

# Constipation Recipe

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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 each evening mixed with or followed by one 6–8 ounce cup of water or juice. After two 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 as needed.

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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