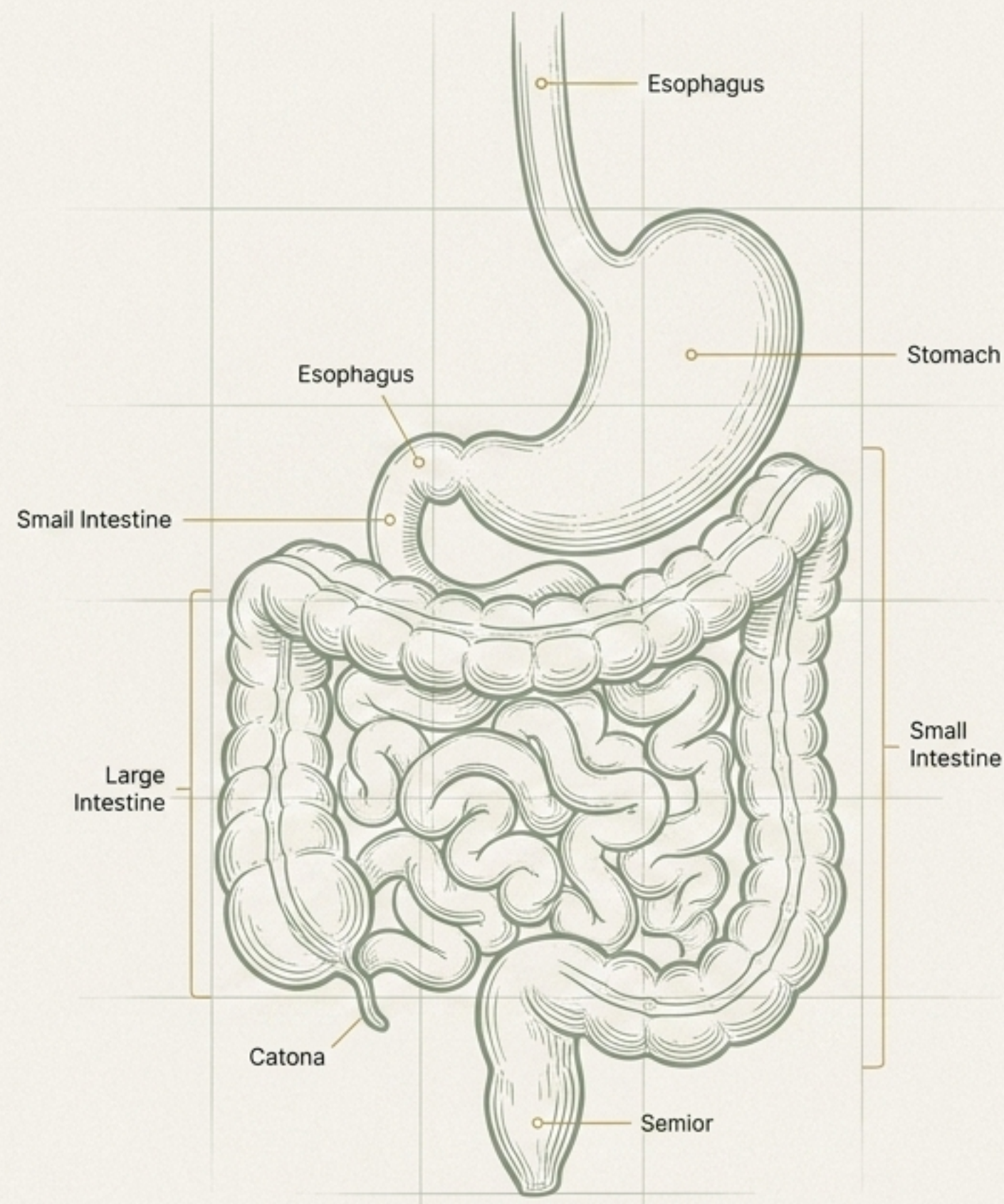


THE FUNCTIONAL CONSTIPATION BLUEPRINT

Uncovering the 10 Hidden Root Causes of Constipation — and Why Conventional Approaches Often Miss the Real Problem.

By Dr. George E. Springer, DC, NMD, DCBCN

Dr. Springer has spent 45+ years in clinical practice watching patients struggle not because they lacked willpower — but because they lacked understanding. Wellucation® is his answer to that gap. These educational frameworks were created to help people understand the root causes behind their symptoms so they can make more informed decisions about their health.



You've been told your labs are normal—but you still don't feel fine.

Constipation affects over 63 million people in the U.S., yet conventional advice rarely goes beyond taking a laxative and drinking more water. But chronic irregularity is not a lack of medication. It is a biological signal that something in your digestive system is out of balance.

The Conventional View

- A symptom to be managed.
- A localized problem.
- A quick fix.



The Root-Cause View

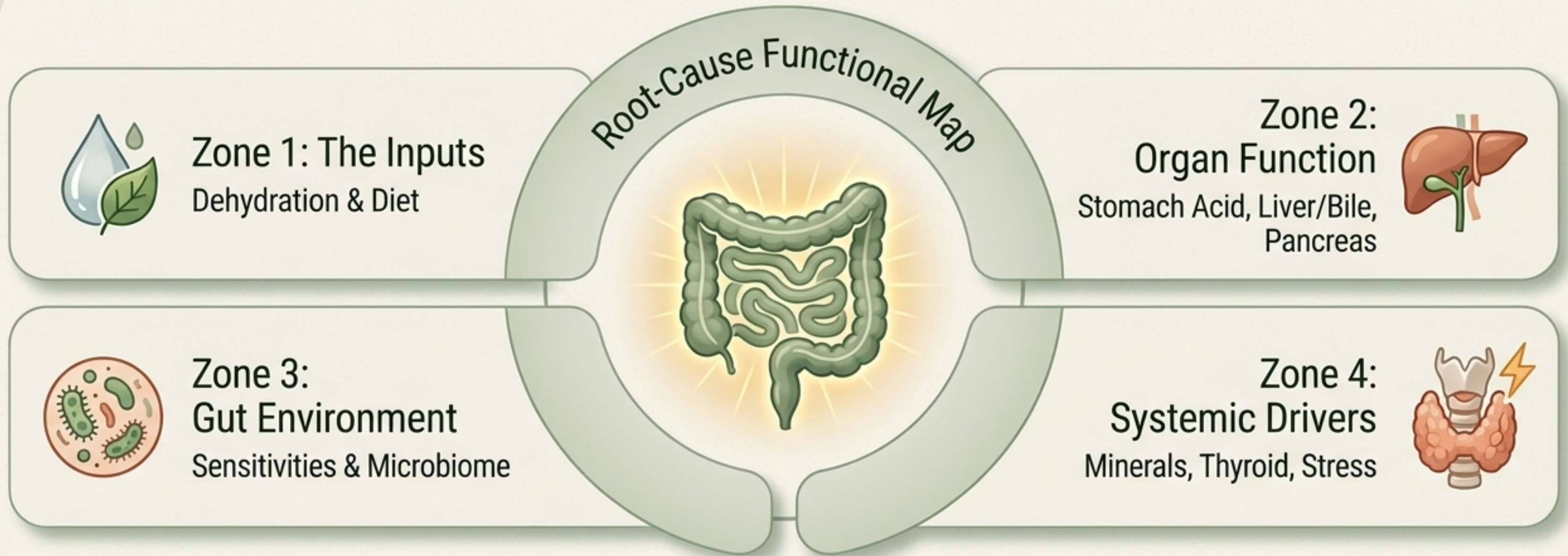
- A systemic warning signal.
- A breakdown in biological rhythms.
- An opportunity for lasting restoration.



"Digestion is a daily process. When waste builds up, it ferments, causing gas, bloating, and systemic inflammation. Regularity isn't just about comfort—it's essential for your overall health."

The 4 Zones of Digestive Failure

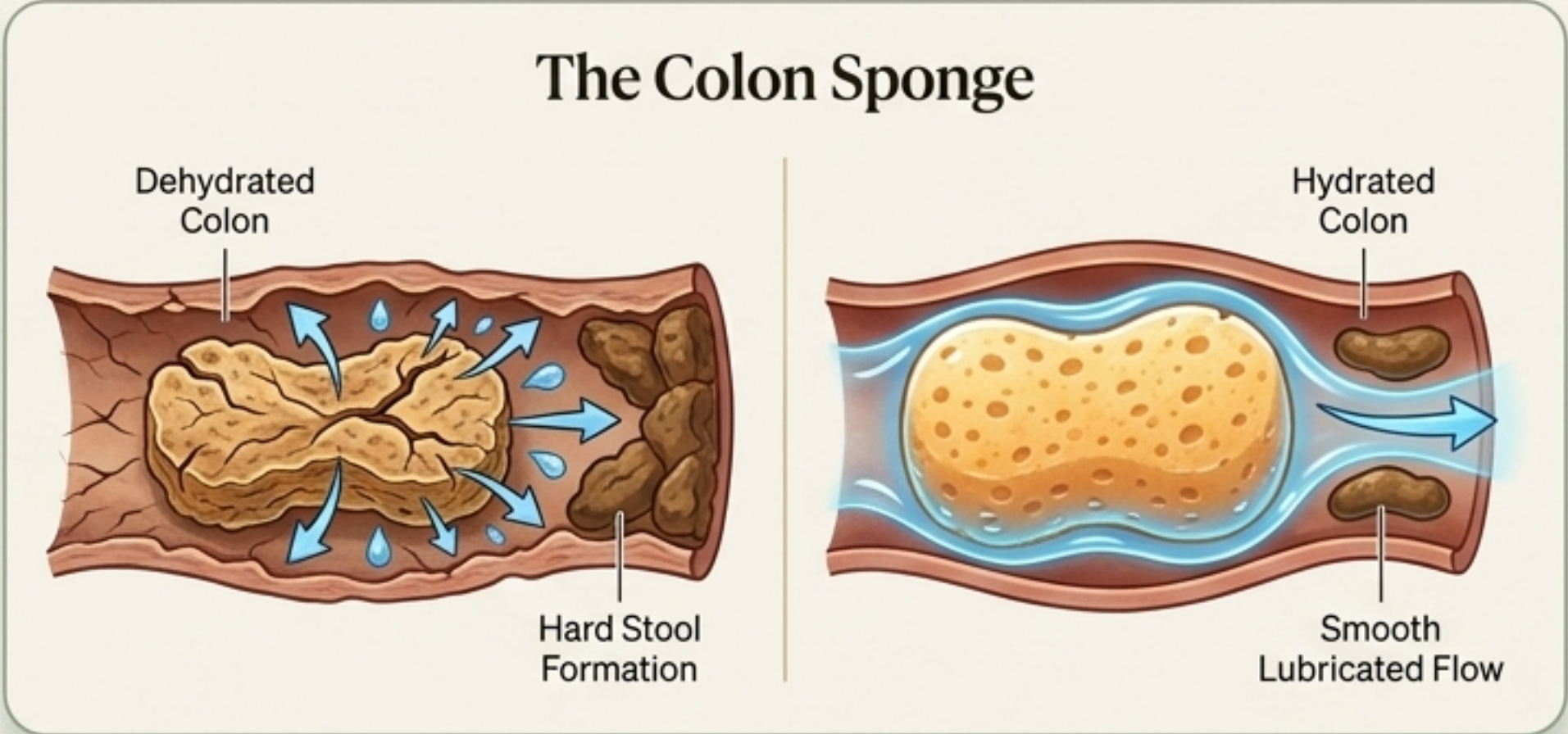
True healing requires looking at the entire assembly line, not just the end result.
Your symptoms originate in one of these four **interconnected zones**.



Let's diagnose your specific breakdown...

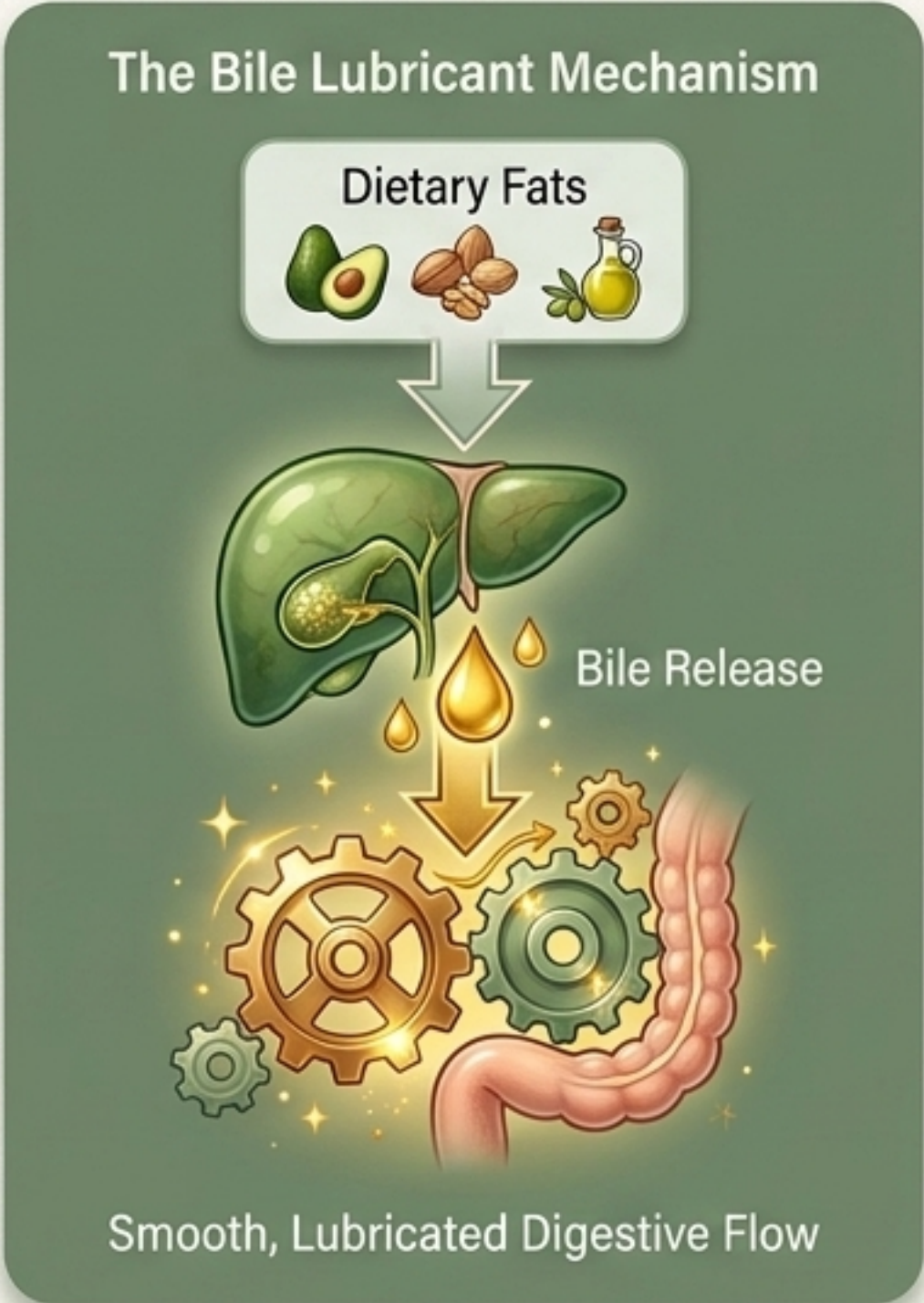
ZONE 1

The Inputs: What You Give Your Body



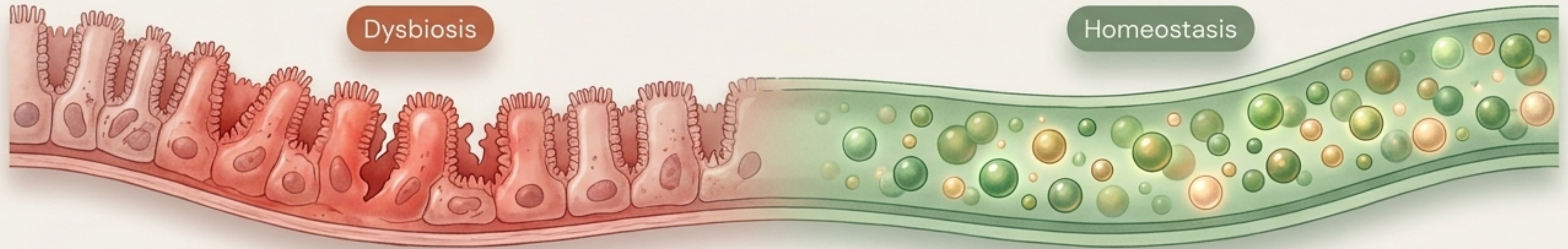
Diagnostic Matrix		
The Root Cause	The Physiological Mechanism	The Natural Solution
Dehydration	The colon pulls too much water from stool to compensate.	10-15 cups of water daily + a pinch of natural salt (Himalayan/Redmond's) for mineral absorption.
Dietary Imbalance	Low fiber lacks bulk; low fat halts digestion flow.	High-fiber whole foods + healthy fats (olive oil, avocados) to keep things moving.

Organ Function: The Chemical Processors



Diagnostic Matrix		
The Root Cause	The Physiological Mechanism	The Natural Solution
Low Stomach Acid	Food remains partially digested, stalling the system.	Apple cider vinegar before meals; HCL supplements with pepsin; avoid diluting meals with excess water.
Liver/Gallbladder	Low bile production removes the essential lubricant of digestion.	Healthy fats to stimulate bile; bile salts; digestive bitters.
Pancreas	Lack of enzymes (protease, amylase, lipase) leaves food unbroken.	Broad-spectrum digestive enzyme supplements before meals.

Gut Environment: The Inner Ecosystem



Diagnostic Matrix

The Root Cause	The Physiological Mechanism	The Natural Solution
Food Sensitivities	Dairy/gluten trigger inflammation, causing the tract to swell and stall food passage.	Eliminate triggers; use L-glutamine and bone broth to repair the gut lining.
Microbial Imbalance	High-sugar diets/antibiotics cause overgrowth of yeast and bad bacteria, slowing motility.	Prebiotic foods (garlic, onions); targeted probiotics; natural microbial balancers.

ZONE 4

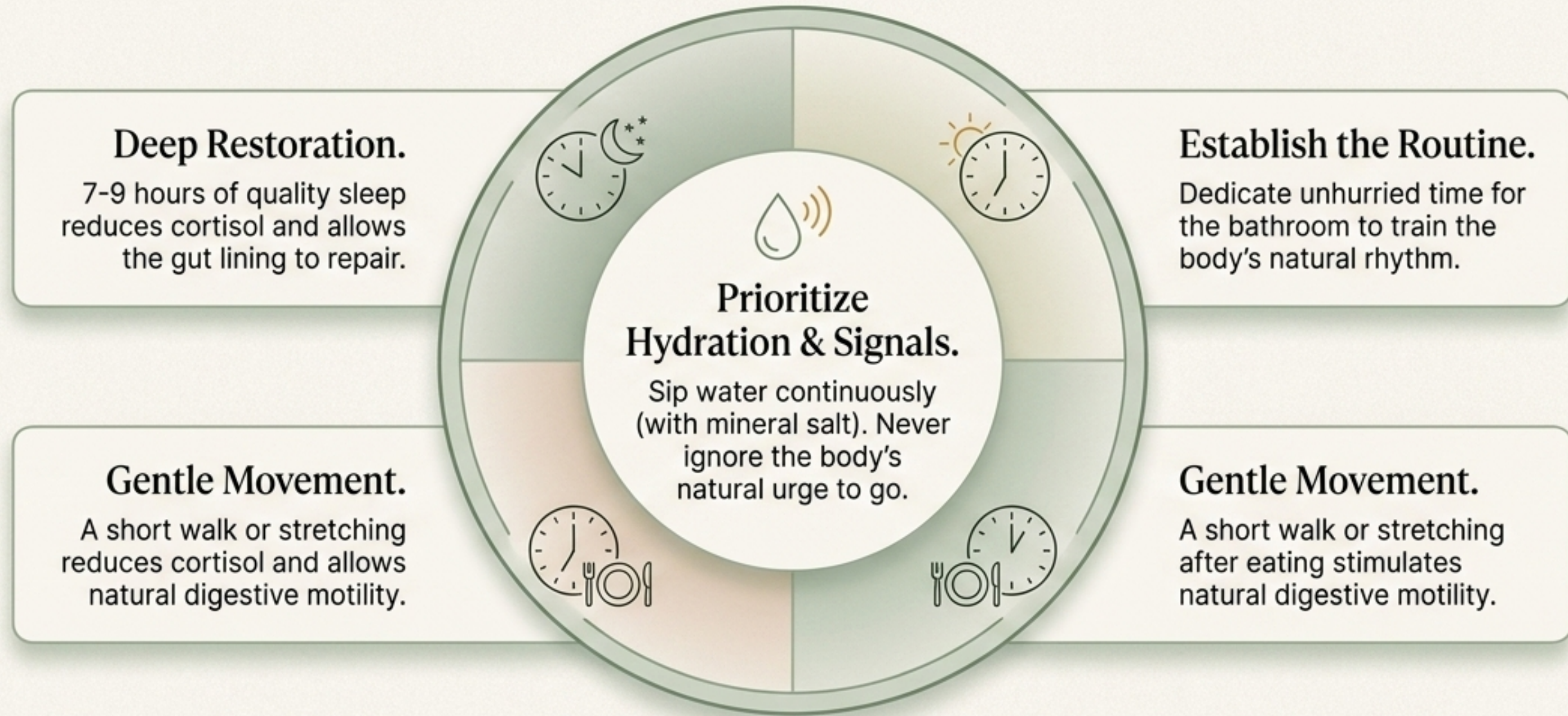
Systemic Drivers: The Master Controllers

The Root Cause	The Physiological Mechanism	The Natural Solution
Stress	Fight or flight mode shuts down digestion completely.	Adaptogenic herbs; deep breathing to shift the nervous system.
Mineral Deficiency	The colon muscles lack the magnesium required to physically contract.	High-quality Magnesium supplementation.
Thyroid Dysfunction	A slow thyroid (Hypothyroidism) slows down the entire metabolic rhythm.	Full thyroid panel (T4, T3, reverse T3); iodine and selenium support.



LIFESTYLE SYNTHESIS

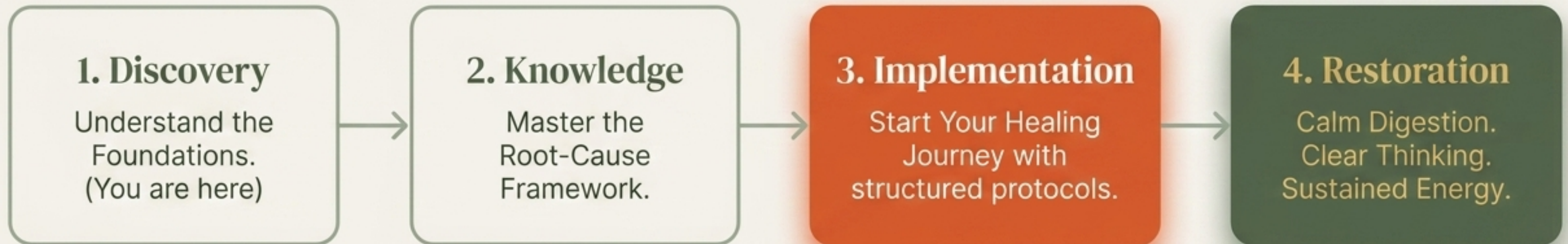
The 24-Hour Digestive Rhythm



“Regularity isn’t just about what you eat; it’s about aligning with your body’s biological clock.”

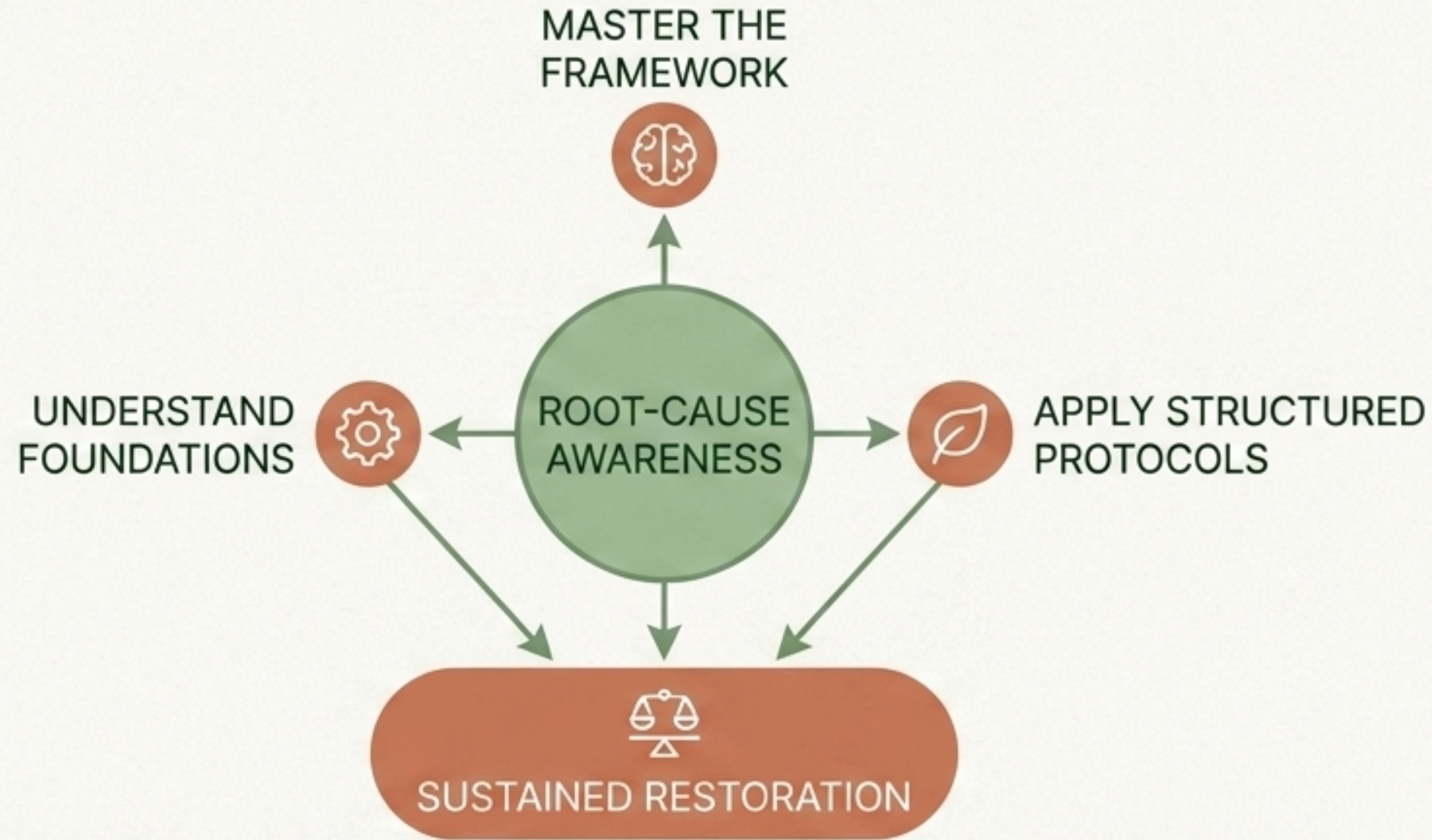
From Learning to Action

Done guessing. Done being dismissed.
Done managing symptoms without solving them.
That's what you're leaving behind.



Discovery builds awareness. Knowledge creates clarity. Implementation drives change. Restoration is the destination.

Root-Cause Resolution: A Framework for Clarity



True healing begins with understanding the body's natural systems and addressing the underlying causes, not just masking the symptoms.