

A bowl of pink smoothie topped with strawberries, raspberries, and granola, set against a background of white flowers and a white wooden surface.

Pelvic Health
PREP AHEAD
MEALS

the *Vitality* method

TOP EATING TIPS

To combat constipation

Fill up on fiber

Fiber bulks your stools and makes them easier to pass. But most people don't get *nearly* enough fiber - which can lead to constipation.

So how much do you need? Experts say:

- Women: 25 grams per day
- Men: 38 grams per day



HIGH FIBER FOODS

VEGETABLES

Broccoli (1 cup) - 5 g
Brussels spouts (1 cup) - 4 g
Green peas (1 cup) - 7 g
Cabbage (1 cup) - 4 g
Sweet potato (1 cup) - 6 g
Cauliflower (1 cup) - 2 g
Pumpkin (1 cup canned) - 7 g
Carrots (1 cup cooked) - 4.8 g
Asparagus (1 cup) - 3 g
Corn (1 cup) - 4.2 g
Potato (1 med w/skin) - 4 g

FRUITS

Raspberries (1 cup) - 7 g
Pear (1 med) - 5.5 g
Apple (1 med w/skin) - 4.5 g
Orange (1 med) - 3 g
Banana (1 med) - 3 g
Blueberries (1 cup) - 3.6 g
Strawberries (1 cup) - 3 g
Avocado (1/3 med) - 3 g

WHOLE GRAINS

Brown rice (1 cup) - 3.5 g
Quinoa (1 cup) - 5 g
Barley (1 cup) - 6 g
Oatmeal (1 cup) - 5 g
Air-popped popcorn (3 cups) -
3.5 g

BEANS & LEGUMES

Split peas (1/2 cup) - 8 g
Lentils (1/2 cup) - 8 g
Black Beans (1/2 cup) - 10 g
Chickpeas (1/2 cup) - 6 g
Kidney beans (1/2 cup) - 6 g

NUTS & SEEDS

Chia seeds (2 tbsp) - 10 g
Pumpkin seeds (1 oz) - 5.2 g
Almonds (1 oz) - 3.5 g
Sunflower seeds (1 oz) - 3 g
Pistachios (1 oz) - 3 g
Flax seed (1 tbsp) - 2.8 g

Helpful tip:

Increase fiber slowly. Your gut bacteria need time to adjust to the change. Adding too much fiber too fast could lead to gas or bloating. So increase slowly, by 2-3 g per day. (EX. If you got 15 g yesterday, aim for 18 tomorrow, etc)

CONSTIPATION SOS

When you need to poop

If it's been a few days since you've pooped, the tips below can help you pass a bowel movement.

Take magnesium citrate

Magnesium citrate is an osmotic laxative. This means it draws water into the intestine to soften stools and make them easier to pass.

Brands: Nutri Advanced - ask Jana for 15% link

Try psyllium

When combined with water, psyllium swells to bulk your stools. This can trigger your intestines to contract, to help stool pass through.

Manage your stress

Stress can throw just about everything off, including your digestion. Stress can also make you tense your muscles, making it more difficult to pass stools. Think about your pelvic floor muscles! Try setting aside at least 10 mins a day for stress relief. Meditate, journal, do some pilates sat on the mini ball, or try some breathwork.

Drink $0.033 \times \text{your body weight in Kg}$ = no. of litres of water to drink daily

Drinking plenty of water soften stools and make them easier to pass. So if your stools are hard or difficult to pass, you may need to drink up. Adding lemon and pink Himalayan salt to your water in the morning on an empty stomach can help! If you don't drink near this amount, go steady.

Other Constipation Tips to Consider:

- **Stick to a poop schedule.** The emptying reflex works best after meals. Head to the bathroom after breakfast to see if you feel the urge. But don't push, or rush it! Give yourself enough time to poop.
- **Look into pelvic floor therapy.** Some people's pelvic floor muscles are chronically tight, which can trigger constipation. If the tools within this program have helped, but you need further assistance, ask jana about referral to specialists who can help with internal pelvic help.
- **Check into medications.** Constipation is a side effect of many meds. If you're eating fiber and drinking plenty of water, but still aren't pooping, check in with your doctor. They may suggest a similar med that won't plug you up.

Nutty Chia Pudding



SERVINGS: 1

PREP TIME: 2+ HOURS

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup (240 g) Greek yogurt
- 2 tbsp (24 g) chia seeds
- 1 tsp (4 g) vanilla extract
- 1/4 cup (60 g) almond nut butter
- 1 tbsp (7 g) berries
- 1 tbsp ground flax seeds

Chia seeds and flax seeds are amazing fibre and can help cleanse the colon. This is good news if you are constipated, as we want to make sure we are not putting un-due pressure on the plevic floor

DIRECTIONS

1. In a bowl, combine the greek yogurt, chia seeds, and vanilla extract.
2. Stir everything together, cover with a lid, and refrigerate for at least 2 hours (or overnight).
3. Once the chia seeds are fully combined with the yogurt, build your glass.
4. Add 1/2 cup of chia pudding to a glass, then 1/8 cup of nut butter, 1/4 cup chia pudding, 1/8 cup of nut butter, 1/4 cup of chia pudding.
5. Top it with 1 tablespoon of berries + flax
6. Serve cold and enjoy!

NUTRITION INFO

Calories: 345, Carbohydrate: 26 grams, Protein: 30 grams, Fat: 13 grams

Detox Soup



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 1 tbsp (14 g) olive oil
- 2 cloves garlic, minced
- 1/2 medium onion, diced
- 1/2 tsp (1 g) dried ginger
- 1/2 tsp (1 g) ground turmeric
- 4 cups (1 quarts) bone broth
- 1 cups (133 g) sweet potato, diced
- 3/4 cup (144 g) dried lentils (sprouted are best - mung beans are amazing)
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add garlic and onions. Cook 1-2 minutes, until fragrant.
2. Add remaining ingredients. Bring to a boil, then reduce heat to a simmer and cook covered for approximately 35 minutes (until lentils are soft).

NUTRITION INFO

Calories: 429, Carbohydrate: 65 grams, Protein: 21 grams, Fat: 11 grams

Chia + Almond Loaf



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

Dry:

- 2 cups ground almonds
- 1/2 cup ground flaxseed
- 1/2 cup chia seeds
- 1/4 cup crushed almonds
- 1/4 cup psyllium husk
- 1.5 tsp baking powder
- 1 tsp Himalayan pink salt
- 1 tbsp slivered almonds (to decorate)

Wet:

- 3 eggs
- 2 tbsp virgin organic coconut oil
- 1/3 cup milk or Almond Milk

DIRECTIONS

1. Preheat the oven to 180C
2. In a large mixing bowl, combine all the dry ingredients except the slivered almonds
3. Whisk all the wet ingredients together in a nother bowl
4. Slowly add the wet mixture to the dry, stirring until everything is well combined. If the batter is too wet, add extra ground almonds; if it is too dry, add more almond milk.
5. Line a standard loaf tin (approximately 21cm x 11cm) with baking paper. Spoon the batter into the tin, sprinkle the top with the almonds and place in the preheated oven.
6. Bake for approximately 35 mins. To check if it's cooked, insert a knife into the middle of the loaf. If the knife comes out dry, it's done. If the top is starting to brown, cover with foil and continue baking until the loaf feels more solid than normal bread.
7. When cooked, remove the loaf from the oven and cool in the tin. Remove the loaf and slice.
8. Keep covered in the fridge for up to 4 days. It also freezes well.