



# Prevention is Care

## Do You Know Why You Sometimes Yawn So Much?



We usually think yawning happens only when we're sleepy or bored. But there's an interesting explanation you might not have heard before — especially from a more traditional and holistic point of view. It turns out, **frequent yawning may be linked to your digestion.**

When you haven't passed stools properly, your large intestines start collecting air in an attempt to push the stools out. The body tries to create pressure inside the gut, and for that, it needs more air. So, you start yawning — not just because you're tired, but because your body is trying to help your intestines **throw out toxins and waste.**

### Why Does This Happen?

Your body uses yawning as a tool to draw in more air, which then travels down and supports the intestines in the process of elimination. If your bowels are not cleared regularly, toxins can accumulate, leading to tiredness, bloating, and frequent yawning.

So, **next time you find yourself yawning again and again**, especially without feeling sleepy, think about whether your large intestine is clear.

## How to Prevent This Type of Yawning

- **Wake up early**
  - Getting up early gives your body time to reset and supports your digestive rhythm.
- **[Exercise](#) regularly**
  - Even light exercise like walking or yoga can improve digestion and help move things along.
- **Empty your bowels daily**
  - Try not to delay nature's call. A fixed morning routine can make a big difference.
- **Drink enough [water](#) or natural drinks like ade**
  - Staying hydrated supports smooth digestion and helps in flushing out toxins.

## Final Thoughts

Yawning is not always about sleep. Sometimes, it's your body's way of asking for help to clean itself from the inside. By taking care of your daily routine and supporting your digestive system, you'll feel lighter, more energetic, and less prone to unnecessary yawning. [Listen to your body](#) — it always gives signs when something needs attention.