

 1.

The Brown Cow Remedy

What: ½ cup warm prune juice + 2 Tbsp Milk of Magnesia

How: Warm the prune juice, stir in the milk of magnesia, drink on an empty stomach, then chase with a full glass of water.

Why: Combines natural sorbitol + magnesium's muscle-relaxing magic.

Timeframe: 3–6 hours.

 2.

Coffee & Coconut Oil Morning Hack

What: 1 cup black coffee + 1 Tbsp coconut MCT oil

How: Blend for 10 seconds, sip slowly before breakfast.

Why: Caffeine stimulates the colon while MCT oil lubricates the pipes.

Bonus: Pair with a short 10-min walk for double effect.

 3.

The Squat & Release Method

What: A small footstool (or stack of books) near the toilet.

How: Rest feet on it so your knees rise above hips.

Why: Changes colon angle → easier elimination.

Tip: Add 5 deep belly breaths before you start; calms nerves and gut.

 4.

The Sweet Sesame Elixir

What: 1 tsp honey + 1 tsp toasted sesame oil + ½ cup warm water

How: Whisk and sip nightly before bed.

Why: Traditional Asian “moistening” remedy—gentle and soothing for chronic dryness.

Taste: Nutty-sweet and oddly comforting.

 5.

The Fibre & Fruit Power Bowl

What: 5–7 prunes + 1 Tbsp chia seeds + ½ cup yogurt + dash of cinnamon

How: Soak chia seeds for 10 min, mix all ingredients, eat mid-morning.

Why: Delivers soluble + insoluble fibre + probiotics.

Habit: Consistency > potions.

Disclaimer

These are community-shared experiences, not medical prescriptions.

If constipation lasts longer than a few days, or you rely on laxatives regularly, please consult your healthcare provider.