



# The Constipation Movie

*Why not make today the day you break those unhealthy habits?*

by Dr. David Gutman,  
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**A**s we hunker down at home, waiting for the world to reopen, we are all finding different ways to pass the time. Some of us are spending our days helping our kids with schoolwork, others are catching up on projects that have been waiting in the wings. Still others may be sitting around, binge-watching movies on Netflix late into the night.

My advice would be to use this break in the action to engage in a little self-reflection. Are you satisfied with the way you're living your life? Are you on track to achieve your life goals? Do you have unhealthy habits that you tell yourself "someday" you'll break?

How about today?

Now more than ever, with the coronavirus epidemic underway, I implore you to consider what is truly important to you and your family. It is especially important now to think about your health.

We know that those at highest risk from the coronavirus are those with pre-existing health conditions. This means that if you have high blood pressure, obesity, diabetes, heart disease or other medical conditions, your immunity is significantly compromised and you are at high risk. But there is also so much you can do to reduce your risk.

As many of you know, in addition to treating hemorrhoids I also run a disease-reversal practice called Cleveland Nutrition. Since 2013, we have helped countless people get off of medications



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and resolve their chronic medical problems by transitioning to a diet that is more plant-based. Even if you are not prepared to go fully plant-based, there are still plenty of simple dietary swaps that can have a huge impact on your long-term health.

To help you make these healthful changes right away, I've created a super-affordable program that you can join from home called *Maximize Your Immunity*. You'll learn exactly which foods to eat and which to avoid, you'll get expert help from our registered dietitian, and I'll be available to answer questions and provide support as well. You can sign up at [ClevelandNutrition.com](http://ClevelandNutrition.com).

And if you're having hemorrhoid trouble, although our physical offices are currently closed I am still conducting free virtual hemorrhoid consultations via teleconference. No virtual exams, just free advice. You can easily set up an appointment directly from our website at [SensitiveCare.com](http://SensitiveCare.com).

Oh, and for you Netflix binge-watchers, keep checking the new release section for *The Constipation Movie*. I hear it's got solid reviews, but it still hasn't come out yet.

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