



CORNERSTONE MEDICAL CLINIC

402 South 12th Avenue Yakima, Washington 98902
Phone (509) 248-3263

Anti-Constipation Recipes

Fruit Paste

3.5 ounces Senna Tea	1 lb. figs, pitted
1 lb. prunes, pitted	1 cup lemon juice
1 lb. raisins	1 c brown sugar

1. Steep tea with 2 1/2 cups boiling water for 5 minutes.
2. Strain out leaves and discard them.
3. In a 3 quart saucepan, combine fruit and tea. Boil for 5 minutes.
4. Remove from heat and stir in sugar and lemon juice.
5. Allow to cool.
6. Using a blender or food processor puree fruit mixture in a smooth paste
7. May be kept frozen for up to one year in airtight container.
8. Dose: 1-2 tablespoons daily

Laxative Log

1 lb. pitted prunes
1 lb. figs
1 lb. pitted dates

1. Grind prunes, figs and dates together mixing well.
2. Shape mixture in a log roll. Wrap in waxed paper, foil, etc.
3. Product may be frozen.
4. Dose: Start out by taking a small amount, approximately 1 teaspoon. (This tends to taste good, so don't overdo.) May eat by itself or put on cereal. Increase amount used if needed.