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Constipation

Digestion**CANONICAL SOURCE - VERBATIM**

Most commonly constipation has its origin in and acidity created in the assimilating system of the body. Subluxations and an acid reacting diet also causal though less common

Constipation can be considered as intestinal indigestion where there is expressed a packing of fecal material in the large bowel. Brought on by negative manifestations of the adrenal gland which bring acidity in the stomach and duodenal area, it translates into decreased function of lymph, and reabsorption of intestinal wastes.

Therapy:

- Enlightened Athletics Dietary Protocol
- Osteopathic Adjustment Series
- Intestinal Cleansing - Colonics, Enemas, and Eliminants
- Castor Oil Pack
- Abdominal Massage with Olive Oil

Keep assimilations and eliminations normal. The assimilations build the body and will aid in resuscitating it so long as eliminations are good.

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol