

SACRED POO SACRED YOU

SIMPLE AYURVEDIC RITUALS FOR BETTER
DIGESTION AND COMFORTABLE DAILY
ELIMINATION



TanjivanLiving
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WELCOME TO SACRED POO, SACRED YOU

HONOURING DIGESTION, ONE SACRED RITUAL AT A TIME

“Let’s talk about poo.

Not in a rushed, embarrassed way but with curiosity, honesty, and respect for the incredible intelligence of the body.

In Ayurveda, digestion is considered one of the foundations of health. The way we digest food determines how we absorb nourishment, how we feel emotionally, and how smoothly our body eliminates waste.

When digestion is sluggish, elimination often becomes difficult. Constipation, bloating, and irregular bowels are incredibly common in modern life.

This guide gently explores how we can support digestion so that elimination becomes natural, regular, and easeful again.



Special note for women over 40:

As we age, digestion naturally slows, appetite can decrease, and the body may feel drier.

Hydration, gentle foods, and daily elimination become even more important for comfort and wellbeing.

Your body isn’t broken — it’s wiser

Sometimes it just needs a little extra TLC to get things moving.

Because something so natural should never feel like a struggle... and let’s face it, a little humour doesn’t hurt.

Your body knows what to do — sometimes it just needs a little loving support.

**YOUR “AHA!” MOMENT IS ONLY A PAGE AWAY...
AND YES, YOUR POO WILL THANK YOU.”**



Why Digestion Matters

- Digestion transforms food into nourishment
- When digestion is strong, waste moves easily
- When digestion is weak or irregular, waste becomes dry and difficult to pass

Ayurvedic concept:

- Agni (digestive fire) transforms food into nutrients.
- Weak Agni = sluggish digestion = difficult elimination.



Ageing note:

After 40, digestive fire naturally slows. Hormonal shifts, decreased water, and increased dryness can make elimination harder.

Gentle, nourishing routines and foods are key to keeping digestion regular and comfortable.



CHEEKY REMINDER:
YOUR GUT IS A LITTLE FURNACE. FEED IT WELL, MOVE IT GENTLY, AND IT WILL DO ITS SACRED JOB



Signs Your Digestion Is Sluggish

- Constipation or skipping days without a bowel movement
- Hard or dry stools
- Bloating after meals
- Excessive gas
- Feeling heavy after eating
- Sluggish energy
- Coated tongue in the morning



What Healthy Elimination Looks Like

- Once daily
- Comfortable and easy to pass
- Well-formed but soft
- No straining
- No urgency
- Leaves you feeling lighter

DAILY ELIMINATION IS CONSIDERED IDEAL IN AYURVEDA, BUT GENTLE IS ALWAYS BETTER THAN FORCED

Why Constipation Is So Common Today

- Eating on the go
- Cold or processed foods
- Stress and nervous system overload
- Dehydration
- Lack of routine
- Ignoring the urge to go
- Low-fibre diets
- Sedentary lifestyles



The Sacred Morning Poo Ritual

1. **Wake gently** – avoid rushing the body
2. **Warm water on waking** – stimulates digestion and bowel movement
3. **Move the body** – gentle stretching, walking, or yoga helps stimulate the colon
4. **Abdominal breathing** – massage your belly with deep, slow breaths
5. **Sit on the toilet without rushing** – allow the body time to respond

Pro Tip: Use a footstool or squat position to make elimination easier

Age 40+ adjustment: Gentle movement and warming water are extra important; slower digestion benefits from small, intentional steps



Foods That Help You Poo

- Warm cooked foods
- Soaked chia or flax
- Stewed apples or pears
- Leafy greens
- Oats
- Warm soups
- Ghee or Olive oil
- Prunes or soaked raisins

Special considerations for women 40+

- Focus on hydration and lubricating oils to support natural elimination
- Smaller, more frequent meals if appetite is reduced

Remember: gentle, consistent foods over extreme cleanses

Foods That Can Slow Digestion

- Ultra-processed foods
- Excessive cheese
- Cold smoothies or raw heavy salads
- Large meals late at night
- Low-fibre diets
- Dehydration
- Cold liquids and foods

Knowledge over Shame...
Just awareness helps you
make small changes

Simple Ayurvedic Digestive Supports

- Warm ginger + lemon water on waking
- Ginger before meals
- Regular meal times
- Showering before meals
- Largest meal at lunch time
- Early dinners, at least 3 hours before bed
- Abdominal self-massage
- Warm herbal teas

For 40+ women: Warm, cooked, hydrating foods + gentle routines are key.
Oils like ghee or olive oil help support dryness and comfort.



7-Day Digestive Reset

Day 1: Hydration focus (warm water, teas)

Day 2: Warm breakfast

Day 3: Add digestive spices (cumin, fennel, ginger)

Day 4: Stewed fruit

Day 5: Morning movement

Day 6: Early dinner

Day 7: Establish routine and gentle self-reflection

Feel free to repeat or adapt...
your body is the best guide



Closing Page

When digestion is supported, the body returns to its natural rhythm,
elimination becomes effortless,
energy feels lighter,
the body feels calmer and clearer.

Honouring digestion is one of the simplest and most powerful ways we can care for ourselves, your body knows how to do this.

Sometimes it simply needs a little support.
Sacred poo, Sacred you



Bonus: Daily Poo Support Checklist

- Wake gently
- Drink warm water on waking
- Eat warm, nourishing breakfast
- Include fibre-rich foods
- Move the body (walk, stretch, yoga)
- Drink enough water throughout the day
- Eat at regular times
- Early dinner
- Abdominal massage or breathing practice

