



Constipation Recipe

Mix together:

- 1 cup apple sauce
- 1 cup oat bran or unprocessed wheat bran
- $\frac{3}{4}$ cup prune juice

This recipe helps to increase dietary fiber intake and promotes regular bowel function. You may have a bloated feeling and more gas when adding fiber to your diet, but this should pass in a few weeks. Begin with 1-2 tablespoons of the mixture each evening mixed with (or followed by) one 6-8 ounce cup of water or juice.

After 2 weeks you will have softer and more regular bowel movements. If no change occurs, slowly increase the amount to 3-4 tablespoons. Plan to make this part of your daily routine for the rest of your lifetime. You can store the mixture in your refrigerator or freezer. You can also freeze 1-2 tablespoon servings in sectioned ice cube trays or in foam plastic egg cartons and thaw them as needed.

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