

## **My breakfast suggestion 42g protein, 27g fiber (every day):**

- 2 tbsp chia seeds
- 2 tbsp rolled oats
- 1 tbsp psyllium husk (or sunfiber/guar gum if psyllium is not tolerated)
- 1 tbsp ground flaxseed
- 1 scoop protein powder (I like beef isolate chocolate)
- Cinnamon
- Cardamom
- Milk

Bring to a simmer on the stove for about 5–6 minutes, or microwave for 1 minute. Top with stewed apples, berries, a little honey and slivered Almonds. Stewed apples make more fiber bioavailable to the body compared with raw apples. (I usually stew a big batch with 4 red apples, cinnamon, honey, cardamom and vanilla, and keep it in a Tupperware in the fridge so it's easy to grab.)

### **Eat often and plenty (breakfast, snacks, in salads):**

- Kiwi (yellow kiwi has the most fiber)
- Berries of various kinds (frozen works great — make a berry compote in the microwave)
- Cherries, plums, grapefruit
- Arugula

### **Motility Supporting Habits**

#### **Morning**

- Drink a large glass of water, ideally room temperature (lemon and honey if you like).
- Sit on the toilet for 5–10 minutes (no pressure) — just sit there. We're trying to build new neural connections in the brain and nervous system, and over time the brain will start to read the signal correctly. Pick a time that usually fits your schedule.
- Try to eat a fiber-rich breakfast (per the suggestion). Front load fiber early in the day - and play around with various types of fiber. Start slow and slowly increase intake. Bowel rhythm is the priority.
- Sleep diary — morning entry.

#### **During the day**

- Short walks for motility and Stretching and pelvic floor release exercises
- Adequate hydration

#### **Evening**

- Start with magnesium citrate for constipation (dose depending on transit test results (corn), but about one teaspoon. Plus 400 mg magnesium glycinate (2–3 tablets) for sleep.
- Motility walk in the evening post dinner (10min)
- Breathe calmly for 2–3 minutes before bed (guided audio file).
- Consistent sleep and wake schedule



