



Natural Laxative Recipes

Try these recipes for natural laxatives. Serve one or more of these snacks daily to help your child have regular bowel movements.

Fiber Recipe

1 cup apple sauce

1 cup unprocessed bran

¼ cup prune juice

Mix the ingredients together.

- Begin by giving your child 2 Tbsp. of mixture every day, followed with an 8-oz. glass of water.
- After one week, increase it to 3 Tbsp.
- After one more week, increase to 4 Tbsp.
- Continue with 4 Tbsp. every day.
- Always give with a full glass of water. Increase or decrease the dose of bran as you feel the need.

This recipe can be stored in the refrigerator or in ice cube trays in the freezer.

NOTE: In the beginning, your child may have some gas and feel bloated. This feeling will go away in a week or two. You should begin to see a change in your child's bowel habits and regularity in two weeks. This is not a one-time laxative. Make this a part of your child's daily habit for a lifetime.

Fruit Paste #1

1 cup dates

1 cup figs

1 cup prunes

½ cup powdered senna tea leaves (purchase in health food stores)

1. Mix together. You may need to add a small amount of water.
 2. Refrigerate to chill.
- Give your child ½ to 1 teaspoon every day.

Fruit Paste #2

1 cup dried prunes

1 cup raisins

1 cup dried figs

2 oz. (¼ cup) senna tea leaves (purchase in health food stores)

½ cup prune juice

¼ cup brown sugar

¼ cup lemon juice

2½ cups water

1. Bring fruit, lemon juice, tea leaves and water slowly to a boil for 15 to 20 minutes.
2. Remove from heat, and add brown sugar.
3. Allow to cool.
4. Using a mixer or food processor, turn fruit mixture into a smooth paste while gradually adding the prune juice.
5. Place in a container (plastic, glass or metal) and store in freezer.

NOTE: Fruit paste will not become solid but will remain the consistency of ice cream.

- Give 1 to 2 teaspoons of fruit paste every morning.
- Remove pre-measured mixture “dose” from container, and allow to warm at room temperature before serving to help soften paste.
- Eat plain or spread over toast, muffins or crackers. (Graham crackers are good!)
- Recipe makes about 4¾ cups.

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Jell-O Laxative

¼ cup apple sauce

¼ cup apple juice

2 Tbsp. psyllium (generic Metamucil)

1 small package Jell-O (any flavor)

1. Add water to make the texture you like.
 2. Freeze in ice cube trays.
 3. Thaw before serving.
- Give your child one cube from the tray as needed for constipation.

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