

CONSTIPATION SCRIPT (IBS)

Go deeper and deeper to sleep. Deeper and deeper to sleep. You know that your whole gastrointestinal system is simply a muscular tube which is coiled round and round inside your body. Various parts of this tube have various purposes, just like the specialized departments in a factory. The mouth is the receiving department where goods are accepted and unpacked. The throat and esophagus are the conveyer system. The stomach is a processing room in which the materials are prepared for use, and so on throughout the whole system. And finally we have the useful products which go into the body itself, and the waste products which we must eliminate.

This whole factory has a continuous conveyer system. The tubes which make up this conveyer system are composed of rings of muscles. These muscles in their contractions and relaxation push the material along through the factory just like the assembly line chain in an automobile factory. When we start the relaxation at the throat, that is automatically followed by the natural rhythmic alternate relaxation and contraction of the muscle. These contractions occur in waves always traveling from the receiving room down toward the waste disposal departments.

The wave of relaxation which we started a few minutes ago in the mouth and throat, is now moving down through the stomach towards the duodenum. Following the wave of relaxation comes the peristaltic waves - alternate relaxation and contraction of the muscles down through the stomach, the duodenum and into the intestine. Your whole intestinal tract is becoming relaxed and soon these waves will reach through the colon to the rectum. The colon is a kind of storage bin, just like a waste basket. We don't run to empty a waste basket every time we get something in it. We do empty it when it gets full. That is the way your body functions too. These peristaltic waves carry the waste material through the colon and into the rectum where it is stored. As soon as it becomes full, an automatic signal is sent out, and you realize you are about to have a bowel movement. As soon as you have that feeling, you go to the toilet. When you sit down on the toilet, the contact of your body with the toilet seat automatically sends a signal to the round muscle which keeps the valve closed the rest of the time. This round muscle we call the sphincter. The waste valve we call the anus.

When you sit down on the toilet, the sphincter muscle relaxes. It becomes soft and flexible and stretches easily. And these waves of muscular contraction in the colon and rectum force the material out. These waves are working on down through your intestines now. And soon after you leave here you will feel the urge to have a bowel movement. When you feel this urge, go to the toilet, sit down and wait. Make no effort. Your body will take care of that part automatically and without effort. Make absolutely no effort. Your body can dispose of its waste material perfectly, if you do not interfere. Make no effort at all. Simply sit on the toilet and wait. The act of sitting on the toilet will be a signal to your unconscious mind. The sphincter muscle will relax. The rectum will empty itself easily and automatically.

Every time you eat, your jaws automatically tense and relax. Eating is an automatic signal which starts the entire process in motion. You eat. Your throat swallows the food, alternately relaxing and contracting. The wavelike action proceeds all through your stomach, duodenum and intestines. Soon after eating, you feel the urge to go to the toilet. When you feel the urge, you go. The act of sitting on the toilet is automatically a signal to the sphincter muscle. It relaxes. The whole muscle relaxes. There is no effort on your part. The whole process is automatic. When you eat, the relaxation starts. Soon after eating, you experience the urge to go to the toilet. You go to the toilet. You go to the toilet immediately when you feel the urge. When you sit on the toilet, that is automatically a signal for the anus to relax and become soft and flexible. Then the colon automatically empties itself. There is nothing for you to do consciously but go to the toilet when you feel the urge. All the rest happens automatically and naturally.

Shortly after you awaken, you are going to have the urge to go to the toilet. When you have that urge, go. And you will have an easy, natural bowel movement. Every time you eat, it is automatically the start of the process that will bring about an easy, natural bowel movement. When you have the urge to go to the toilet, go immediately. Your body will take care of the rest. You are going to have a bowel movement shortly after you awaken, and you will have another one after your next meal.