

CONSTIPATION

WATER, WATER, WATER; 2.5 Liters (4 pints) of water per day.

Increase vitamin B and E (800 IU per day if not pregnant, 400 IU per day if pregnant) and potassium, calcium, magnesium supplements

Eat lots of beans, nuts, whole grains, oats, barley, figs, apricots, rhubarb, apples with skins, raisins, molasses, honey, parsley, bran, prunes or prune juice, rhubarb, figs, maple syrup, fresh dark greens vegetables, fresh and dried fruits (especially apricots and grapes)

Eat popcorn every night

Eat 2-3 salads per day

1-2 tablespoons of olive oil daily

Add a pinch of cayenne pepper to foods

Decrease red meat intake, refined white flour products (such as white rice, bread, pasta).

Lemon juice in warm water 1/2 hour before breakfast.

1 Tsp. honey in hot water every morning before breakfast.

Lactobacilli or Acidopholus.

Strong tea (infusion) of:

-chamomile -rosemary -psyllium seeds

-lemon balm -lavender -marshmallow root

-senna leaf -cascara -dandelion root coffee

-alfalfa -dandelion

-fennel seeds -licorice root tea

Mild laxative juice:

1 cup pineapple juice 1/2 cup grape juice

1/4 cup aloe vera juice blend ingredients in a blender (Gladstar p.192)

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