

February 18th

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PRINT ARTICLE King of the Throne

by [Heather](#) . [Wednesday 12 January 2011](#) . [2 Comments](#)



This week's challenge was a mixed bag – it was a stroll down memory lane, a saunter through present day and a leap towards the future.

I will warn you reader; I am talking a little bit about bowel movements in this post. I have no problem writing about it as I am a mother of young kids and hence am fascinated by it. Your stool will tell you a lot about your health. Like are you eating enough fibre. Is your food being digested properly. I look at my poo. I check out the kids' poos. I know poo. So this post is about health food but also about poo.

Asking me to head into a health food store was really no challenge. Heck, after 15 years on the West Coast, I have recently returned to Toronto. What does that mean? It means, I was living in Vancouver when health food stores out-numbered Starbuck Coffee Shops. When eating miso was unheard of in Central Canada but readily available on the West Coast (thanks Naan for the wonderful Miso Gravy I miss so much). I was in Vancouver before yoga became mainstream and before Whole Foods became a store name and not a way of eating.

Going into a health food store, with bulk bins and funny smells, was a homecoming for me. A walk down memory lane to a time when I was younger, care-free and could eat just about anything without adverse affects. And you know what? Not much has changed. They still smell funny. And the people who work there are still super nice, knowledgeable and eager to please.

I wandered around for a while. Looking at this. Smelling that. Absorbing. I found the ingredients I wanted and then stopped to ask a staff member for some help. With as much dignity as I could muster I asked, "Can you recommend a product that will help me poo regularly." Seriously, I said poo. I didn't mean to – it just slipped out. Must be a side effect of having kids. I meant to say – bowel movement.

So here is where I tell you about my present day. After two years of bi-monthly stomach attacks (consisting of extreme pain, barfing and tons of diarrhea – and let's not forget, terrifying the kids when mommy becomes incapacitated) I was finally diagnosed with Irritable Bowel Syndrome. Lovely. Nothing a few pills can cure. Rather, a lifelong cross to bear. Great.

After ditching my own little Pity Party, I decided to listen to what I was told. My doctors said a few important things:

1. Some people get migraines, I carry my stress in my stomach and get tummy pains
2. I need less stress in my life (hear that honey?!)

3. I need to poo more often (I usually go only once every few days and never thought that was weird)
4. I need more fibre and should eat probiotic yogurt
5. I need to regularly exercise
6. I need to drink more water
7. They might as well have said – you need Theresa Albert and Ace Your Health!

Taking all that into account, I asked the staff person to recommend a product to help keep me regular. Quick as whip, he suggested Flax Seeds.

Eager to keep my bowels moving, I purchased them and raced home to make dinner. Chilli with tons of beans, organic ground beef, vegetables and a sprinkle of ground flax seed on top. For those of you who have kids, you'll understand this next part – my two darlings refused to eat it (they ate their usual dose of plain whole wheat pasta with cheese and a side of vegetables). My husband gobbled it up.

The next night – pasta sauce with flax seeds (and I added the ground up hemp seeds). The night after that – wild BC salmon marinated in Miso Dressing with a sprinkle of flax seed. Oh and don't worry the kids did get some Flax, I added it to their morning bowl of oatmeal. I make the stovetop stuff and usually add an egg at the very end to make it creamy and healthier. This week I also added ground Flax Seeds. They had no idea. Ate it up as per usual. Score one for mommy.

My future looks and feels good. All this flax. This morning Magic Muesli. Drinking more water. My new exercise regime. For the first time in my life, I am like clockwork! I have more energy, I feel less bloated, and I haven't had an attack in a while. I am leaping forward. All I wonder is this – what took me so long?



Heather

Heather Lochner is a mother to two wonderful and energetic children and a freelance writer. Together with her children, husband and dog, she has recently relocated to Toronto after spending 15 years on the West Coast – many of which were spent living aboard her sailboat. Heather loves to exercise but always finds a reason to sit on the couch. While she knows carrots, whole wheat pasta and lean meat are good to eat, Heather loves to munch on a burger, chicken wings and poutine. Heather loves to cook, but is notorious for ruining every batch of chocolate chip cookies. She looks forward to seeing what's in the cards during this Ace journey....www.heatherlochner.com

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2 Responses

Theresa Albert

January 14, 2011 at 6:25 pm [Reply](#)

I too am Queen poo and it embarrasses the pants off my teen (ha!) People are more apt to check their motor oil or their garden soil than the output of their very own machine. Way to go! As a side note, be careful with the flax! The chia is a way better fibre as it is smooth, round and has an open husk to absorb water gently as it goes through the bowel. Flax can be sharp and is high in lignans that can be inflammatory. Be sure to grind it yourself to make it absorbable or the seeds will pass right through. Often the ground products have had the oils removed to sell separately and the “flour” left can be sticky. Not a huge problem for most people but with IBS, you want every advantage!

Deborah Lamb

February 10, 2011 at 2:27 pm [Reply](#)

With 3 kids in the house we rarely get through a meal without someone mentioning poo. “Did you poo today?”, “Ew.. I smell a poopy diaper”, or “Can I be excused? I need to poo.” So much for no toilet-talk at the table.

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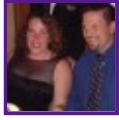
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Heather

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• **Make Chicken Safe!**





About Theresa Albert

About Theresa Albert

Theresa Albert takes on the challenge of demystifying myths surrounding food and health. Health is not supposed to be THAT hard. Definitely not a finger wagger, as a registered nutritionist, Theresa Albert, DHN, RNCP, has a passion for simple, honest solutions to today's lifestyle choices. She has ...

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