CONSTIPATION & KETOGENIC DIETARY THERAPIES





Written by
Val Aldridge
Ketogenic Assistant

Reviewed by members
of the Matthew's Friends
Medical Board.

MATTHEWS FRIENDS
Ketogenic Dietary Therapies
Information • Training • Research • Support
Registered Charity No. 1108016

Constipation

Starting a diet with a reduced carbohydrate intake means very often less fibre in our diet. If we add to that the diuretic effect of a low carb diet and the possibility of a pre-existing tendency to constipation, this may mean that constipation can become a big concern.

Not only is constipation uncomfortable and miserable, but it can also mean more seizures. If constipation is a major problem, it may be helpful to focus on ways to improve this for a couple of weeks before starting ketogenic diet.

THERE ARE CERTAINLY THINGS THAT CAN HELP!

DIET:

- Include high fibre in baking such as: flaxseeds/ linseeds, psyllium husk, wheat bran.
- Flax & psyllium husk need a good fluid intake to assist the high fibre along the bowel.
- Matthew's Friends Ketocook Mo, has many recipes incorporating these products into breads & muffins etc.
- In meals, try to include greens, rhubarb & berries as much as possible.
- Slow pace of eating if possible & chew food well to start digestion working.



PREBIOTICS

May be helpful to add in supplements?

- Prebiotics are a group of carbohydrate compounds that we cannot digest or can only partly digest (consider them as 'fibre'). Therefore, they travel through the small intestine and on to the large intestine, where they feed and promote the growth of favourable bacteria in the colon

They can stabilise bowel function; improving constipation or diarrhoea and support the gut based immune system. Prebiotic compounds are found naturally in many KD compatible foods, with some of the best sources being; asparagus, Jerusalem artichoke, leeks, broccoli, Brussel sprouts, cabbage, cauliflower, kale, flax seeds and Konjac root.

It is also possible to increase intake by adding a supplementary source to your own home cooked foods. Fructo-oligosaccharide (FOS) and Galacto-oligosaccharide (GOS) powders are available to buy and are very palatable and dissolve easily into a drink or can be sprinkled onto moist foods. Due to its sweet taste, our inability to use it as a carbohydrate and the positive effects on the gut bacteria, you can often find FOS included in low carb food products. It is advisable to build up your intake of GOS/FOS slowly (¼ tsp , ½ tsp daily etc) otherwise the increase in wind, may take you by surprise at an inopportune moment!

Sources of product include:

- **GOS:** www.bimuno.com
- **FOS:** www.lambertshealthcare.co.uk/fos-fructo-digosaccharides-p8381/ or www.biocare.co.uk/f-o-s-fructooligosaccharide-powder-250g

However, there are very many options now on the market.

The following summary pages are quite informative if you want more information:

- www.healthline.com/nutrition/probiotics-101
- www.healthline.com/nutrition/probiotics-and-prebiotics

FLUID INTAKE

Ensure that you have a regular and adequate fluid intake. Amount may need individual guidance.

Add lemon or lime slices to water to make it more interesting, try herbal and fruit teas, use a special cup or sports bottle.

Low Carbohydrate squashes, sugar free jellies and home made ice lollies are also a good source of fluids. You can also buy sugar free ice lollies from certain supermarkets but always read the labels.

EXERCISE

Movement to get some movement!

Any exercise is better than none, walking, dancing! Some find particular yoga exercises can specifically help keep bowels regular.

For those with little mobility passive exercises, swimming, physio, assisted trampolining, anything that gets the body moving will help.

MASSAGE

Stomach massage, Find a qualified practitioner to go to or to teach you how to massage correctly.

TIME

Especially for adults - we tend to rush – Allow time after eating or a hot drink for the natural reflex to get the urge to go.

POSITION

Correct position to open your bowels (obviously not always possible!).

There are foot stools designed to fit around the base of the toilet to help optimise sitting (squatting) position on the toilet. Look for 'Squatty Potty' or similar products.

Squatty potty

www.google.com/search?rlz=1T4FTSF_enGB440GB442&q=squatty+potty+uk+advert&sa=X&ved=2ahUKEwjQ-eXG05XiAhX3SBUIHWqlCbYQ1QIoAXoECAoQAg&biw=1360&bih=566

- **Knees higher than your hips.**
- **Lean forward and put elbows on knees.**
- **Bulge abdomen.**
- **Straighten spine.**



(Picture courtesy of MS society website thank you!)

MEDICATION (prescribed)

- Movicol or Laxido.
- Lactulose

MATTHEWS FRIENDS

Ketogenic Dietary Therapies

Information • Training • Research • Support

Registered Charity No. 1108016

Post:
Matthew's Friends
St. Piers Lane, Lingfield, Surrey RH7 6PW

Telephone (Office): 01342 836571

Website: www.matthewsfriends.org

Email: enq@matthewsfriends.org







Matthew's Friends
KetoCollege®

Ketocollege is a training course for Medical Professionals working with Medical Ketogenic Therapies, for further information please contact

info@ketocollege.co.uk