



## **Examples of natural laxatives:**

For some people, foods can act as natural laxatives. These include:

- Avocados
- Almonds
- Aloe Vera
- Apple Juice
- Apricots (dried)
- Artificial Sweeteners
- Basil
- Beets
- Bananas
- Carob
- Capsicum
- Cabbage
- Caffeine
- Chicken Broth (canned), Heated
- Chicory
- Chocolate
- Coconut
- Dates
- Endive
- Fenugreek
- Figs
- Flaxseed
- Grapes
- Guava with Seeds

- Hot Tea with lemon
- Jujube
- Kale
- Kiwi
- Licorice
- Mangos
- Milk Products
- Molasses
- Olives
- Olive Oil
- Papayas
- Parsley
- Peaches
- Pears
- Persimmons
- Pineapple
- Plum juice
- Plums
- Prune juice
- Prunes
- Rhubarb
- Spicy Foods
- Sugar- free gum and candy
- Soybeans
- Tamarind
- Tomato juice
- Turnips
- Vanilla
- Watercress
- Yams

Herbs with a laxative effect:

- Alfalfa
- Aloe gel
- Buckthorn Bark
- Cascara Sagrada
- Cassia pulp
- Dandelion leaves
- Guar gum
- Mint
- Psyllium husks and seeds
- Senna
- Triphala
- Turkey Rhubarb

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