

Tuesday (2026-1-20)

My Twice-Daily Bowel Ritual – Optimal Excretion for Gut Health & Longevity

Twice-Daily Bowel Movements: My Effortless Routine for Lightness & Vitality

At 60, I maintain effortless bowel movements twice every 24 hours — morning and evening — keeping my intestines clear and body toxin-free. My diet supports this: two main meals (brunch at 9 AM and lunch at 2 PM) with raw salads first, plenty of vegetables, low carbs; supper is fruits and salads. This high-fiber, low-processed approach ensures soft stools without strain, and I never retain stool for a full 24 hours.

Morning: After silent laughter, clapping, and *Agnisar Kriya*, I drink lukewarm Kanji water, perform 5 steps of *Laghu Shankha Prakshalana* (gentle abdominal wash), and immediately toilet — done in under 2 minutes. Evening: Natural pre-bed emptying in <2 minutes, leaving me light for 30-min *Anapan* meditation and 1-hour visualization during sleep, with no nighttime urination.

This routine aligns with science on optimal bowel habits for microbiome health, reduced inflammation, and longevity. Research shows 1–2 movements/day as the "Goldilocks zone" for vitality [1].

The Science of Optimal Bowel Frequency

Studies indicate 1–2 bowel movements per day is ideal for gut microbiome diversity and lowered chronic disease risk. A large NHANES study (n=4,775) found <7/week increased mortality risk (HR 1.43), while 1–2/day linked to healthier bacteria and lower inflammation [1]. Another study (n=1,400) showed 1–3/day optimizes microbiota and fiber metabolism, reducing toxins from slow transit [2].

High-fiber diets (25–30g/day from veggies/salads/fruits) promote this frequency, softening stools and preventing constipation [5]. My low-carb, plant-heavy meals match this, as intervention trials show such diets boost regularity to 1–2/day without diarrhea [5][6].

The Heart-Touching Lightness of This Practice

This ritual feels like a daily renewal — effortless emptying creates physical and mental space, emotionally grounding me in gratitude for my body's efficiency.

Optimal Timing & Methods from Research

Morning timing leverages the gastrocolic reflex (post-wake/meals), with most healthy adults defecating early [3]. Evening movements prevent overnight retention, reducing toxin reabsorption and improving sleep [4]. My post-ritual morning and pre-bed evening fit perfectly.

Methods: High-fiber intake + hydration (2–3L/day) ensure soft passage [6]. Abdominal rituals like *Agnisar/Laghu Shankha* stimulate peristalsis, increasing frequency by 20-30% [7]. Effortless <2-min excretion indicates robust health, reducing strain risks [8].

Broader Benefits for Health & Longevity

Twice-daily clearing minimizes inflammation, supports immunity, and lowers colorectal risks [1][8]. Practice on my diet ensures no nighttime issues, aligning with studies on fiber for stable hydration [5].

How I Practice & Suggestions

- Diet: Salads/veggies first, low carbs, fruits for supper (25–30g fiber/meal).
- Morning: Post-rituals, Kanji + Laghu Shankha → toilet.
- Evening: Natural after supper.
- Tips: Walk post-meals; monitor soft consistency.
- Safety: No forcing; consult doctor if irregular.

Embrace Optimal Bowel Health

This science-aligned routine keeps me vital. Feel the lightness!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

Full Bibliography

1. Ma W, et al. (2024). Association of bowel movement frequency with plasma metabolomic signatures of all-cause, cardiovascular, and cancer mortality. *Cell Reports Medicine*, 5(7):101636. doi:10.1016/j.xcrm.2024.101636
2. Vandeputte D, et al. (2021). Stool consistency is strongly associated with gut microbiota richness and composition, enterotypes and bacterial growth rates. *Gut*, 70(1):57-62. doi:10.1136/gutjnl-2015-309618
3. Heaton KW, et al. (1992). Defecation frequency and timing, and stool form in the general population: a prospective study. *Gut*, 33(6):818-824. doi:10.1136/gut.33.6.818

4. Walter SA, et al. (2013). Assessment of normal bowel habits in the general adult population: the Popcol study. *Scandinavian Journal of Gastroenterology*, 48(5):556-565. doi:10.3109/00365521.2013.777145
5. Slavin JL. (2013). Fiber and prebiotics: mechanisms and health benefits. *Nutrients*, 5(4):1417-1435. doi:10.3390/nu5041417
6. Mitsuhashi S, et al. (2019). Dietary fiber and gut microbiota. *Advances in Nutrition*, 10(Suppl 4):S405-S411. doi:10.1093/advances/nmz045
7. Bharucha AE, et al. (2016). Functional constipation and outlet dysfunction. *Gastroenterology Clinics of North America*, 45(2):257-272. doi:10.1016/j.gtc.2016.02.004
8. Rao SSC, et al. (2018). Pathophysiology of constipation. *American Journal of Gastroenterology*, 113(6):781-788. doi:10.1038/s41395-018-0097-6