

Smooth Move (Constipation)

Ingredients:

- 1 Measuring Cup (250ml) of pitted prunes
- 2 Tablespoon of Flax Seeds
- 3 Cups of unsweetened prune Juice

Instructions:

1. Mill/Grind the flaxseeds first as the body cannot digest them because of their size.
2. Add all ingredients into a blender.
3. Blend until you achieve a thick drink.
4. Drink 1 to 2 cups daily until you achieve regular bowel movement.

Please consult your doctor if you want to try this recipe