

## CONSTIPATION PROGRAM OF TREATMENT

Definition – constipation is hard stools;  
with or without bowel movement irregularity.

1. Stop all laxatives and enemas, they delay your recovery.
2. Six cooked or dried prunes for breakfast and, if necessary, supper too.
3. Drink an 8-ounce glass of warm water at breakfast and, if necessary, at supper.
4. Insert one adult glycerin suppository into the rectum each morning approximately one-half hour after breakfast for one or two weeks or until constipation is relieved.
5. Metamucil (Konsyl, Effersyl, and Hydrocil etc.), one tablespoon or one package in water once or twice daily indefinitely usually helps a lot.
6. A high roughage diet consisting of two raw or lightly steamed fruits and two raw or lightly steamed vegetables daily should be eaten. Apples and bananas tend to be binding at first but can be eaten when constipation is improved. We particularly like raw carrots but look at our list of high fiber foods, which we have on our website.
7. A 100% bran cereal (bran buds, bran flakes, all-bran, and most cereals) in the morning can be taken with or in place of raw fruits and vegetables on a daily basis or alternate with the above. If you can not take cereal, take two teaspoons of raw Miller's bran sprinkled on salad or any food daily. The latter can be purchased in a health food store at a very low cost.
8. If all seven steps are followed, most constipation problems will be relieved. You need to be diligent and continue this program indefinitely.
9. Use Fiber All Wafers or Fiber Med Wafers – 2 per day in place of bran cereal.