



HAMPL™ Pet Formulas

Holistic Animal Remedies

Product Code AN017	Constipation	Pages: 8
	For all species	
Last Updated: 11-09-18		

Acute - Constipation – is often a deficiency of minerals.

Maintaining and support from mineral deficiencies that may cause muscle tone, strengthen the nerves, colon, large and small intestines, conditions of obstinate, obstruction, or intestinal paralysis, damage spine or bone deformities, rheumatoid arthritis in the back end.

Constipation is often misinterpreted as a lack of fiber, but that is not the case – **it reflects failed transition to healthy bowel flora and mineral deficiencies.** People have been using magnesium to treat constipation, but not all magnesium's work that way, so here are a couple types of **magnesium supplements** that will help with constipation issues. Along with Potassium.

Often a bad breath is noticed, but not every time.
Due to a poor digestive system.
Dry flat looking fur.
Pets with kidney (dehydrated - provide SubQ fluids)
Pets with liver issues also get constipated as well.
Leaky Gut Syndrome

Chronic - Constipation often called "MegColon"

Megacolon can be brought on by injury to the spine or deformities of the spine as well as from natural causes and rheumatoid arthritis. Then Conditions that show abnormal bowel health anal prolapsed, constipation, stricture of rectum or spasms, paralysis, debility, nervous exhaustion, anal retentive, obstinate constipation. If ongoing bowel health issues of the colon muscle, weak or damage from long-term stool build up and impaction, which can be caused by spinal injuries or deformities etc.

Please review what we can offer here using a homeopathic complex: (product code **AN200**) **HAMPL MegaCol formula** (for chronic constipation).

STRAINING TO EXPEL STOOLS – STOOLS CAN APPEAR TO BE “HARD” “DRY” and “KNOTTY” or can become IMPACTED STOOLS, making it very difficult to release stools at all.

If your pet or animal has **IMPACTED STOOLS** - and your pet is showing pain/discomfort, we would then suggest helping them with a [natural home enema.](#)
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* However, if you have already tried Magnesium Citrate, and it didnt help, means you then must not have given enough of the mineral to get things moving.



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Acute Constipation

Step 1. HAMPL Bowel 17 formula 30ml

One dose applied (3 to 4 drops on body/skin) repeated three to five times daily or add to meals - mix in. Until system has improved. Then can reduce to two to three times a day. Times of difficulty in expelling: give frequent dosing, for example, give 4 repeats dosing, each dose is given 10 mins apart each time. Repeat following day if needed. However, once the Magnesium Citrate kicks in, you can reduce the homeopathic repeat dosing.

Step 2. Magnesium Citrate powder this can be taken internally, (about a teaspoon in 1/4 cup of water), (oral syringe or add to meals) this is one of the best, and most healthful, way to combat constipation. Rely on magnesium oxide or citrate, taken internally, to bowel tolerance. In other words, if it causes loose stools, cut back slightly the amount. Once good, this magnesium can be then substituted to a better type of Magnesium eg. Magnesium Glycinate on going to prevent Magnesium deficiencies again, if this type of magnesium is not enough, go back to Magnesium Citrate.

~ But magnesium citrate is not recommended long term, however do continue Magnesium Glycinate or Chloride and Potassium Bicarbonate for longer term for a all round healthy body that functions well.

There are quite a few different types of "Magnesium" mineral supplements however the below two are best for this condition.

Magnesium Citrate Vs Magnesium Oxide

* **Magnesium Citrate** helps to increase the amount of water in the intestines, which can help with bowel movements. It may be used as a laxative due to these properties, or as a supplement for magnesium deficiency.

* **Magnesium Oxide** powder is a non-chelated type of magnesium, bound to an organic acid or a fatty acid. Contains 60 percent magnesium, and has stool softening properties. may be used to treat heartburn or acid indigestion, acting as an antacid. It may also be used as a laxative for short-term use. It can be taken as a capsule up to four times each day. As a laxative, it should be taken with some water. Add to some water with meals or oral syringe four times a day until stools are released.

Guideline to start using this mineral supplement

Magnesium Citrate powder is magnesium with citric acid, which has laxative properties.

Cat, toy dog, small animal, infant animal: add a "pinch" of magnesium citrate (mineral) powder for each dosing in some water and oral syringe or add to meals (if not emergency relief)

Small, Med Dog to large Dog: start with approx. ½ a teaspoon of magnesium citrate powder supplement. For each dosing in some water and oral syringe or add to meals (if not emergency relief)

The ones that HAMPL provides of the types of Magnesium is Magnesium Chloride (ReMag) which is well absorbed and therefore does not cause loose stools. However, Magnesium Citrate works as a laxative effect.

Maintaining normal bowel. Conditions that show abnormal bowel health anal prolapsed, constipation, stricture of rectum or spasms, paralysis, debility, nervous exhaustion, anal retentive, obstinate constipation. Constipation is often misinterpreted as a lack of fiber, but that is not the case – it reflects failed transition to healthy bowel flora and mineral deficiencies.

Potassium (mineral)

Potassium deficiency most often has an effect on the **gastrointestinal tract, kidneys, muscles, heart and nerves** as it is required for the proper function of these bodily systems.

Symptoms of these effects include:

- Weakness, tiredness or cramping in arm or leg muscles, can range from mild to so severe that it can feel like paralysis
- Tingling or numbness
- Nausea or vomiting
- Stomach cramps and bloating
- Constipation
- Irregular heart beat
- Fainting, usually caused by low blood pressure
- Abnormal behavior and physiological conditions such as depression, psychosis, delirium, confusion or hallucinations
- Swelling of the face, feet, ankles and abdomen

Buy **Potassium Bicarbonate powder**, and dissolve 1/4 teaspoon in with the Magnesium Citrate for small dog or feline, double the amount for larger pets.

What else can I do?

We need to look at repairing - nervous system, gut flora, minerals, congested liver. All or one or two of these can cause constipation if gut or liver is very stressed. The below herbs and supplements will help tremendously in repairing and preventing any further bowel issues – acute or chronic bowel impactions.

1. Liver

We need to help remove harmful substances such as past or present dangerous chemicals, pathogens such as bacteria, drugs. Using a couple of the liver detox herbs will help remove the congested liver.

Canine: adding ½ capsule of the powder St Marys Thistle and 1 tablespoon of Dandelion root tea (organic caffeine free one) mix well into meals.

Feline, toy dog, infant farm animal or other small animals: add a pinch of St Marys Thistle powder, and a teaspoon of brewed Dandelion root tea mix well into meals.

2. Gut Flora – Probiotics and Colostrum

Support better digestion and assimilation of foods through the use of probiotics and enzyme supplements. We highly recommend purchasing and using the below supplements to restore gut flora.

COLOSTRUM Powder or Chewable tablets (which large pets love)

(helps fix leaky gut syndrome)

~ Colostrumhealth 100% pure Colostrum Powder or chewable tablets AUD39.00
<http://www.colostrum.gen.nz/> Order online.

AND/ OR

PROBIOTIC Powder

~ "ProBiotic 12 Powder" * 200 Billion CFU's (brand - Seeking Health)

This probiotic can be purchased from Seeking Health website or other websites also sell this.

* Mix some ¼ teaspoon of the powder into pets meals or some plain yogurt and offer or oral syringe. **OR** ~ "RAW Probiotics Ultimate Care" Capsules *100 Billion CFU's

(brand- Garden of Life). This probiotic can be purchased from Garden of Life can be purchased at www.iherb.com Open cap and mix (1/4 or a good pinch) of the powder into pets meals or some plain yogurt and offer or oral syringe. They are expensive, but they work the best I have ever tried. I have tried many and they just didn't make a difference. Many of the Probiotics are very weak, these are all strong probiotics, so you don't need much per day. If initially it upsets the stomach, or loose stools, what works is to take a lower strength of a Probiotic for 2 weeks, then go back to the powerful one and all will be good, **Pets and the whole family can take these.**

**** It takes 2 months to fully restore gut flora ****



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Slippery Elm Powder 50mg

Can buy this from health food store and most drug stores (chemist). Slippery Elm Powder (**ulmus fulva**) also known as Red Elm, Moose Elm or Indian Elm, is a small tree native to North America. It has been a part of traditional herbal medicine for over 100 years, and was used by both Native Americans and early settlers as a survival food during lean times.

Instructions

Make up a mixture: **Add a little cold water to make a smooth paste.**

Then boil the kettle and add ¼ or ½ cup of hot water, stir well and then allow to cool before giving some to pet.

Amount:

Small animals – ½ teaspoon of Slippery Elm powder into approx ¼ cup of filtered water.

Larger animals – Add 2 teaspoons of Slippery Elm powder to approx. 1 cup of fluids.

Using approx 1 teaspoon of powder mixing with some water (approx. 3 TBS) of filtered water to make a paste, then add enough hot water (eg 2—4 TBS) to make a very very “runny liquid” mixture. Allow to cool. Then add some (as suggested below) to meals .

Dosage Suggestion per animal size:

Cat or toy dog: using ¼ (or more) teaspoon of mixture and add mix well into food.

Small to Med dog: using 1/2 –1 teaspoon of mixture and add mix well into food.

Med to Large dog or animal: using 1 TBS of mixture and add mix well into food.

Alternatively – instead of adding to meals and she/he will not eat food with supplements and herbs in it then Dilute 20 drops of a **liver herbal liquid extract in 30ml of hot water, cool then add to other minerals (magnesium) 10 drops, ½ cap of Probiotics and a pinch of slippery elm powder – mix well – if too thick add some more water to it. THEN - Oral syringe side of mouth of small sips until 1ml is taken for a small animal. Give 5ml for larger animals.**

Extra Assistance If needing more potent support request the herbal laxative

Herbal laxative “HAMPL HerbaLax” 100ml

Canine: 20 -40 drops mixed well into meals. If you need to, instead of adding to meals can dilute in some apple sauce oral syringe or sardines hand feed it.

Toy dog, small animal, feline: 10 drops in a 20ml of hot water to dissolve in hot water as cats cannot metabolize the alcohol that’s in the herbal medicines used as a preservative. Then use 1 to 2ml in meals. Can also add the prepared herbal liquid to slippery elm liquid mix as well and oral dosing small amount until 1 to 2ml is taken. Repeat once to twice a day. Then once regular repeat couple times a week or try adding less prepared herbal liquid to meals three times a week – depending how bad constipation has got. Add probiotics, magnesium etc to this mix.



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Magnesium Deficiency Symptoms

The following are a list of symptoms that are directly related to Magnesium deficiency according to the scientific literature of the past hundred years.

Mild Daily Challenge	Greater Daily Challenge	Severe Daily Challenge
Stage 1	Stage 2	Stage 3
Fatigue	Anxiety & panic attacks	Arteriosclerosis
Constipation	Arthritis	Blood clots
Dizziness (vertigo)	Asthma	Bowel disease
Dysmenorrhea (excessive menstruation)	Attention Deficit Disorder	Calcified mitral valve (mitral valve prolapse)
Facial twitches	Backache, upper back: excess cortisol	CFS/ME (Chronic Fatigue Syndrome / Myalgic Encephalomyelitis)
Food cravings (especially sugar, caffeine, simple carbs)	Backache, lower back: emotional	Celiac disease
Headaches	Cystitis	Cerebral palsy
Heart palpitations	Ear infections	Chronic kidney disease
Hiccups	Gluten sensitivity	Concussion
Hyperglycemia	Hyperlipidemia (high cholesterol, triglycerides)	Depression
Hypoglycemia	Hypertension	Diabetes
Irritability	Insomnia	Epilepsy/seizures
Loss of appetite	Insulin resistance (pre-diabetes)	Endothelial dysfunction (dysfunction of lining of blood vessels)
Mood swings	Migraines	Failure to thrive
Muscle cramps, spasms	Multiple pregnancies (exacerbates Magnesium deficiency)	Heart arrhythmias
Nausea	Nerve problems	Hormonal imbalance
Nervousness	Obesity	Hyperparathyroid
Poor memory / concentration	Osteopenia (precursor to osteoporosis)	Hypothyroid
Pregnancy (exacerbates Magnesium deficiency)	PMS	Kidney disease
Raynaud's syndrome	Poor concentration	Liver disease
Weakness	Pre-diabetes; insulin resistance	Metabolic Syndrome
	Sinusitis	Miscarriage
	TMJ disorder	Mitral valve prolapse (Calcified mitral valve)
	Weight gain (especially on waist)	Multiple sclerosis
		Obesity, severe
		Osteoporosis

Giving Enemas with Natural liquid detox – at home.

If your cat or dog is badly constipated with symptoms of colic pain, straining (sometimes straining causes vomiting and not wanting to eat) there is certainly no safer or gentler way to alleviate the problem than giving enema.

Especially for the **older animal** who may have back muscle weakness or dehydrated which frequently accompanies constipation, in the older cat. This natural method is a bonus of having an effect of allowing the body to absorb needed fluids via the intestinal walls. So, if your pet is constipated and you don't want to use the Vet chemical treatment or stress of going off to the Vets, perhaps you would try the gentle enema.

Here's what you'll need:

- (USA)Fleet enema bottle for a baby (I could only find the larger infant/adult one here in Australia) maybe too large a tubing for a cat, but would definitely be suitable for dogs. If you find a fleet bottle yourself, be sure to throw out the fleet enema fluid inside and give a good rinse under hot water. (this fluid is a chemical not suitable for animals)
- Liquid acidophilus (from the dairy section of the health food store) Or if you can't find this, then buy the capsules and make a liquid paste with water and powder.
- liquid chlorophyll (available at health store)
- distilled or filtered or spring water
- KY Jelly or petroleum jelly (pharmacy)
- a medium – size bowel
- towel

Read through the entire procedure before you begin.

Play with the enema bottle and get used to it. Hold it on its side as you would when giving an enema, and see how to keep the air bubble in back of the water so you don't squirt air into the rectum (harmless but also totally ineffective)
Practice rolling the bottle up like a toothpaste tube as the water goes out.

Okay - Using a small glass or cup

Measure out and 1/8 of cup of liquid acidophilus (or water with powder acidophilus) and 1/8 of cup of chlorophyll, and one-half cup distilled or spring water.

Put this cup or glass into a bowel of hot water until it reaches ' warm bath' temperature. May take

a few minutes.

Then pour this warm liquid into the fleet bottle, and then let this bottle sit in the same bottle of hot water. You may need to refresh the hot water in the bowl.

Then communicate to you cat that what you are going to do to make him/her more comfortable.

Then coat the tip of the enema with lubricant.

You can do this in the bathroom or small room, have a kitty litter tray in same room. You can let your cat relax and lay on his side, or if you have an assistant, you can do it with pet standing up. The assistant will help keep pet still while you work at gently insert the enema nozzle, and some else to stroke or tickle his back end of the rump.

Slowly insert a short way, sometimes you can feel the hard stool that is blocking, so don't force the enema past through this, then just gradually empty/squeeze the liquid out, counting at least sixty to do so, can roll up the bottle as you do it. This liquid will fill up the small intestines and put pressure on the colon to expel the stool. **Gently and slowly remove the enema out.**

A. Your pet may step into the litter box and pass stool and liquid.

B. Or if not, your pet may walk away, and lay down. No stool or liquid will appear. This usually means that the pet was dehydrated as well as constipated. All the liquid was needed by the system and is being absorbed. Fine.

Let him absorb that good mixture of fluids. Wait an hour or two and try again: or he may pass the stool later.

In addition, remember that your cat was dehydrated and give him one or two servings of chicken soup between meals every day, and perhaps ask a Vet to take a blood test to check the kidney function, the pancreas, the intestine, or even the thyroid.

Periodic subcutaneous hydration will ease the situation considerably even if the kidney failure is not the problem.

Request (or ask you Vet) for **the "Sub-Q fluids" instructions (and fluids)** if needed, especially for kidney patients, who will need this natural home therapy when crisis of kidney failure happens. (loss of appetite – just licking food or losing a lot of weight and drinking water).