

Constipation Recipe

Ingredients:

- 1 cup unsweetened applesauce
- 1 cup unprocessed wheat bran (also called Miller's bran)
- 1/4 cup prune juice

Mix all ingredients together. Take 2 tablespoons a day for one week, and drink with a full glass of water. If bowel movements are not greatly improved, increase to 4 tablespoons a day for one week, and continue to increase as needed. The maximum dose is 8 tablespoons a day. Each time you take the recipe, you need to also drink an 8oz. glass of water with it.

The mixture will keep for about one week in a plastic container in the refrigerator.



**Center for
Pelvic Health**

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