



## CASE STUDY: Constipation

### *-Kidz Digest Powder & Plantadophilus-*

A constipated child has infrequent bowel movements (less than one per day) or hard, dry stools. Oftentimes parents are told that their child's constipation is common, and in that case, normal. But just because something is common does not mean it is normal or okay. This misguided information is resulting in more and more chronic illnesses amongst the pediatric population, as chronic constipation may lead to further complications or even signal an underlying condition.

Having healthy digestion and eliminating waste every day is critical to a child's overall health. Good nutrition begins when we digest our food and finishes when the waste products are eliminated from the bowels. Bowel toxicity is brought on by poorly digested foods that ferment, putrefy, and turn rancid in the colon. The obvious symptoms of poor digestion in a child are gas, reflux, poor appetite, and constipation.

The liver normally flushes out toxins and dumps them into the intestines. However, if the digestive system isn't working optimally, then all those toxins and wastes get reabsorbed into the body. It's no wonder constipation is considered a sign of inflammation and has been linked to multiple diseases. If you do not uncover and remove the root cause of inflammation, the body will usually show additional symptoms which might include eczema, bumps on the back of the arms, chronic runny nose, dark circles under the eyes, and snoring.

Supplementing with digestive enzymes supports the digestion of formula and breast milk, assisting the body to maintain a healthy digestive system. Once food is broken down into simple nutrients, the body's cells and tissues can absorb the resources they need for energy, growth, and repair. Whether breast fed or formula fed, Transformation's *Kidz Digest* will support healthy digestion and alleviate the symptoms of occasional gas, cramping, bloating and reduce spitting up. *Kidz Digest* in powdered form can be mixed in a small amount of tepid water and given just prior to feeding.

The beneficial bacteria known as probiotics play a vital role in detoxifying the body, helping to balance the pH and maintain a healthy intestinal environment. Transformation's *Plantadophilus* is a stabilized culture of *Lactobacillus plantarum*, a "friendly" bacterium that enhances the ecological balance of our native bacteria. This gentle probiotic formula which supports immune health, digestive health, and regular elimination is ideal for infants, children, and sensitive individuals. Vegetable two-piece capsules may be pulled apart and ingredients mixed with food.

## CASE STUDY

Patient, Male, 2 months old

Child was brought to TEC clinic July 15, 2020, with primary issue being constipation. Pediatric assessment was completed. Started on *Kidz Digest* powder (¼ scoop) with 2 capsules *Plantadophilus* in bedtime bottle. There were some concerns that the formula he was on (Holle® Goat formula) may also be contributing to his constipation.

Followed up with mom on 7/18 to see how things were going. Child was still constipated, so increased dosage of *Plantadophilus* to 2 capsules in the morning and 2 caps a bedtime. Also increased *Kidz Digest* powder to ½ scoop with each feeding. Child had hard bowel movement that evening indicating he was still constipated due to consistency of the stool.



7/20 - had a small, hard bowel movement. Suggested mom switch formula to Nutramigen®.

7/21 - changed formula to Nutramigen® and increased to full scoop *Kidz Digest* powder.

7/23 - check in with mom. Babe tolerating full scoop of enzymes and also doing well on Nutramigen®. First poop on his own with no suppository on 7/23.

7/24 - check in with mom. Babe is pooping 1 x day and consistency is loose and no longer hard. Maintenance dose to continue 1 full scoop *Kidz Digest* powder and 2 *Plantadophilus* at bedtime.



#### **Followup with mom on 3/23/2021**

Baby boy is still having 1-2 regular bowel movements daily. No more straining or painful bowel movements. He is now on solids, off of formula, and is drinking soy milk.

This case study indicates the potential for promoting *Kidz Digest* powder and *Plantadophilus* with parents dealing with infant constipation issues.

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