

Foods to Treat Constipation

Food to Lubricate the Intestines:

- ❑ Spinach, banana, sesame seed/oil, honey, pear, prune, peach, apple apricot, walnut, pine nut, almond, seaweed, whole raw milk, okra, beet, cauliflower, carrot, soy products, alfalfa sprouts, and gelatin

Flora Enhancing Foods:

- ❑ Yogurt, miso, raw sauerkraut, raw pickles, acidophilus, kefir, chlorophyll rich foods such as dark greens, wheat grass juice, alfalfa greens, wild blue-green algae, and spirulina

Foods that Promote Bowel Movement:

- ❑ Cabbage, castor oil, papaya, peas, black sesame seed, coconut, asparagus, sweet potato, fig, bran from oats, wheat, or rice

Demulcent Herbs (herbs to cool, soothe, and heal inflammation):

- ❑ Licorice root, psyllium seed, flax seed, fenugreek seed, marshmallow root

Laxative Herbs:

- ❑ Dandelion root, barberry bark, cascara bark, rhubarb root

Be sure to get a lot of variety in the diet, don't eat too much of any of the above foods.

Great Recipe to Assist Cleaning out the Bowels:

Winter Market Salad - recipe from allrecipes.com

1/4 cup toasted sesame oil (can substitute with olive oil if you prefer)

1/4 cup raw apple cider vinegar

1 tsp yellow mustard

1 tsp dijon mustard

1 tablespoon honey

Salt and pepper to taste

1 beet peeled and grated

1 small celery root (celeriac), peeled and grated

1 large carrot, peeled and grated

1 small Macintosh apple, peeled, cored, and cubed (optional)

-Place oil, vinegar, mustards, and honey into a screw top jar. Seal and shake. Add salt and pepper to taste.

-Combine the remaining ingredients in salad bowl, add dressing, mix and enjoy! (I use our vitamix instead of grating the ingredients, it is a big time saver!)