The Soft Landing Guide

The eating & bathroom playbook



VITAL REMS

Read this first

Your capsules service the vein wall from the inside. Your fibre keeps the mornings soft. This short playbook is the third piece: the eating and bathroom habits that stop anything from standing on the pipe while it is being repaired.

It is deliberately small. Nothing in here takes willpower, special shopping or more than a few minutes a day. Pick the habits as written for the first two weeks, then keep the ones that earn their place.

> *"I can handle any embarrassment; I just don't want the issue to become an ongoing one for me."*

That reader is the reason this guide exists. Ongoing is what the mornings decide, and the mornings are yours to run.

This guide is general information, not medical advice. If you take prescription medication, are pregnant or nursing, or notice bleeding that is new or changing, speak to your doctor or chemist.

Part 1 · The Soft Landing morning

The routine, in order

1. A full glass of water as soon as you are up, before anything else. The stool softens with the water you drank yesterday and this morning, not the water you plan to drink later.

2. Capsules with breakfast, one level scoop of fibre stirred into the same coffee or tea. Watch it disappear. One habit, not two.

3. When the urge comes, go. Do not park it for one more email. A delayed urge is water lost from the stool and a harder landing later.

4. Feet on a low stool, knees above hips, lean forward with a straight back. The angle unkinks the last bend of the pipe and the job needs half the effort.

5. Exhale while it happens. Straining is just held breath pushing down on the Pooling Point. If nothing moves in about two minutes, stand up and get on with the day. The urge comes back. Forcing it is the one move this whole system exists to avoid.

The first three days

Start with half a scoop for days one to three, then move to a full scoop. The gut likes a gentle introduction, and this is the whole learning curve.

Part 2 · Eat

Water first, fibre second. Fibre without fluid is sand in the pipe; with fluid it is a soft gel. Aim for a glass with every meal and one with every scoop. If plain water bores you, your Daily Electrolytes exist exactly for this: the water stays where the stool needs it.

Put on the plate	Go easy on
Kiwi (two a day is the quiet hero), oats, pears, prunes, olive oil on everything, soups, yogurt, berries, cooked vegetables	White bread and pastry days, cheese-heavy meals, processed meat, alcohol evenings, long low-fluid days of coffee only

No food is banned. The goal is a week that trends soft, not a perfect day. One heavy dinner does not undo you; three heavy days with no fluid will.

Part 3 · The bathroom rules

1. Never delay the urge. 2. Feet up, lean forward. 3. Exhale, never hold and push. 4. Two minutes, then leave. 5. No phone marathons: the seat is not a reading chair, and long sitting pools blood exactly where it should not. 6. Afterwards, pat, do not scrub; lukewarm water beats dry paper on tender days.

The flare-up week

If a bad week still happens: keep the scoop and the water going, add an extra kiwi, shorten bathroom visits, and let a warm bath do the soothing in the evening. Do not stack stimulant laxatives on top of the fibre on your own; if you feel you need them for more than a few days, that is a chemist or doctor conversation, not a willpower problem.

Part 4 · One week on a page

Every morning	Water on waking · capsules with breakfast · scoop in the coffee · go when the urge comes
Every meal	A glass of fluid · olive oil or a soft-fibre food on the plate
Every evening	Two kiwis or a pear · note the morning on the tracker below
Once a week	Look at the week, not the day. Softer than last week is a win.

The 14-morning tracker

Day	Scoop taken	Soft landing?	Notes
1			
2			
3			
4			
5			
6			
7			

8			
9			
10			
11			
12			
13			
14			

A last word from Grace

Somewhere around week five, this stops being a protocol and becomes just how your mornings go. The capsules do the slow work on the wall. The scoop and these small habits make sure nothing stands on it while they do. One of our longest customers put it best, about her husband:

> *"He stopped keeping the cream next to the loo. He didn't even notice he'd stopped."*

That is the finish line. Quiet mornings, and a bathroom that goes back to being just a room.

Questions, or 99-Day Empty-Bottle Guarantee: support@vitalrems.com. Keep the empties.