

Ease Your Way Out of Constipation

your quick start checklist

Between juggling kids, work, and home, it probably seems like you never get a break. And when migraines hit? It's just one more challenge you didn't ask for.

With everything else demanding our attention, it's way too easy to miss those little signals our bodies are desperately trying to send us. I've been right where you are, searching so hard for a sliver of relief from the relentless pain I missed what was right in front of me.

I created this guide so you don't miss your body's signals about your belly's health-ensuring it isn't secretly sabotaging your battle against migraines. And don't worry, I promise it won't pile more on your overflowing to-do list.

Imagine it as a friendly nudge from someone who understands, a simple way to help you find a bit of relief amid the chaos. It's all about taking those manageable steps towards feeling better, without turning your life upside down.

Ready to take that step together...?



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Remember, while this checklist is a solid starting point, it's not a replacement for professional advice.

Consider it a friend nudging you in the right direction towards a more balanced and less overwhelmed life.

We're here to support you on this journey towards migraine freedom & reduced

constipation

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Your Easy-to-Follow Checklist:

- Bathroom Visits: I have a bowel movement at least once a day. It may seem basic, but it's foundational to our well-being.
- Stool Volume: My elimination is about 12 inches in total. Yes, length matters here; it's a sign your body is clearing out as it should.
- Appearance: My stool is typically sausage-shaped, snake-like, and remains intact when it is flushed. A visual cue that things are moving smoothly.
- Ease of Passage: Passing stool is easy for me. No straining, no discomfort, just nature taking its course effortlessly.
- Pain-Free: I feel no pain when going to the bathroom. You've got enough on your plate, 'going' should be painless.
- Scent Check: My stool does not have an extremely bad or abnormal odor. It's not about being odor-free, but nothing should be shockingly out of the norm.
- Color Check: The color of my stool is not white, bright red, or black. Color tells a story-ensuring it tells a healthy one is key.

Take Action:

Notice anything off?

Striving toward a life with less constipation and fewer migraines doesn't need to be overwhelming. These strategies are designed specifically for you—the incredibly busy woman who still wants to prioritize her health amidst the daily chaos. Each item here aims to be a simple, realistic addition to your routine that respects your time and health needs.

Daily Habits Checklist:

- Hydration and Diet Choices:
 - I drink plenty of filtered water every day
 - I avoid sodas, alcoholic beverages, and excess caffeine.
 - Nourishment:
 - I eat whole, real foods daily.
 - I steer clear of sugar and heavily processed foods.
 - Physical Activity:
 - I make sure to exercise for at least 30 minutes daily.
 - I seek additional movement throughout my day to keep active.
 - Rest and Recovery:
 - I sleep between 7-9 hours each night, tuning in to what my body needs.
 - My sleep is restful and undisturbed
 - Joy and Stress Management:
 - I incorporate fun into my daily routine.
 - I am mindful of stress triggers and work on shifting their impacts.
 - Reducing Toxic Load:
 - I choose organic foods whenever possible.
 - I work on reducing unnecessary medications and chemicals from my environment.
- Taking Your Next Steps:

Found an item un-checked?

Tackle one small change at a time.

Maybe start with an extra glass of water today, or swap out a ready-made meal for something fresh and homemade when you can. Small steps add up to big results.

Remember, you're not walking this journey alone. If you need help deciphering where to start and how to fit all of the pieces together [click here](#) We can help!

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I'm not relying exclusively on magnesium to to to the bathroom...

Robyn”

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If I keep my gut healthy, my [migraine] threshold goes WAY up!

Barbie”

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I don't look 4 months pregnant anymore!!
Bloating is gone and I do my business within 1 hour of waking up, which is huge for me. I could go days without going. Not anymore!

Christine”

Discovering the next steps in achieving migraine freedom does not come from a quick fix.

Hi, I'm Debbie!

I am a mom of two, a Functional Health Coach, and the founder of The Freedom From Migraines Method and the Migraine Freedom Protocol. I support women who want to live their lives pain and symptom-free so they can spend the time they want with family and friends, work productively, and stop missing out on the things they enjoy.

For years I suffered from migraines. They started after the birth of my daughter, showing up occasionally and continued to increase in severity and frequency until daily migraines were my normal. I missed out on so many important events in my life due to pain - my kids' sports games, birthdays, job opportunities, family gatherings, and simple pleasures like reading with my kids... all lost because I couldn't function... until one day I decided I was done with letting migraines control my life. I knew I needed someone to help me sort through all of the noise...to figure out what works and what doesn't. I found a health coach to guide me on my journey to migraine freedom.

Using the research I had compiled over years of trial and error on myself, my coach helped me figure out the right migraine freedom plan for me, worked with me to set realistic goals, and help me stay accountable so I could achieve pain-free days.

Today I am happy to say migraines no longer control me and I have my life back.

My mission, my passion in life, is to use my experience to support women dealing with the same struggles I had and help them end their pain.

Time for you to experience...
...no more canceling plans with family and friends
...no more calling in sick to work
...no more missing out on life

Time for you to take control of your health and live your life on your terms.

