

## Signs of Constipation

- Feeling of straining or pushing while on the toilet
- Dry, small or pebble - like stools
- Less than 3 bowel movements a week
- Feeling 'full' after bowel movement

## Causes of Constipation

- Medications used in the treatment of Parkinson's
- Lack of dopamine in the brain can cause bowel muscles to become slow and rigid
- Lack of exercise - Exercise helps the passage of food through our intestines
- Not enough liquids - Drinking water helps move the food through your digestive system
- Lack of fiber in your diet

## Side Effects of Constipation

- Sleeping problems: fatigued, lethargic, drowsy or difficulty getting a good night's sleep
- Mood swings: grumpy, irritated, depressed
- Bowel and urinary incontinence; involuntary leakage
- Urinary tract infections
- Abdominal pain or nausea

## Treatment for Constipation

- **Increase water intake** - Carry a water bottle with you as a reminder to drink water. Drink warm lemon water when you wake up and before bed time
- **Eat a diet high in fiber** - Add more fruits and vegetables to your diet. If you have difficulties swallowing, you can make smoothies or soups to help you get your fruits and vegetables
- **Exercise!** Take a walk around the block
- **Avoid dairy and animal products** - Dairy products, especially cheese, can cause constipation. Animal products are harder on the digestive system - these foods tend to 'sit' heavily in your belly and don't digest quickly

# High Fiber Foods

Navy Beans

Lentils

Pinto Beans

Black Beans

Kidney Beans

Dried Peas

Collard Greens

Spinach

Broccoli

Brussels Sprouts

Asparagus

Cauliflower

Green Beans

Raspberries

Prunes

Apples

Cranberries

Strawberries

Oranges

Flax Seeds

Chia Seeds

Cinnamon

## Fiber-Full Smoothie

*Recipe by: Vanessa Leschak,  
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- 6 pitted prunes (dried plums)
- 1 cup organic apple or orange juice (preferably fresh-squeezed)
- 1 cup of crushed ice
- 1 cup of organic Spinach, Kale or Broccoli
- 2 tablespoons flax or chia seeds
- 1/4 teaspoon cinnamon powder

**\*\*Blend all ingredients together. For best results drink your smoothie in the morning.**