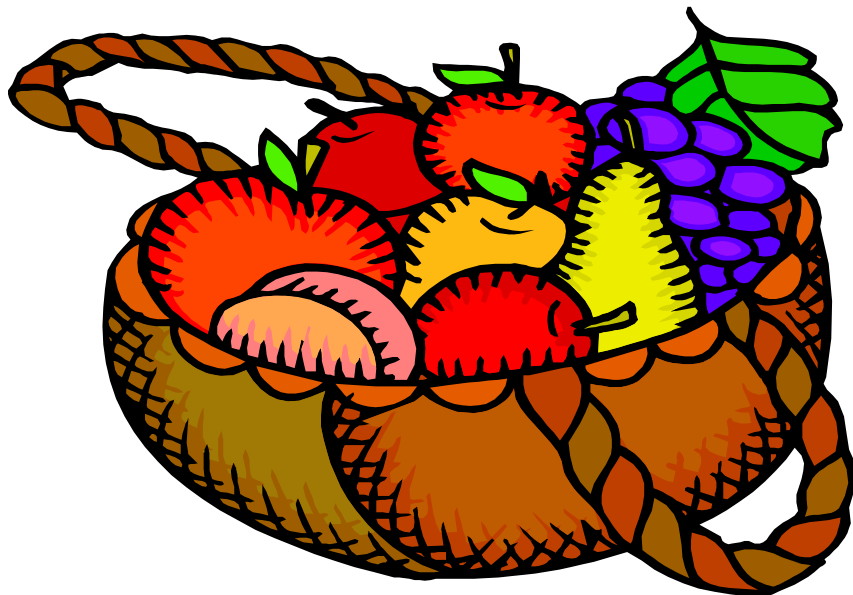




Bolingbrook Christian Health Center

**151 E. Briarcliff Road
Bolingbrook, IL 60440**
Phone: 630-783-2832
FAX: 630-783-2837



For constipation:

- 1) Drink more water, pear, or prune juice
- 2) Eat more fruits and vegetables, nuts, and whole grains
- 3) Cook with bran flakes

For 2 weeks (Gradually decrease as stool softens)

- 1) Metamucil - 1 glass a day
- 2) Milk of Magnesia - 1 tablespoon twice a day
- 3) Olive oil - 1 tablespoon twice a day