAL CARBS	Bowel Movements



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BOWELS: TOO SLOW [CONSTIPATION]

1. Drink salty water.

2. Add cabbage early.

The ketogenic diet starts out with less than 20 carbs per day. As your body adjusts to this new eating, fewer and fewer vegetables need to enter the equation. Cabbage fermented into sour kraut, broiled with butter, eaten raw, or added to a stew satisfies.

3. Chia seeds to the rescue.

- Swallow one tablespoon of dry chia seeds every hour.
 - Place the seeds in your mouth.
 - Chew a couple of times, and wash them down with a glass of water.
 - Add salt to further help reverse constipation.
- Add another tablespoon every hour while awake.
- Keep going until you have a bowel movement.
- Keep track of how many tablespoons you swallowed before you had a bowel movement.
- The total number of tablespoons set your chia-seed dose for the next three days.
 - If you had 12 tablespoons before your bowels responded, take 12 tablespoons per day for the next 2-3 days. Instead of dosing seeds hourly, take 1/2 the dose first thing in the morning and the other half at noon.
- After three days, decrease by one tablespoon. Continue dropping one tablespoon every few days.

Chia seeds returned the bowel to the stretch-factor it had prior to the ketogenic diet. Stretch returned and muscles contracted to move things along. Once bowels move, step down slowly. Decreasing the volume of seeds decreases the stretch.

This protocol works because

- Chia seeds stretch out the colon helping the muscles to contract. Healthy colons don't require this stretch stimulus to move. Squeezing water out of carb-based diets is not healthy. Bowel biopsies from high-carb diets show diseased slime layers and tiny gaps between cells that should be sealed. The tight junctions between cells wiggle open due to chronic inflammation. These microscopic changes greatly impact the function of the bowel. In those diseased bowels, we trick the muscle to contract by stretching it. Fiber stretches the colon. So do chia seeds.
- Dry chia seeds don't raise your blood sugar.



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- The gentle decline of seeds while replacing water and salt makes for a great remedy. Healthy bowels don't need fiber. Only diseased bowels do.

Don't worry. Life without fiber is possible. Stick with keto chemistry and your poop problems will resolve.

Don't count the carbs in Chia Seeds when using the protocol.

Here are 3 reasons why ...

1. They end up flushed down the toilet.
2. They do not cause a significant insulin response.
3. The folks who need the seeds should use them without fear of the total carb impact. When bowel problems linger, students fall off the keto wagon. Use the chia seed protocol.

4. Milk of Magnesia

5. Abdominal Massage

6. Exogenous Ketones ([BHB](#))

BOWELS: TOO FAST [DIARRHEA]

1. Lick the spoon. [Use MCT C8: C10](#)
2. Chia Seeds.
3. Fast
4. Consider a medical visit with a specialist for fat malabsorption.