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Foods Treating Constipation

Taken from Healing with Whole Foods, Oriental Traditions and Modern Nutrition by Paul Pitchford.

Foods that Lubricate the Intestines

spinach
banana
sesame seed/oil
honey
pear
prune
peach
apple
apricot
walnut
pine nut
almond
alfalfa sprouts
soy products
carrot
cauliflower
beet
okra
whole fresh milk
seaweed

Foods that Promote Bowel Movement

cabbage
papaya
peas
black sesame seed
coconut
sweet potato
asparagus
fig
bran from oats,
wheat, or rice
castor oil

Demulcent Herbs

marshmallow root
flax seed
fenugreek seed
psyllium seed
licorice root

Flora-Enhancing Foods

miso
sauerkraut
dairy yogurt
seed yogurt
rejuvelac
acidophilus
kefir
chlorophyll-rich foods, e.g.,
wheat-grass products,
dark greens, micro
- algae (wild blue green and
spirulina) and alfalfa greens

* Raw sauerkraut and unpasteurized pickles are beneficial for improving the intestinal flora.
(See "Pickles" in the recipe section.)

In addition to *Lactobacillus acidophilus*, other bacterial organisms help renew the intestinal bioculture, among them *L. bifidus*, *L. bulgaricus*, *S. faecium*, *L. rhamnosus*, *L. sporogenes*, and bioculture, among them *L. bifidus*, *L. bulgaricus*, *S. faecium*, *L. rhamnosus*, *L. Sporogenes*, and *B. laterosporus*. One or more of these are often included in commercial "acidophilus cultures. *L. sporogenes* and *B. laterosporus*, becoming more available at stores carrying dietary supplements, are the most effective constipation.

Overconsumption of poor-quality milk products is a primary cause of constipation; however, a moderate amount of milk which has not been pasteurized, homogenized, skimmed, or denatured in other ways can benefit those suffering which constipation from dryness, if they are not allergic to dairy products.

Foods to avoid in all types of constipation: all products with baking soda/powder, alcohol, tea, yeasted breads (use sourdough or sprouted "Essene " breads), and refined "white" foods, such as all white-flour products, white sugar, and white rice.