

## **To Encourage Healthy Elimination:**

Drink a hot cup of water 1st thing in morning – Best to add fresh squeezed lemon, optional honey (1/2 lemon in 16 oz. water), and optional fresh grated ginger

### **Some or all of the following:**

Eat a large amount of lettuce daily

Eat beets often (few times a week at least) – steamed or roasted

Eat prunes in morning - preferably soaked overnight in just enough water - drink the liquid too. (4-6 prunes) Best to use organic/sulfite free prunes

Eat at least **3** pieces of fruit daily – plums, peaches, berries, apples, watermelon, etc.

Drink plenty of water (not ice cold water - room temp or hot is best) – sip throughout day

Avoid sugar and white flour - they cause constipation.

Exercise Daily (even just a walk can make a difference)

**Foods high in fiber:** almonds, pistachios, pumpkin seeds, sunflower seeds; brown rice, wild rice, beans: navy, white, garbanzo, kidney; peas, lentils; carrots, beets, broccoli, collard greens, swiss chard, spinach, artichokes.