



Constipation Recipe

1 cup apple sauce

1 cup oat bran or unprocessed wheat bran

$\frac{3}{4}$ cup prune juice

This recipe is commonly suggested to promote regular bowel function by increasing dietary fiber. You may experience a bloated feeling and have gas when adding fiber to your diet, but this should pass in a few weeks. It is important to avoid regular use of laxatives and enemas as they decrease the bowels function.

Begin with 1-2 tablespoons each evening mixed with or followed by one 6-8 ounce cup of water or juice. This should help to soften and regulate your bowel movements within 2 weeks. If no change occurs, slowly increase serving to 3-4 tablespoons. You should plan on making this a part of your daily routine for the rest of your lifetime.

This may be stored in your refrigerator or freezer. One to two tablespoon servings may be frozen in sectioned ice cube trays or in foam plastic egg cartons and thawed as needed.