



THE CONSTIPATION SOLUTION





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INTRODUCTION

Constipation is hard.

I mean that in both the literal and figurative sense.

It's hard living with constipation, and it's hard coming out.

When it comes out at all.

This program was designed to help solve BOTH of those problems for you.

In the pages that follow, I'll do my best to give you a simple, proven solution to eliminating constipation in the shortest amount of time possible.

Before we get started, there are a few things I want you to make clear...

Everybody is different - Some people will be able to eliminate their constipation in just a few short days using this program. For others it may take a month, or sometimes even longer. In general, the longer you've dealt with it, and/or the more severe it is, the longer it will take. It's like losing weight, the more you need to lose, the longer it will take. So please be patient!

Consistency is key - Again just like weight loss, you can't expect to diet for a week and lose 20 pounds for the rest of your life. If you want to eliminate constipation, everything I teach in this program should be followed consistently. That does NOT mean you need to eat perfectly all the time. But you will need to make certain lifestyle changes. I'll keep them as simple and easy to follow as possible for you :)

The closer you follow the program, the better results you'll get - There are a LOT of tips in this program. You may think it's easiest to just try one or two things and get results, and that may end up working if you're only dealing with very minimal constipation. But in short, the closer you follow this system, the better results you'll get.

Finally I want to put the power back in YOUR hands.

At Peak Biome, we obsess about creating the best possible products. Whether that's an information product like this, or a physical supplement, we're constantly looking for ways to improve our products to help get better results for our customers.

We'll be sending you a survey about 30 days after you purchased this program, asking what you thought of it and how we can improve it to help you get the best possible results. So please make mental notes of how we can improve, as you're going through this program.

And we also want to CELEBRATE your wins, so when you begin pooping more regularly, please let us know! We'll share your experience with other people so they can feel more confident in trying out the program, and we'll send you some free product too :)

Thank you again so much for trying out this program.

I truly hope it works for you and I can't wait to hear how much you love it.

- The Peak Biome Team



Why This Program Was Created And How It Will Change Your Life

I CREATED THIS PROGRAM
TO HELP PEOPLE ELIMINATE
CONSTIPATION.

Most obvious statement of the century :)

I suffered from it (and many other stomach issues) for DECADES before finally discovering how to reverse it for myself. I now consider it an absolute privilege to share this information with people like you.

We get testimonials on a daily basis from people who've been suffering from constipation for years or decades and are finally finding relief.

Nothing makes me happier than hearing their stories. It makes all our hard work, dedication, and blood sweat and tears we've put into growing this business all worth it.



My promise to you
is this...

if you follow this program exactly as i've laid it out, you will see a dramatic improvement in how often you poop and how effortlessly it comes out.

It will finally be **enjoyable!**

But on top of that you may also notice a host of other “bonus benefits” which include...

- **Reduced food sensitivities** - You'll finally be able to eat food without it causing “issues”!
- **Reduced allergy symptoms** - This doesn't happen for everyone, and is a longer-term benefit, but I've certainly seen it happen with myself and others.
- **Less gas, bloating, and overall stomach discomfort** - Quick note that this may not be the case in the first few weeks as your stomach adjusts. But I PROMISE it's worth a couple weeks of gas and bloating to enjoy perfect poops for life. And as I'll show you later, you can simply add digestive enzymes to reduce that gas and bloating significantly :)
- **Less and/or reduced skin problems** - Again this doesn't happen for everyone (it depends on why it's happening) but it certainly can and has!
- **Reduced chances of bacterial infection** - Because you'll help re-establish a healthy microbiome and allow the good bacteria to fight off those pesky bad bacteria trying to make you sick.
- **Reduced heartburn/acid reflux** - This is very common to see happen and amazing when it does. Nobody likes heartburn or acid reflux :)

Pretty exciting right?

I hope it is.

And I hope you're as excited to start this journey as I am right now, creating this product now for you to enjoy in the future.

But before we get started...





The Mandatory Medical Disclaimer Before You Begin

Your digestive system is a tricky little bugger.

The problem is, EVERYBODY is different, as I've mentioned earlier.

Because of that, and because I don't know your personal medical history, and if you have any serious health problems or ongoing issues, I recommend that you consult your doctor before starting.

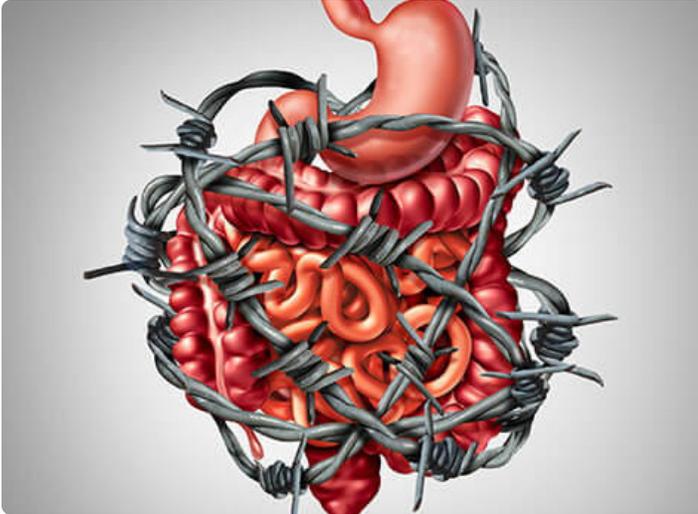
In fact if you suffer, or suspect you suffering from any of the following...

- Inflammatory bowel disease
- Celiacs disease
- Crohn's
- Have a food allergy
- Unexplained weight loss
- Pregnancy
- SIBO (Small intestinal bacterial overgrowth)
- Or ANY other issue that may be affected by changing your eating habits...

Do yourself a favor and talk to your doctor.

I'm sure they will fully agree with this program overall, but may be able to assist in tweaking it to meet the exact needs of your body.

Why Does Constipation Happen?



BEFORE WE GET INTO SOLVING THIS PROBLEM, WE NEED TO FIRST UNDERSTAND WHY IT'S HAPPENING.

Unfortunately, constipation may happen for a variety of reasons.

One of the main reasons is because of something called peristalsis.

In scientific terms peristalsis is...

“The involuntary constriction and relaxation of the muscles of the intestine or another canal, creating wave-like movements that push the contents of the canal forward.”

In other words...

It's a poop train!

This is the process of the nerve endings throughout your intestines creating wave-like movements that move your poop from the top of your small intestine, all the way through to your colon where you eventually poop it out.

In short, when you eat food, it turns into something called “chyme”.

This is a mixture of partially digested food and digestive juices. When it enters your intestines, it's very watery.

As it moves through your intestines, your body slowly absorbs water which changes its consistency.

And depending on how LONG this process takes, your poop can take many different forms.

By the time it reaches your colon, it should look like a #3 or #4 in this chart ...

But if it happens too fast, not enough water gets pulled out...

And it comes out as diarrhea (#5-7)...

And if it happens too slow, too much water gets pulled out...

And it creates hard, dry poop with painful constipation (#1-2).

But if the process is in perfect balance...

Without any interruptions...

You enjoy "perfect poops"...

Like the sausage or snake-like shape like #3 or #4 in the chart.

So the question now becomes...

The Bristol Stool Chart		
1		Separate hard lumps, like nuts Severe constipation
2		Lumpy and sausage like Mild constipation
3		A sausage shape with cracks in the surface Normal
4		Like a smooth, soft sausage or snake Normal
5		Soft blobs with clear-cut edges Lacking fiber
6		Mushy consistency with ragged edges Mild Diarrhea
7		Liquid consistency with no solid pieces Severe Diarrhea

WHY does poop move so slowly through your intestines?

There are actually several reasons for that.

Some factors you have no control over, while others are things you can change very quickly to reduce how often you're constipated, or even eliminate it.

Those factors include...



Constipation Factor #1
LACK OF “WET FIBER” IN THE DIET



Hundreds of scientific studies have proven that people with a high intake of dietary fiber are less likely to experience constipation.

This is because fiber promotes regular bowel movements. I'll explain why in a second.

But first, a word of warning...

“ IF YOU DON'T DRINK ENOUGH WATER WHILE INCREASING YOUR FIBER INTAKE, YOU CAN ACTUALLY MAKE YOUR PROBLEMS WORSE.

Proper hydration is CRUCIAL for eliminating constipation.

That's because fiber soaks up water and bulks up like a dry sponge soaking up water.



If you eat a lot of fiber but don't have enough water for it to absorb, it becomes **THICK** and **STICKY**.

This makes it harder to move, because it becomes like sludge moving through your bowels. If it goes on for long enough, it becomes **HARD**, making it even harder to move, and more painful when it comes out.



“ BUT IF YOU EAT A LOT OF FIBER AND DRINK ENOUGH WATER, THE FIBER BULKS UP LIKE A DRY SPONGE SOAKING UP WATER, BUT STAYS SOFT.

This allows it to move through your bowels faster, and makes it much easier to push when it's time to get out.

Your body requires about 25-40g of fiber, yet most people aren't getting even HALF that amount. That's why our meal plans starts slow at about 20g per day, but ending up around 30-35g per day. Plus a few extra grams if you add in a snack or high-fiber dessert.

Now when it comes to fiber, there are two main types: Soluble fiber and insoluble fiber.

Soluble Fiber

As soluble fiber dissolves, it creates a gel that may improve digestion in a number of ways.

SOLUBLE FIBER MAY REDUCE BLOOD CHOLESTEROL AND SUGAR. IT EVEN HELPS YOUR BODY IMPROVE BLOOD GLUCOSE CONTROL.

Some of the best sources of soluble fiber include oats, beans (make sure they're soaked!), fruits, and veggies. To add more soluble fiber to your diet, make a hearty veggie soup or slice up some fresh produce for snacks.



Insoluble Fiber



This is the type people think of as “roughage.” It’s the tough matter found in whole grains, nuts, and fruits and veggies (specifically in the stalks, skins, and seeds) that doesn’t dissolve in water.

Insoluble fiber isn’t broken down by the gut and absorbed into the bloodstream. It adds bulk to waste in the digestive system, which helps keep you regular and prevent constipation.

Good sources of insoluble fiber include:

- Whole-wheat flour
- Wheat bran
- Nuts
- Beans
- Cauliflower
- Green beans
- Potatoes

But the KING of fiber is one that many people don’t even know about. It’s called...

Prebiotic Fiber

Prebiotic fiber can be either soluble or insoluble.



The main difference with prebiotic fiber is that on top of the qualities of soluble and insoluble fiber, it also acts as food (or fertilizer) for your healthy gut bacteria.

By eating prebiotic fiber, you're getting all the short-term, perfect-poop-creating benefits of soluble and insoluble fiber, but you're ALSO healing your gut and allowing your healthy gut bacteria to flourish.

This promotes long-term benefits such as...

- Reduced food sensitivities
- Reduced allergy symptoms
- Less gas, bloating, and overall stomach discomfort (AKA a "strong stomach")
- Less and/or reduced skin problems
- Reduced chances of bacterial infection
- Reduced heartburn/acid reflux
- On top of ALL the other benefits that fiber gives you that I mentioned earlier!

If you're already taking a probiotic, that's great!

Prebiotics actually help SUPERCHARGE the effects of a probiotic because you're giving those probiotics the exact food (the prebiotic fiber) they need to grow and flourish, knocking out the pesky bad bacteria trying to make you sick.

That's why we created Peak BioBoost.

IT'S A DOCTOR-FORMULATED PREBIOTIC FIBER WHICH IS FLAVORLESS AND DISSOLVES IN SECONDS.

You simply add it to your coffee, tea, smoothie, oatmeal, or any other moist/wet food, and get all the prebiotics you need without worrying about having the perfect diet :)

If you're not already taking it, I recommend you check it out [here](#).

Before we move on, one final thought and warning about fiber...

As you increase your fiber intake, it's important to do it SLOWLY.

That's why our meal plan increases your fiber intake GRADUALLY, with roughly 20g per day in the first week, 25g/day in the second week, 30g/day in the third week, and just a little more in the fourth week.

Now as you do this, you'll likely experience some gas.

That's because your body needs to learn how to deal with more fiber than it's currently getting.

Most people give up the second they experience some gas, but the fact is...

“ EXPERIENCING SOME GAS IS NORMAL AND GREAT.

That means it's working and your body is adjusting!

It's like being sore when you workout. When you first start, it hurts. But the more you do it, the less sore you feel and the stronger you get.

That's exactly how it works with improving your gut health.

In the beginning you might be a little gassy and bloated. But as your microbiome strengthens, the gas and bloating gets better and eventually fades to almost nothing.

That's normal, and how it's supposed to work.

But luckily for you, I have solutions for that too!

There are several which I'll explain as we move deeper into this program. Including one of them which happens to be at the end of this next section :)





Constipation Factor #2 **PHYSICAL INACTIVITY**

The lesson here is very simple...

THE MORE YOU MOVE YOUR BODY, THE FASTER YOUR BOWELS WILL MOVE.

It's REALLY that simple.

I'll give you specific exercises to follow, so I will keep this section short.

A close-up photograph of a hand holding a white, round pill. The hand is positioned in the upper right quadrant, with the thumb and index finger gripping the pill. The background is a solid, vibrant green. A semi-transparent green banner is overlaid across the middle of the image, containing white text.

Constipation Factor #3
MEDICATIONS

MEDICATIONS ARE A NECESSARY PART OF LIFE FOR MANY PEOPLE. FOR SOME PEOPLE THEY CAN BE LIFE-SAVING.

But you should be aware of the risks they carry. That way you can make informed decisions and know what's happening inside your body.

Certain types of medications are shown to increase the risk of constipation.

I don't know your medical situation, so I can never say whether or not you should be on a certain medication or try an alternative.

- **Opioid pain relief drugs:** These include codeine (present with acetaminophen in Tylenol #3), oxycodone (OxyContin), and hydromorphone (Dilaudid).
- **Tricyclic antidepressants:** These include amitriptyline (Elavil) and imipramine (Tofranil).
- **Certain anticonvulsants:** Examples include phenytoin (Dilantin) and carbamazepine (Tegretol).
- **Calcium channel blockers:** These lower blood pressure, and certain types lower heart rate. They include diltiazem (Cardizem) and nifedipine (Procardia).
- **Antacids that contain aluminum:** These include Amphojel and Basaljel.
- **Antacids that contain calcium:** One example is Tums.
- **Diuretics:** These remove excess fluid from the body. They include hydrochlorothiazide (Hydrodiuril) and furosemide (Lasix).
- **Iron supplements:** Doctors prescribe these to treat iron deficiency anemia.
- **Chemotherapy treatments:** Chemo constipation is a very real side effect of chemotherapy. It can be frustrating, especially when chemo destroys your body in so many other ways (although it also can eradicate cancer, so it's still a very good thing!). Luckily we have solutions for you, and have successfully helped others who've gone through this terrible situation.

If you're taking any of those types of medications, it's good for you to know that they may be causing your constipation.

And if you're not taking any of those, I still recommend doing a Google search for whatever medication you're currently taking to see if it can cause constipation.

A woman wearing a blue dress is shown from the waist up, holding her right hand to her stomach, suggesting discomfort or pain. The background is a blurred bathroom with a white toilet. A green banner is overlaid on the image, containing text.

Constipation Factor #4
IRRITABLE BOWEL SYNDROME

IBS IS A TERRIBLE CONDITION THAT AFFECTS TENS OF MILLIONS OF PEOPLE. IN FACT, IT'S ESTIMATED THAT BETWEEN 7 - 21% OF PEOPLE SUFFER FROM IBS, WITH FEMALES SUFFERING TWICE AS OFTEN AS MEN.

A huge percentage of people who purchase this program also suffer from it.

I have personally suffered from it myself, although I no longer do.

When it comes to IBS, there are actually three types...



IBS-D (diarrhea) - With IBS-D, more than a quarter of stools on your abnormal bowel movement days are loose, while less than a quarter are hard and lumpy. You'll also notice that your urgency to go is much greater. Most people suffering from IBS-D also suffer from excessive gas. In fact, methane gas is one of the leading causes of diarrhea, which is why supplementing with a digestive enzyme formulated to reduce methane gas can work so well.

IBS-C (constipation) - You may have this form of IBS if your abnormal bowel movement days consist of stools that are at least 25 percent hard or lumpy, but also less than 25 percent loose in consistency. This can also cause abdominal pain along with both gas and bloating.

IBS-M (mixed) - In short, this is when you suffer from both constipation and diarrhea. In order to be diagnosed with it, your stools need to alternate between both hard and water at least 25% of the time each.

Many people suffer from IBS-like symptoms but wouldn't technically be diagnosed with it because they don't meet the specific criteria.

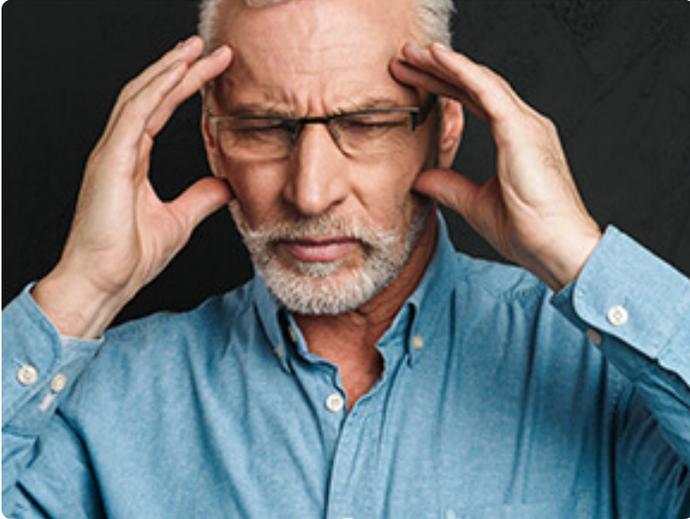
Regardless if you're fully diagnosable OR simply have IBS-like symptoms, I'm here for you! This program will help.



Constipation Factor #5
AGING

IT'S NO SURPRISE THAT PEOPLE TEND TO GET CONSTIPATED MORE OFTEN AS THEY GET OLDER.

In fact, up to 40% of older people in the community and up to 60% of those in institutions may experience constipation.



Why does this happen?

Gut transit speed - We already know that peristalsis is slower in those with constipation. It makes sense that your nerves would be less efficient and therefore by “slower” as you age. Just like your brain and muscles slow down, so do the muscles and nerves in your digestive system.

Less mobile - People tend to be less mobile as they age, and as we've discussed, being inactive is a major contributor to constipation.

Medical conditions/medications - Once again as we've discussed, these are major contributing factors to constipation.

I want to make something very clear though...

Just because you're aging does NOT mean that you have to suffer from constipation.

Between this program and our [other products](#) at Peak Biome, we get testimonials on a daily basis from people that are 60... 70... even 80 years old who are eliminating their constipation after having suffered from it for decades.

And if you're worried that your age is contributing to your constipation, we're here to help!

A photograph of a person's midsection, showing their hands holding their stomach. A white line-art illustration of the human digestive system is overlaid on a red, textured background that covers the abdominal area. The person is wearing a grey t-shirt and blue jeans. A green banner is positioned across the middle of the image, containing text.

Constipation Factor #6
OVERUSE OF LAXATIVES

SOME PEOPLE WORRY THAT THEY DO NOT USE THE BATHROOM OFTEN ENOUGH, AND THEY TAKE LAXATIVES TO TRY TO SOLVE THIS PROBLEM. AND DON'T GET ME WRONG, LAXATIVES CAN AND DO WORK!

The major problem though is that your body gets dependent on them. They are supposed to be used for rare cases and very short term. They are not designed to be used long term.

In other words, they can be habit forming, especially stimulant laxatives. That means the more often you use them, the more you have to increase your dose to get the same effect, and the more you rely on them.

Even worse is that overuse of laxatives can lead to dehydration, electrolyte imbalance, internal organ damage and much more. Some of these complications can become life threatening. For this reason, people should talk to a healthcare professional before they start using laxatives.



“ THIS IS ONE OF THE MAIN REASONS I RECOMMEND OUR CUSTOMERS TRY OUT PEAK BIOBOOST.

[Peak BioBoost](#) works in the same way as laxatives (by increasing how fast your body moves poop through your intestines)..

But it does so in a natural, non-habit forming way and actually helps to rebalance your microbiome and strengthen all areas of your digestive system.



Constipation Factor #7
**NOT USING THE BATHROOM
WHEN NECESSARY**

The lesson here is very simple...
WHEN YOU FEEL LIKE YOU NEED TO POOP, GO POOP.
Period.

A glass jar filled with milk, with a gold-colored lid lying on its side to the left. A thick stream of milk is being poured from above into the jar. The background is a plain, light color.

Constipation Factor #7
DAIRY

THERE ARE MANY FOODS THAT ARE HARMFUL TO YOUR DIGESTIVE SYSTEM, BUT DAIRY IS TYPICALLY THE WORST FOR MOST PEOPLE.

A lot of people consume dairy because they're trying to get more calcium. But the fact is, calcium can be found in a LOT of other foods, and there is research to suggest that calcium derived from dairy isn't nearly as beneficial as we were once led to believe.

Want a guaranteed, zero risk way to strengthen your bones?



Strength Train!

Training with weights puts gentle pressure on your bones, forcing them to adapt to handle the heavier loads of weight. Over time, this creates more dense bones. Along with about a dozen other amazing health benefits.

But to keep this simple, there is basically no benefit you get from dairy that you can't get from other methods.

That's why I recommend fully eliminating dairy for the entire 30 days of this program.

There are zero downsides, and a lot of upside.



Constipation Factor #7
EVERYTHING ELSE

There are multiple other factors that contribute to constipation. Rather than do separate sections for them, I'll simply include them below.

These include...

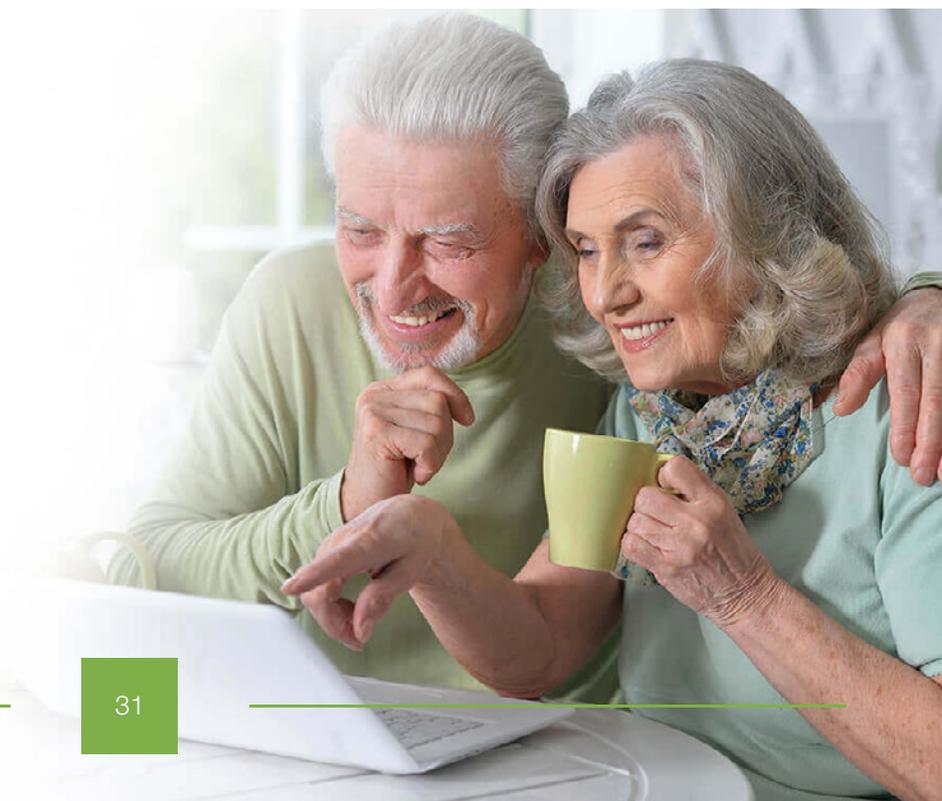
- **Colorectal problems:** Such as cancerous tumors, hemorrhoids, hernias, scar tissue, diverticulitis, or colorectal stricture (an abnormal narrowing of the colon or rectum).
- **Neurological conditions:** Multiple sclerosis, Parkinson's disease, stroke, spinal cord injuries, and chronic intestinal pseudo-obstruction can lead to constipation.
- **Conditions that involve hormonal function, electrolytes, or renal function:** These include uremia, diabetes, hypercalcemia, and hypothyroidism.
- **Intestinal blockage:** This can occur if a tumor blocks or squeezes part of the digestive system.
- **Conditions that affect the digestive system:** Constipation can occur with celiac disease, IBD, and other inflammatory conditions.
- **Cancer treatment:** Chemotherapy and opioid pain relief medications, can also trigger constipation.

As you can see, there are a LOT of factors that can contribute to constipation.

That's why I want to make sure that this is not your fault! The first step is understanding WHY it's happening, which you now understand.

Next we need to move to solutions.

So let's do that :)



The Do's And Don'ts For Perfect Poops

WHEN IT COMES TO ENJOYING PERFECT DAILY POOPS, THERE ARE A LIST OF THINGS THAT WILL EITHER MAKE CONSTIPATION WORSE... OR MAKE IT BETTER.

I've listed them below along with a brief description of each to give you more detail.



DO MORE Of These.

- **Consume Apple Cider Vinegar (ACV)** - Some people prefer doing “shots” of ACV. Others simply add it to various recipes. Others add it to water. All of them are great options. The important part is that you consume it! ACV has been shown to support healthy digestion by creating the right environment for the good bacteria to flourish.
- **Consume green tea** - Green tea is rich in antioxidants and works well to soothe your nerves. While it won't have a make or break effect on constipation, it's an extremely healthy drink that I recommend everyone drink.
- **Consume Kombucha** - Kombucha is a delicious drink which is made by fermenting something called SCOBY. SCOBY is a living symbiotic colony of bacteria and yeast that create healthy gut bacteria. These help support healthy digestion by allowing good bacteria to flourish.



- **Consume fermented foods** - Foods such as sauerkraut, kimchi, yogurt, kefir, tempeh, natto, and miso contain live probiotics which multiply the good bacteria in your microbiome. Plus they're delicious!



- **Get a healthy dose of Omega 3** - Omega 3 helps lower inflammation throughout the body. Inflammation eats away at your intestinal lining which separates your intestines from your bloodstream. This allows undigested food particles and pathogenic bacteria into your bloodstream. This is called "leaky gut syndrome" which is known to cause many of the symptoms you might be facing today.



- **Eat a variety of foods** - Your gut bacteria like variety. There are thousands of types of healthy bacteria, and you want as many of them as you can get. Studies show that the people with the healthiest microbiomes have the most diverse microbiomes. This is why it's important eating a variety of foods (especially vegetables) because each food contains different types of healthy bacteria.



- **Eat a lot of vegetables** - As I mentioned above, eating vegetables is important. Different vegetables contain different types of fiber (soluble/insoluble/prebiotic, etc.) Plus vegetables contain an abundance of minerals and nutrients needed to help you live a long, healthy, active life. Eat your vegetables!



- **Eat whole grains** - Whole grains can provide an abundance of minerals, nutrients and fiber that's harder to get with other foods. Gluten is controversial, but the fact is that gluten itself isn't necessarily the toxic killer it's made out to be. It CAN be, but only if your body doesn't have the ability to break down gluten. If you tolerate it fine, great! If you can't, it means your body can't produce the enzymes necessary to break it down. This program will help rebuild those enzymes, but if you feel strongly against it, it's completely fine to remove from your diet.



- **Take a quality probiotic** - Probiotics are great because they give your body a “super dose” of the healthy bacteria we’ve been talking about. Unfortunately most probiotics out there aren’t made correctly. You should look for a probiotic that has a variety of strains, with at least 1B CFU per strain, using a delivery mechanism (capsule, pill, liquid etc) that allows it to survive your stomach acid.



- **Take a quality prebiotic** - Prebiotics are absolutely crucial for anyone suffering from constipation. I personally believe they should be one of the FIRST steps you take, because they work so well. In fact one of the ingredients we have inside Peak BioBoost (called XOS), has a 93% success rate for eliminating constipation! If you haven’t already tried it, you can [click here to read more about Peak BioBoost.](#)



- **Take digestive enzymes** - The third supplement I recommend is digestive enzymes. Enzymes help break down food so you don’t have undigested proteins which cause inflammation and destroy your microbiome, along with a host of other problems. Plus you’ll feel more energetic (because your body can absorb more nutrients) and enjoy significantly less gas and bloating (because the enzymes help break down macronutrients so they don’t ferment and cause gas/bloating).



- **Eat slowly and chew carefully** - Slow, mindful eating with careful chewing is extremely underrated. Most people fly through their meals, eating it as fast as possible to “get to the next thing”. Because of this they’re swallowing hardly-chewed food. This makes it even harder for your body to break down, which further contributes to all the problems we’ve been talking about. Make sure you eat slowly and chew until your food is in a liquid paste before swallowing. This should take about 15 seconds, so don’t rush it!



- **Reduce stress** - Stress is one of the hidden killers that most people never think about. It causes inflammation, accelerates aging, and in terms of constipation, tightens the nerves in your digestive system. This slows down your poop which directly causes constipation. By reducing stress you allow your nerves to relax so they can do their job properly and help you enjoy more regular, enjoyable poops.



- **Get a good night's sleep** - Your body needs time to properly reset. Sleep helps detox, repair, and optimize your body so you can feel great and function properly. Unfortunately most people aren't getting enough high quality sleep. The 80/20 of great sleep is sleeping in cool, pitch black room, going to bed at roughly the same time each night, not eating a few hours before bed, and getting around 8 hours. It's pretty simple but easily neglected.



- **Exercise** - As already mentioned, exercise is crucial for daily bowel movements because it gives your internal organs a massage and helps them stay strong so they can speed up the process of poop moving through your bowels.



- **Drink coffee** - Contrary to popular belief, coffee is extremely good for you. It enhances nutrient absorption, contains a plethora of antioxidants, and boosts several mental functions. The problem happens when you drink low quality coffee filled with pesticides and toxins. That's why it's crucial to find high quality, fair trade, organic coffee. It's worth the extra few bucks.



- **Drink a lot of water** - As I've already discussed, water is absolutely crucial for perfect poops because of how it helps bulk and soften your poop as it moves through your digestive system. Sometimes constipation can go away simply by drinking more water!



And that's it!

Pretty simple and self-explanatory, right?

Sometimes the simplest solutions are also the most effective.

But before we move on we need to discuss the opposite side of the spectrum.

Which is why I want you to...

Do LESS Of These...

- **Limit/eliminate processed foods** - This one is pretty self explanatory. If you eat more natural, healthy foods, you will feel better and poop more regularly. Period. Processed foods tend to be very low in fiber, and very high in gut killers such as sugar, dirty fats, preservatives, and all sorts of toxic chemicals you don't want in your body.
- **Limit sugar** - Sugar is food for "bad" bacteria. Those "bad" bacteria not only create dysbiosis (an imbalance in your microbiome) but they create more sugar cravings, which damages your gut even further.
- **Limit/eliminate "dirty" fats** - Unhealthy fats, such as regular butter (grass-fed is fine), margarine, vegetable oil/shortening, and lard, cause inflammation. As I mentioned earlier, inflammation eats away at your intestinal lining which separates your intestines from your bloodstream. This allows undigested food particles and pathogenic bacteria into your bloodstream. This is called "leaky gut syndrome" which is known to cause many of the symptoms you might be facing today.
- **Limit alcohol** - Note that I'm not asking you to eliminate alcohol. Alcohol, specifically red wine and beer, can actually improve your microbiome if you drink it in moderate quantities. I'm talking about 1-2 drinks, not 5-10. I'm also a firm believer that up to 2 drinks significantly reduces stress, which has profound impacts on your overall health. So enjoy your drinks, just don't go overboard or indulge in sugary mixed drinks or straight liquor.
- **Eliminate dairy** - Dairy also causes inflammation and is known for causing constipation, as we discussed earlier. Once you've reset your microbiome and are a perfect pooper, you can test adding it back into your diet (but stick to grass-fed only). I'll leave that up to you if you're a true dairy lover or it would be too hard on your lifestyle. Just know that it comes at a cost, and that it's important to FULLY remove during these 30 days.



- **Limit gluten (if sensitive)** - As I mentioned earlier, limit or eliminate gluten if your body is sensitive to it. It's not shown to contribute to constipation, and can HELP you poop more because of its high fiber content, so use your judgement here.



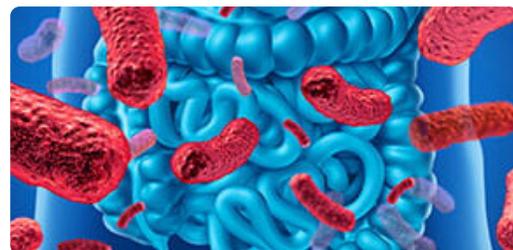
- **Limit meat to organic/grass-fed only** - Meat is another controversial topic. Some people think it destroys your health, while others eat plenty of it to lose weight and increase muscle. The truth lies in the middle. I recommend eating 4-8oz of meat per day, and as usual, various types (chicken, beef, fish, turkey, etc.). 4oz gives your body many of the nutrients it needs, and more than 8oz simply isn't necessary. Just make sure you stick to organic and/or grass-fed meat as they contain higher amounts of Omega 3, less toxins, and no antibiotics.



- **Eliminate smoking** - There is absolutely no upside to smoking, and a LOT of downside. Don't do it.



- **Use antibiotics only for bacterial infections** - Antibiotics are one of the fastest, most dangerous things you can do to your microbiome. One single round of antibiotics can destroy up to 30% or more of your microbiome. It's a catch-22 because antibiotics are a life-saving miracle, yet they destroy your microbiome. The simple answer here is that if you have a bacterial infection, use them. But if you're being prescribed antibiotics for viral infections, you are destroying your health for absolutely no reason. Make sure your doctor specifically tests and confirms you have a bacterial infection before using them.



Exercises That Eliminate Constipation

I'm sure you'll be shocked to hear that...

Wait for it...

Exercise Is Good For You!

The great news is, it does NOT have to be complicated to be effective. In fact I'm a firm believer that most people fail to exercise because they think it needs to be complicated to get results.

But that is just simply NOT true!

Your body craves MOVEMENT.

It doesn't care if you're walking... running... swimming... lifting weights... doing yoga... or full-on sprints and Crossfit style workouts.

It just wants to move.

MOVEMENT CREATES MOVEMENT

What I mean is that when you move your body, it gets your digestive system moving.

Think about it...

Your digestive system sits in the exact center of your body. Your core.

We know that a process called peristalsis creates involuntary muscle contractions that shuttles poop through your intestines and out of your colon.

We also know that in people with constipation, that process is WEAK.

Because it's weak, it's slower.

So what's the solution?

Strengthen it so it can speed up and improve the speed at which poop moves through your intestines!





As you might know already, we created [Peak BioBoost](#) to help with that process.

Peak BioBoost contains several ingredients shown to eliminate constipation through this exact process.

If you aren't already taking that, I recommend you try it out.

But regardless if you do or not...

I want to give you several exercises you can do to strengthen your core, which in turn will help eliminate constipation when combined with the right diet program and other factors.

Let's start with the most simple exercises, and move our way to the more advanced ones.

We'll start with...

Walking



WALKING IS ONE OF THE MOST STUDIED AND MOST EFFECTIVE WAYS TO STAY HEALTHY AND LIVE A LONG, HEALTHY, ACTIVE LIFE.

It's also one of the most underutilized!

The best part is, it's simple.

I recommend going for a 1-3 mile walk right after dinner. It gets your blood flowing to promote good circulation, helps you relax after a long day which reduces stress, and gets your digestive system moving.

Plus it can even help prevent acid reflux and reduce gas.



Running

Have you ever heard of the term “runner’s trots”?

If not, it’s when runners begin their run, and get an urgent need to go to the bathroom a few miles into their run. It affects 20 - 50% of runners, and you can use it to your advantage!

This happens because running causes your internal organs to bump and squish into each other. This essentially gives your organs a deep tissue massage, and gets things moving quickly.

Now don’t worry, you don’t have to worry about pooping your pants in public.

Instead I recommend getting a treadmill, stationary bicycle, or swimming in a pool. Anything that involves steady-state cardio will do the trick.

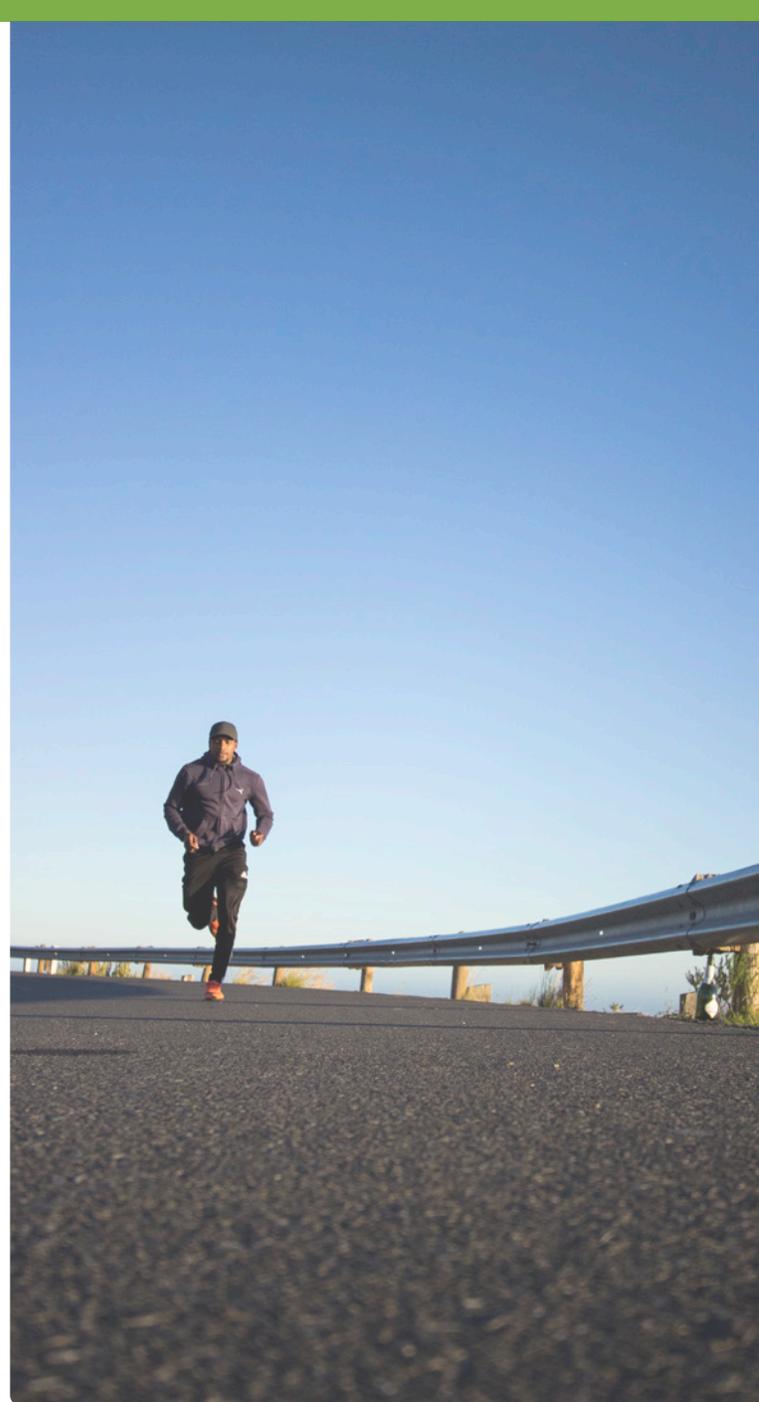
And if you want to REALLY get things moving...

Do this first thing in the morning.

That way your exercise regime can work its magic on your internal organs without being blocked by food that’s currently being digested.

! My only warning is that if you do this, stay close to your house. This is something I discovered through trial and error, and there were a few times I actually had to poop in the woods!

Now I make sure to stay close to my house if I do my runs in the morning (usually during the hot summers), so I can make a quick pit stop, then be back on my way.



But the best news is that it really DOESN'T MATTER WHAT FORM OF EXERCISE IT IS.

The main point is that you're moving your body around which massages your internal organs.



So if you don't like running, biking or swimming, you can also try...

- Jumping rope...
- Zumba...
- Dancing in your living room...
- Calisthenics (bodyweight exercises)...
- Boxing (bonus points for kickboxing)...

Or really anything else that you ENJOY doing. The point of this is finding something that keeps you active and gets things moving. Even gardening can sometimes do the trick!



Yoga



Yoga is great in so many ways.

1. First, it helps reduce stress and internal blood flow to the digestive system. This stimulates your intestines to contract, thereby speeding it up so you poop more often.
2. Second, it helps to relieve stress, which as you already know, relaxes your nerves which allows poop to flow more freely through your intestines.
3. Third, it's fantastic for anybody looking to simply FEEL better, especially as you age and your joints are starting to become more worn.

When it comes to Yoga, there are two main exercises you'll want to do.

I recommend doing them at least one time per day, but up to three times per day.

Exercise #1: CAT AND COW POSE

Come to a hands and knees position on the floor, placing your knees underneath your hips and the crease of your wrists directly underneath your shoulders, palms on the floor. Your fingers should be pointing forward. Engage your core.

- **Cow Phase:** Using the abdominal and low back muscles, inhale as you tip your tail toward the ceiling, increasing the arch in your mid and low back. Allow the abdomen to stretch toward the floor. Hold this position for 10 to 30 seconds before returning to your starting position.
- **Cat Phase:** Gently exhale and tuck your tail under, using your abdominal muscles to push your spine up toward the ceiling, making the shape of an angry cat. Hold this position for 10 to 30 seconds as you lengthen your neck, allowing your head to reach toward your chest.



Repeat this 10 times.

[Click here to watch a video demonstration of this exercise.](#)



Exercise #2: Wind Relieving Pose

Just in case you're wondering...

YES, we're talking about farts here :)

This pose helps relieve gas and bloating by massaging your internal organs. It also helps stimulate your intestines to relieve stuck poop, so it's a bit of a two birds/one stone situation.

I recommend doing this one alone, so you can enjoy a full "release" privately :)

Here's how it works...

- Start by lying flat on your back with a neutral spine.
- Bring your right leg up toward your body, bending the knee.
- Using your arms, gently pull the right leg into the right side of your body. Hold for 10 to 30 seconds, then release the leg. Repeat the exercise on the left side, then repeat with both legs drawn in toward the chest.



[Click here to watch a video demonstration of this exercise.](#)



PELVIC FLOOR EXERCISES

When people think of AB MUSCLES, they mainly think of the ones you can see.

But in our case, it's the muscles you CAN'T see that are actually the most important.

Specifically the Transverse Abdominis.

The transverse abdominal muscles are the deepest part of your abs.

They are like the “spanx of your stomach muscles” because they help keep it sucked in and flat.

Here are just a few of the things it helps with...

- Stabilizing your core, spine and hips by acting as a natural weight belt
- Breathing easily and properly by compressing the internal organs
- Keeping your belly tight (instead of bulging out)
- Works with your pelvic floor muscles to support the organics within the pelvis and lower abdomen

Between the transverse abdominis and pelvic floor, you'll have everything you need to tighten up your belly, poop more often, and even fix problems such as pelvic organ prolapse, incontinence, pelvic pain, and pelvic floor weakness.

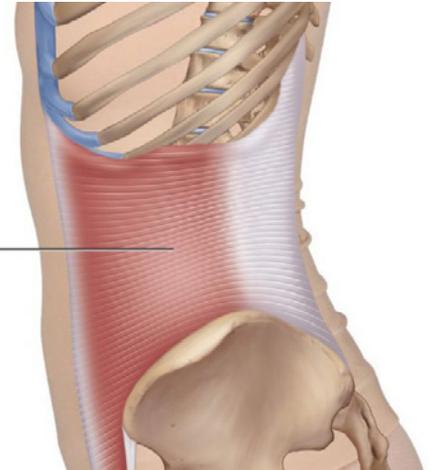


These issues are most commonly found in women, especially those who've given birth. The birthing process can create all sorts of problems with your pelvic floor, which is why these are so important.

In fact if you're currently dealing with pelvic problems such as incontinence, I highly recommend you check out [Pelvic Floor Strong](#).

This is a program specifically designed to relieve pelvic floor issues and is highly recommended.

Transversus abdominis



Regardless if you try that or not, I recommend starting with the Moo To Poo exercise... also known as the Brace & Bulge bowel emptying technique.

This technique helps you avoid straining with constipation. It does this by relaxing the pelvic floor muscles and generating pressure within the abdomen rather than pushing and straining down through the pelvic floor.

Here's how you do it...

- Breathe in deeply so that your lower abdomen (belly) relaxes forwards as you inhale
- Repeat 4-5 deep breaths
- Make your waist wide by saying the "M" sound. This action generates the pressure for your bowel movement.
- Bulge your lower abdomen forwards by saying "OO". This action relaxes the circular muscles around opens your anal sphincter.
- If you need to generate further pushing pressure, repeat the "M" sound again
- Maintain the breath you have while performing this technique
- Draw up through your pelvic floor muscles when you complete emptying



[Click here to watch a video demonstration of this exercise.](#)

And that's it!

If you add these exercises to your daily routine, you'll not only improve how often and easily you poop, you'll improve your health in literally dozens of ways.

Enjoy!



How The Meal Plan Works

Like everything else, I created the 4 week meal plan with SIMPLICITY in mind. I don't know about you, but I've bought dozens of programs in the past, took one look and thought "nope, no way I can do that!"

“ MY GOAL IS FOR YOU TO LOOK THROUGH THE MEAL PLAN AND SMILE BECAUSE IT'S SOMETHING YOU REALIZE IS SIMPLE AND DOABLE.

That's why it was built with the following criteria...

- **The fiber intake increases gradually**, with roughly 20g per day in the first week, 25g/day in the second week, 30g/day in the third week, and just a little more in the fourth week.
- **The first week contains a lot of smoothies** because they're easy to digest and simple to make while providing adequate fiber and water.
- **I've provided breakfast, lunch and dinner.** I chose not to include snacks or desserts in the main meal plan, because those will vary too much from person to person. Instead, you can refer to our Snacking bonus along with our Perfect Poops Cookbook for any healthy desserts you want to try. They're totally optional!
- **The recipes are delicious.** I wouldn't put anything in here that I don't make for myself and my family! But everyone has different tastes of course. If you come across something that isn't for you, simply don't make it again and/or replace the leftovers with something else.
- **The recipes use simple ingredients** you can find at your local grocery store. I don't want you having to go to speciality health stores or searching online just to find ingredients.
- **The recipes utilize leftovers and similar ingredients.** This one was tough as we had to rearrange the recipes dozens of times to find good combinations. This saves you money AND time which makes it much more easy and simple for you :)
- **Each recipe has notes offering alternatives and/or things to look for.** Everyone has different tastes and preferences. If you find yourself needing to look for alternatives, feel free to use your judgement and/or search Google for suggested alternatives to the ingredients.
- **We focus on max fullness with minimum calories** - It's really hard to stick with ANY kind of eating program if you're hungry all the time. That's why this plan includes a balanced macronutrient mix (fats/carbs/protein) along with enough volume to keep you full and satisfied.

Pretty simple and easy right?

Now that we've gone over all the "prep work", let's get started!

Days 1 & 2

As you know, this is a 30 day program, yet we have 4 weeks of recipes.

That's because days 1 & 2 are all about elimination and preparation.

Today and tomorrow, I want you to do the following...

- Remove dairy from your diet
- Purchase any of the supplements I mentioned above (probiotic, prebiotic, kombucha, enzymes, etc.)
- Begin drinking a lot of water
- **PLAN YOUR SUBSTITUTIONS** - This is a very important point. Please look through each week and make any necessary substitutions. For example, you might know that onions/garlic cause issues. If so, look for any recipes with them and either omit or replace them. Or if you have any other preferences (for example if you're vegan/vegetarian or following any other diet that limits food options), now is the time to look through the various recipes and plan your substitutions.

Remember that if you need to know what to substitute, do a quick Google search for substitutions for that ingredient. That's the fastest and easiest way.

- Shop for the ingredients you'll need for week 1 (don't forget snacks and/or dessert)
- Plan what type of exercise program you'd like to begin, and start today ;)
- Begin doing the Moo & Poo Poop-Releasing Technique today

You should easily be able to get all that done in the first 2 days. And if you finish it all today, feel free to start tomorrow.

That's totally fine!

Weeks 1-4 Meal Plans

We've decided to have you download the meal plans separately, rather than combine them into this report. We did this for a few reasons...

- It allows us to quickly and easily update recipes based on user feedback
- It allows you to quickly and easily print them out separately, instead of having to print a 100+ page document
- It allows you to quickly and easily find them on your computer and not have to wade through 100+ pages to find the recipe you're about to cook

Just in case you haven't downloaded your weekly meal plans yet, [you can download them here.](#)

Enjoy!



Conclusion

I truly hope you've learned a lot through this program.

I feel that my life mission is helping them strengthen their microbiomes. We do that in a variety of ways, whether that's helping people be less constipated, have less diarrhea, less heartburn, and many others.

If we helped you, I'd love to hear your story!

Just go to www.peakbiome.com/share and submit your testimonial. You'll get some free product and be able to share your inspiring story for others to read!

The fact is, constipation is a silent killer.

People are afraid/embarrassed to talk about it, and my goal is to make it less weird! To show people that we ALL poop, and that you don't have to suffer in silence anymore.

So if you enjoyed this program, please share it with others. Please tell your friends on social media. And please continue to follow the principles shared in the program to continue living a perfect poop kind of life :)

You can also view our other products at www.PeakBiome.com/products

Thanks so much again!

- The Peak Biome Team

