

# CONSTIPATION

## NO MORE

## 告别便秘

 33%

 25%

 24%



Constipation is a widespread yet often underestimated digestive issue. Studies show that up to 24% of U.S. adults suffer from chronic constipation—with over 60% never seeking help—Southeast Asia tells a similar story.

In Singapore, studies have shown that between 7.3% and 25.1% of adults experience chronic constipation, with prevalence rising significantly among women in their 20s and men over 70. In Malaysia, the condition affects around 14% to 33% of older adults, and even 16.2% of university students, highlighting that constipation affects all age groups.

Often brushed off as a minor inconvenience, constipation can actually reflect deeper gut imbalances and may signal long-term health risks like IBS, inflammation and poor immunity.

The good news? Constipation is highly preventable and treatable through natural, sustainable lifestyle changes. Whether you or your child is struggling with irregularity, bloating, or that uncomfortable sense of being “stuck,” this guide will show you how to bring your body back into healthy balance naturally.

便秘是一种普遍但常被低估的消化系统问题。研究表明，多达24%的美国成年人患有慢性便秘，其中超过60%的人从未寻求帮助，东南亚的情况也大致如此。

在新加坡，研究数据显示，7.3%至25.1%的成年人患有慢性便秘，其中20多岁的女性和70岁以上的男性患病率显著上升。在马来西亚，约14%至33%的老年人受此困扰，甚至16.2%的大学生也深受其害，这表明便秘影响着各个年龄段的人群。

便秘常被视为一种轻微的不适，但实际上，它可能是肠道深层失衡的表现，并可能预示着诸如肠易激综合征、炎症和免疫力低下等长期健康风险。

值得庆幸的是，通过自然、可持续的生活方式调整，便秘是可以预防 and 治疗的。无论您本人还是您的孩子正在经历排便不规律、腹胀或令人不适的“堵塞”感，本指南都将为您提供自然恢复身体健康平衡的方法。

## What Is Constipation?

Constipation is more than just having hard stools or skipping a day. Medically, it's defined as infrequent, difficult, or incomplete bowel movements. You may feel bloated, tired, irritable, or even slightly nauseous—and over time, it can contribute to bigger health problems, including IBS, skin breakouts, fatigue and poor nutrient absorption.

According to digestive health experts, a truly healthy bowel pattern is 2–3 movements per day, ideally 10–14 hours after each meal. If you're only going once a day or less, your colon could be storing the waste of 5 to 6 meals, or more.

## The Hidden Toll of Constipation

When waste overstays its welcome in your colon, it doesn't just sit there quietly—it begins to impact your health in real and far-reaching ways. Here's what can happen:

- The colon absorbs too much water, resulting in hard, dry, painful stools.
- Toxins can leak back into the bloodstream, burdening your liver and affecting your skin, joints, mood and energy.
- The gut microbiome becomes imbalanced, weakening your immune system and triggering inflammation.
- The bowel walls may become coated with residue, making elimination harder and less complete over time.
- Haemorrhoids and anal fissures can develop from straining.
- The gut lining weakens, which may lead to “leaky gut” and further inflammatory issues.
- The gut-brain axis gets disrupted, leading to irritability, brain fog or anxiety.
- Nutrient absorption becomes disrupted, leaving the body undernourished even with a good diet.

In fact, a Malaysian study found that some individuals carry waste from up to nine meals in their colon when their bowels move only every few days. No wonder so many people feel bloated, sluggish, moody, or just generally unwell.

## Why Am I Constipated? 为什么我会便秘?

Several modern habits are to blame:

- Low-fibre, high-processed diets (white bread, noodles, meats, refined grains)
- Dehydration, especially from sugary or caffeinated drinks
- Lack of exercise (sitting all day)
- Antibiotic use, which wipes out gut-friendly bacteria
- Stress, which slows digestion by tensing gut muscles
- Ignoring the urge to go, or poor toilet posture

Children are not spared. Constipation in kids is often due to a lack of fibre, low water intake, and the discomfort of unfamiliar school toilets.

以下现代生活方式因素是导致便秘的主要原因:

- 低纤维、高加工食品的饮食（如白面包、面条、红肉、精制谷物）
- 脱水，尤其是因饮用含糖或含咖啡因饮料引起的脱水
- 缺乏运动（长时间久坐）
- 使用抗生素，可能破坏肠道有益菌群
- 压力过大，可能导致肠道肌肉紧张，减缓消化过程
- 忽视便意或排便姿势不当

儿童也不能幸免。儿童便秘通常是通常由于纤维摄入不足、饮水量不足以及对学校厕所环境的不适所致。

## 什么是便秘?

便秘不仅仅是大便干硬或隔天排便一次。从医学角度来看，便秘被定义为排便次数减少、排便困难或排便不完全。患者可能会感到腹胀、疲倦、易怒，甚至有轻微的恶心感。长期便秘还可能引发更严重的健康问题，包括肠易激综合征、皮肤问题、疲劳以及营养吸收不良。

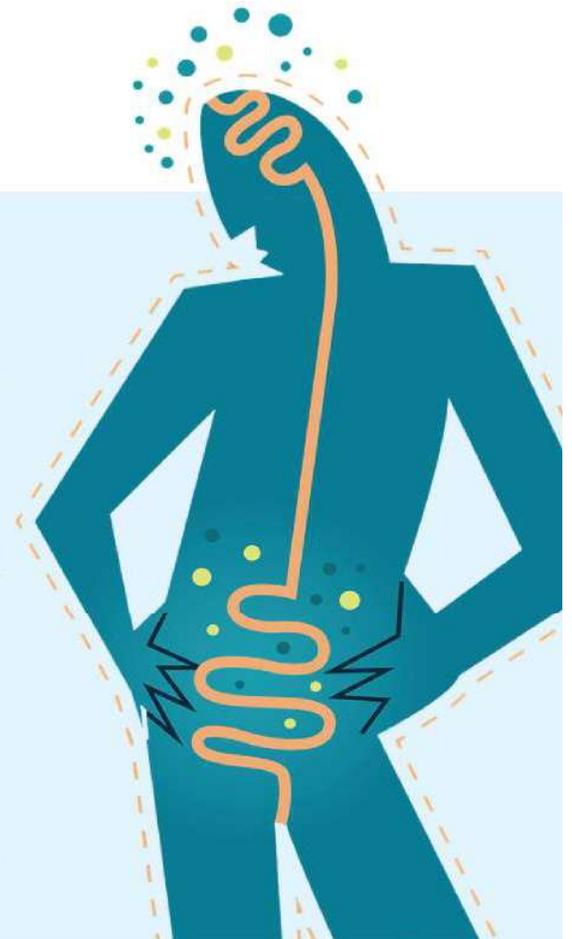
消化健康专家指出，健康的排便频率为每天2至3次，理想情况下是在每餐后10至14小时。如果您每天仅排便一次或更少，您的结肠可能正在积存相当于5到6餐的食物残渣，甚至更多。

## 便秘的隐性代价

当废物在结肠中滞留时间过长时，会对健康产生多种深远影响。以下是可能发生的几种情况：

- 结肠吸收过多水分，导致大便干硬、排便疼痛。
- 毒素可能回流至血液，加重肝脏负担，并影响皮肤、关节、情绪和精力。
- 肠道菌群失衡，削弱免疫系统并引发炎症。
- 结肠壁可能被残留物覆盖，随着时间推移，排便变得更加困难且不完全。
- 因用力过度排便，可能导致痔疮和肛裂。
- 肠道内壁变弱，可能引发“肠漏症”以及进一步的炎症反应。
- 肠脑轴受到干扰，可能导致易怒、注意力不集中或焦虑。
- 营养吸收受阻，即使饮食均衡，也可能营养不良。

事实上，马来西亚的一项研究发现，一些人的结肠中可能积存多达九餐的食物残渣，因为他们每隔几天才排便一次。这解释了为何许多人会感到腹胀、疲倦、情绪低落或整体不适。



# NATURAL STRATEGIES TO PREVENT CONSTIPATION

## 预防便秘的自然策略

Here's how to naturally restore healthy bowel movements and long-term gut wellness:  
以下方法有助于自然恢复肠道蠕动和维持长期肠道健康：

### 1. Eat More Fibre (and the Right Kinds)

#### 增加膳食纤维摄入（并选择合适的种类）

Fibre is the body's natural broom. Aim for 25–30 g daily, combining:

- **Soluble fibre** (whole oats, beans, apples): softens stool
- **Insoluble fibre** (whole grains, kale, broccoli): adds bulk and speeds transit
- **Prebiotic fibre** (bananas, onions, garlic): feeds beneficial bacteria

Tip: Start slowly to avoid gas, and increase water intake as you add more fibre.

膳食纤维可被视为肠道的“天然清洁工”。建议每日摄入25至30克，具体可结合以下几种类型：

- **可溶性纤维**（如燕麦、豆类、苹果）：有助于软化粪便
- **不可溶性纤维**（如全谷物、羽衣甘蓝、西兰花）：增加粪便体积，促进肠道蠕动
- **益生元纤维**（如香蕉、洋葱、大蒜）：为有益菌提供营养支持

提示：开始时应逐步增加摄入量，以避免胀气，并在增加纤维摄入的同时确保充足的水分摄入。

### 2. Rebuild Friendly Bacteria

#### 重建有益菌群

Use probiotics like ImmuFlora®, especially after antibiotic use. It helps restore balance, reduce inflammation and improve motility. Homemade yoghurt is also excellent, especially for children.

使用益生菌制剂，如新生命免疫激活菌植，尤其在使用抗生素后，有助于恢复肠道菌群平衡，减轻炎症，并改善肠道蠕动。自制酸奶也是一种益生菌来源，尤其适合儿童。



### 3. Move Your Body Daily

#### 每日进行适度身体活动

Physical activity stimulates bowel function. Aim for:

- 30–40 mins of movement (walking, biking, swimming)
- Rebounding for 10 minutes = equivalent to jogging 2 miles, without joint stress
- Even a 10-minute walk after meals makes a difference

规律的身体活动有助于增强肠道蠕动功能。建议每日进行：

- 30至40分钟的中等强度运动，如步行、骑自行车或游泳
- 进行弹跳床运动10分钟，效果相当于慢跑2英里，且不会对关节造成压力
- 即使饭后进行10分钟的轻度散步，也有助于改善消化功能

### 4. Cleanse with Gentle Herbal Support

#### 温和草本辅助清洁

Herbal blends like Herbal Matrix Powder/Herbal Klenz combine psyllium husk, apple pectin, butcher's broom, slippery elm, fennel seed and inulin to:

- Gently promote regular bowel movements
- Flush out encrustations in the colon
- Reduce bloating and toxic buildup
- Remove heavy metal toxins
- Nourish and rebalance the gut microbiome

草本混合物，如新生命天然净化粉，结合了车前子壳、苹果果胶、百劳金雀花、滑榆、茴香籽和菊粉，以：

- 温和促进规律的肠道蠕动
- 清除结肠内的沉积物
- 减轻腹胀和毒素积聚
- 有助于清除重金属毒素
- 支持肠道菌群的恢复与平衡



### 5. Hydrate Intelligently

#### 科学补水

Water is essential for soft, easy-to-pass stools. Aim for 8–10 glasses (about 2–2.5 litres) daily and even more if you're increasing fibre. Avoid caffeine-heavy or sugary drinks like coffee and soda, which can dehydrate and slow digestion.

Distilled water is ideal, while alkaline water may disrupt stomach acid and lead to bloating. You can also support hydration and gut health with fresh vegetable juices, spirulina drinks, or honegar (a blend of honey and apple cider vinegar).

水对于维持大便的柔软度和顺畅排便具有重要作用。建议每日饮水量为8至10杯（约2至2.5升），若膳食纤维摄入量增加，应相应提高饮水量。应避免摄入含咖啡因或高糖分的饮品，如咖啡和碳酸饮料，因为它们会导致脱水并可能延缓胃肠蠕动。

蒸馏水是为理想的饮用水选择，而碱性水可能干扰胃酸分泌，进而引发腹胀等不适。此外，可通过饮用新鲜蔬菜汁、螺旋藻饮品或蜂蜜醋（蜂蜜与苹果醋的混合饮品）来辅助补充水分并促进肠道健康。

### 6. Manage Stress

#### 有效管理心理压力

Chronic stress tightens your gut muscles and slows digestion. Try:

- Deep breathing for 10 minutes
- Gentle stretching
- Journaling, prayer or nature walks
- Quiet, screen-free time before bed

长期处于压力状态可能导致肠道肌肉紧绷，减缓消化功能。

建议采取以下方式缓解压力：

- 每日进行10分钟深呼吸练习
- 适度拉伸
- 写日记、祈祷或户外散步
- 睡前安排一段安静、无电子屏幕干扰的休息时间

## Special Notes for Parents: Preventing Constipation in Children

### 家长特别提示： 预防儿童便秘



- Start early with raw fruits, vegetables, and fibre-rich foods
- Avoid cow's milk early on if possible; breastfeed instead
- Limit processed foods and screen time
- Train kids to squat (not sit) during bowel movements—it's more natural and effective.
- If needed, a gentle water enema (with diluted apple cider vinegar) can help temporarily relieve impaction but always pair this with long-term dietary and lifestyle changes.

为儿童建立良好的消化健康基础，建议：

- 尽早让孩子食用生水果、蔬菜和富含纤维的食物
- 在婴儿喂养初期优先选择母乳喂养，尽量避免过早引入牛乳
- 控制加工食品的摄入频率及每日屏幕使用时间
- 培养儿童蹲姿排便的习惯，相较于坐姿更为符合生理结构，有助于排便顺畅
- 若出现严重便秘症状，可考虑使用温和的水灌肠（如稀释后的苹果醋溶液）暂时缓解便秘，但必须同时配合长期的饮食调整与生活方式改善

### The 4-Step Constipation Recovery Plan 四步缓解便秘计划



**Remove waste buildup**  
清除废物堆积  
Herbal Matrix Powder/  
Herbal Klenz  
使用新生命天然净化粉



**Rebuild good bacteria**  
重建有益菌群  
ImmuFlora® / yoghurt  
食用新生命免疫激活菌植/  
酸奶



**Hydrate well**  
多喝水  
Distilled water, fresh juices,  
Honegar, Spirulina  
蒸馏水、鲜果汁、  
蜂蜜苹果醋、螺旋藻



**Reform diet & movement**  
调整饮食和运动  
Fibre, exercise,  
avoid refined foods  
多摄入纤维，加强锻炼，  
避免精制食品



## Let Regularity Lead the Way 让规律引领方向

Constipation isn't just a minor inconvenience—it's a red flag that your digestive system needs care. Whether it's occasional discomfort or long-term sluggishness, your body is capable of resetting and healing.

With simple changes—a better diet, more movement, smarter hydration, and gut-supporting supplements—you can restore regularity, boost energy, and feel your best again.

Don't wait for symptoms to become chronic. Start today, and let your body do what it's meant to do: cleanse, heal and thrive—from the inside out.

便秘并非单纯的生理不适，而是消化系统需要呵护的警示信号。无论是偶尔的不适还是长期的肠道功能迟滞，人体均有能力重置和自我修复。

通过简单的改变——更健康的饮食、更多的运动、更合理的补水以及有助于肠道健康的补充剂——您可以恢复肠道规律性，提升整体精力与健康水平。

建议尽早采取行动，避免症状发展为慢性问题，从而让身体从内而外实现自我调节、修复与健康发展。