

Nutrition  
Soluble Fibre  
Insoluble Fibre

Fibre regulates normal bowel movement; it absorbs water, bulking out stools, making them easier to pass. Soluble fibre found in apples, pears, citrus fruits, barley, beans and lentils. Insoluble fibre such as whole grains cereals and vegetables (celery, cabbage, peas, sweetcorn etc) do not absorb water but pass through the gut and may speed up transit times.

General

Soak 2 tablespoons of linseeds during the day in a cup of water or diluted fruit juice and eat like a jelly in the evening.  
Eat in a relaxed atmosphere, (chew thoroughly) as rushed eating may upset digestion.

Supplements  
Fluids  
Exercise

Acidophilus encourages health of intestines;  
B complex may help chronic condition;  
Magnesium to help regulate muscle contractions.  
Drinks plenty of fluids (8 glasses a day).  
Exercise to increase movement, i.e. walking, swimming, trampolining, games of football, tennis, netball, rugby etc.

Massage  
Reflexology

Massage the abdomen in a clockwise direction with marjoram, rosemary or fennel oil.  
Massage the feet especially in the middle of the soles responding to intestines. You can thumb press or circle firmly.

Toilet habits

Never ignore the urge to have a bowel movement. Place feet on a stool to achieve a right angle when on the toilet.

Psychology

Whatever started this problem, it can become an expected part of life. Conscious straining will only make the problem worse. Find a way for you to regard this as a temporary, unimportant passing phase. Then you can find ways to help. Stories can work really well, age dependant.

Example story...

Maybe Thomas the Tank Engine developed a problem, a sticking valve slowed down his ability to drain his feed tank. It got worse and worse, until one day he couldn't leave the engine shed; the valve was stuck fast. The engineer lubricated the valve, but Thomas didn't like the feel, even though the valve worked for a while.

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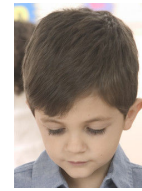
Then it stuck again. The engineer searched around the valve, slipped and fell into a tank of water. All the engines laughed. Thomas laughed loudest. He laughed so much he forgot about his stuck valve, which suddenly started working. Whatever the story, the message is the same - relax and let it work.





# The Clover House Solution

241M – Adam, Aged 4



## Constipation – Sleep – Learning Difficulties

### The Problem

Adam had been diagnosed with developmental delay. He had bad constipation and the lactulose the Doctor gave him wasn't helping. He was moody and irritable and was still wearing nappies at four years old.

Mum came to us after reading an advert. Adam's condition was causing her to lose sleep and to be depressed. Dad dreaded coming home because Adam was so grumpy.

### Our Solution

On his first visit, Adam looked pale and lethargic – he didn't speak and just clutched his toy rabbit.

**Creative Imagery:** We taught Adam how to 'anchor' Thomas the Tank Engine (a positive image he liked) with the potty (which he didn't like).

**Aromatherapy:** Mum was taught how to help Adam's digestion by giving him a tummy massage, which she kept doing at home.

**Nutrition:** We advised Mum to give Adam omega oils, to make him drink 6 glasses of water a day and to avoid lactose by switching from Cow's to Goat's milk.

### The Results

Mum noticed the difference immediately. After just three visits to Clover House, Adam was able to stop wearing nappies, his constipation was gone and he was sleeping well. Mum said **“he's a totally different boy... Clover House greatly improved his quality of life... His development has come on tremendously.”**

## The Clover House Solution – Natural Healing for Children

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