



Hello Think your Health friends,

Welcome to the inaugural issue of the THINK YOUR HEALTH newsletter. My goal moving forward is to send a weekly email straight into your inbox packed with snippets of health information and other items of interest.

I am recovering from abdominal surgery, and I underestimated constipation as a side effect of surgery. Oh boy did this hit me hard as I was used to regular bowel movements.

I should not have been surprised for the following reasons:

1) Before surgery, during surgery and even post-surgery you are given different medications. These would include anesthetics, pain medications and muscle relaxants. The side effects of these medications include amongst others constipation and nausea.

2) Prior to surgery I had taken effort to eat less, and this combined with drinking less also contributed to constipation

3) Post-surgery, pain, and lack of movement no doubt contributed to slowing down digestion making it harder to pass stool.

I did not have a stool movement for 3 and half days and I was miserable and uneasy.

These are the step I did which no doubt can help you if you are faced with a similar dilemma:

a) Drink water and drink more water. You may have to run to the rest room often, but it is worth the price of a good bowel movement.

b) Although a coffee drinker early morning, I did try to skip it as caffeine can be dehydrating.

c) I tried to eat more fiber. Good sources of fiber are apples, bananas, avocado, broccoli, Brussel sprouts, artichoke, kale, spinach, lentils, beans, oats, almonds, raspberries, strawberries, or pears.

d) NOT ONLY does fiber fight constipation it can, if taken in regularly help with weight loss & keep your sugar levels lower.

e) If you do continue to have issues, consider stool softeners or laxatives (after speaking with your health care provider).

f) Fiber supplements are other another consideration such as psyllium seed (brand name is Metamucil), methylcellulose (brand name is Citrucel) or polycarbophil(brand name is Fibercon).

Quote of the week:

"I believe every human has a finite number of heartbeats. I don't intend to waste any of mine."

Neil Armstrong

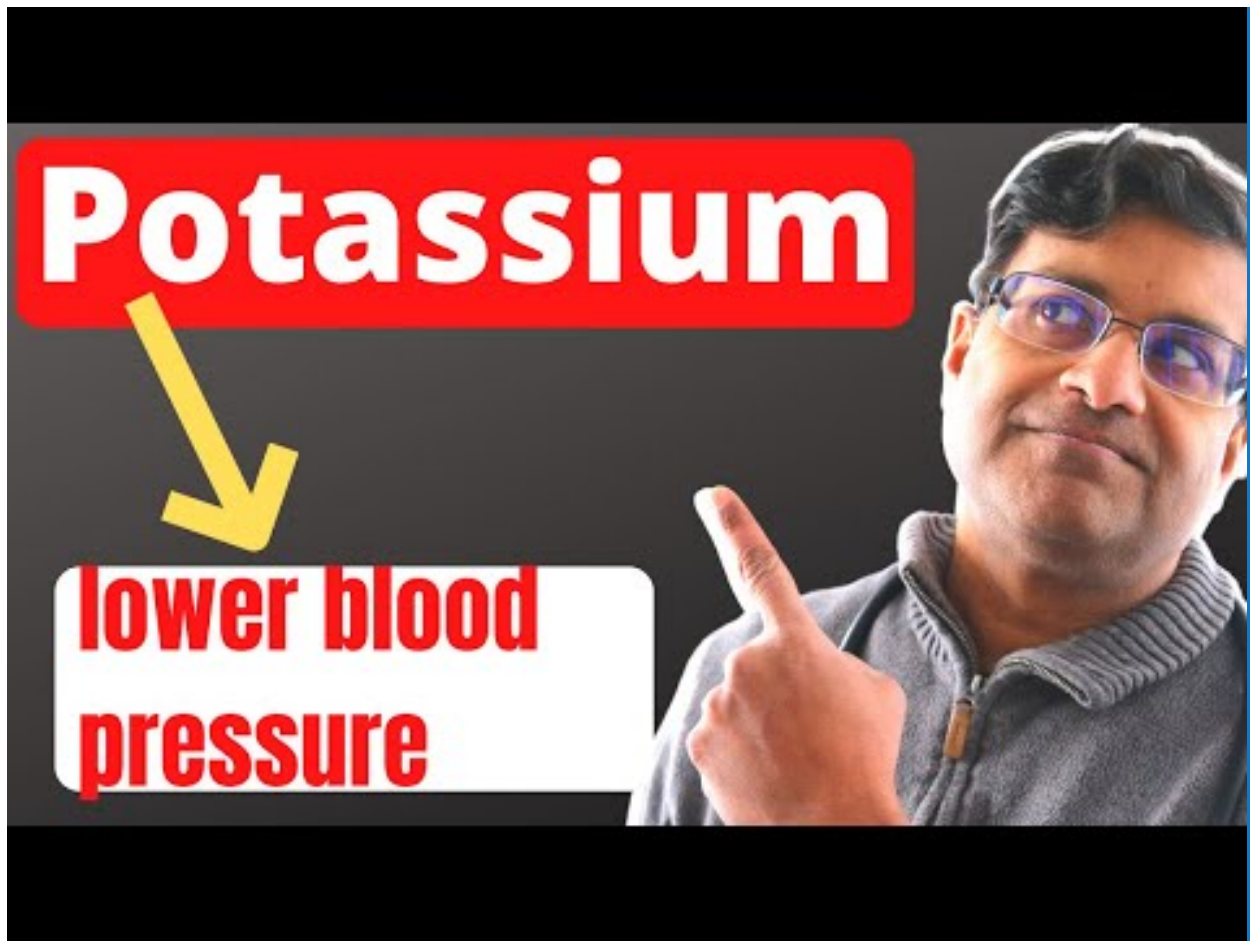
My favorite things:

Just finished reading this book atomic habits by James Clear. Wish I had read this book when I was growing up.

This book examines how we are a sum of our habits i.e our behaviors. We are indeed a sum of good and bad habits and how over time these compounds to who we are. James Clear through actionable examples teaches us to make small changes in our habits so that we can achieve our goals if we [execute these changes \(habits\) consistently over time.](#)

Videos you might enjoy:

[Is potassium good for high blood pressure? \(Benefits of potassium!\)](#)



10 FOODS to avoid at all Costs!!

FOODS TO AVOID!



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