

# Managing Constipation and Bloating in Parkinson's

Constipation support	<ul style="list-style-type: none"> <li>• Fibre: psyllium husk, chia seeds, oats, legumes, broccoli, berries.</li> <li>• Prebiotics: onions, garlic, leeks, asparagus, chicory root, ripe bananas, kiwi.</li> <li>• Magnesium citrate</li> <li>• Probiotics: <i>B. lactis</i>, <i>L. casei</i>, <i>L. reuteri</i>, and <i>L. plantarum</i></li> </ul>
Bloating support	<ul style="list-style-type: none"> <li>• Peppermint tea or peppermint oil.</li> <li>• Cooked vegetables instead of large amounts of raw vegetables.</li> <li>• Probiotics: <i>L. casei</i>, <i>B. infantis</i>, and <i>L. acidophilus</i></li> <li>• Soluble fibre: oats, chia seeds, psyllium husk, kiwi, banana.</li> </ul>
Delayed gastric emptying support	<ul style="list-style-type: none"> <li>• Ginger tea or ginger tablet 30 min before meals.</li> <li>• Small frequent meals may be better tolerated.</li> <li>• Lower-fat meals and soup-based meals.</li> </ul>

## Smoothie to help reduce constipation, bloating and improve gut health

<ul style="list-style-type: none"> <li>• Berry mix</li> <li>• Chia seeds (pre-soaked)</li> <li>• Greek yoghurt</li> <li>• Banana</li> <li>• Water or almond milk</li> </ul>	<ul style="list-style-type: none"> <li>• Berry mix</li> <li>• Lactose-free protein</li> <li>• Flaxseed meal</li> <li>• Coconut water</li> <li>• Small piece of ginger</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi and banana</li> <li>• Greek yoghurt or kefir</li> <li>• Psyllium husk</li> <li>• Cinnamon</li> <li>• Water or almond milk</li> </ul>
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## What helps the most

- Exercise (aerobic + resistance)
- Gut health
- Mediterranean or anti-inflammatory diet
- Supplements to bridge nutritional deficiencies



Get in touch today if you'd like to book a nutritional consultation and take the next step toward personalised support.

### Example 3- day meal plan with protein timing

Time	Day 1	Day 2	Day 3
<b>7:00 AM</b>	Levodopa + ginger tea	Levodopa + ginger tea	Levodopa + ginger tea
<b>8:00 AM Breakfast</b>	Oats + kiwifruit + flaxseed + nuts + cinnamon	Eggs + Spinach + Avocado + fruit	Chia seeds (soaked with yoghurt) + kiwifruit + flaxseed
<b>10:00 AM Snack</b>	Yogurt + berries + 2 prunes	Pear with skin + 7 unsalted nuts	cucumber and hummus
<b>11:30 AM</b>	Levodopa + ginger tea	Levodopa + ginger tea	Levodopa + ginger tea
<b>1:00 PM Lunch</b>	Fish + mashed potato + zucchini + carrot + olive oil	Lentil soup + potatoes + side salad	Chicken thigh + sweet potato + green salad
<b>3:30 PM Snack</b>	Fruit + unsalted nuts	Cottage cheese + berries	Crispbread + avocado
<b>5:00 PM</b>	Levodopa + ginger tea	Levodopa + ginger tea	Levodopa + ginger tea
<b>7:00 PM Dinner</b>	Chicken soup with pumpkin/sweet potato/carrot soup	Chicken breast + sweet potato + beans + spinach	Eye fillet steak + broccoli + asparagus + peas



The Organic Acid and Environmental Pollutants test + Nutritional Consultation \$730 (Usually \$830)  
 The Organic Acid and Environmental Pollutants test can help identify nutritional, metabolic, gut, and biochemical imbalances, Mycotoxins, 48 Environmental toxins, and 41 Heavy Metals and Minerals, Glyphosate in the human body.

