



BOWEL REGIMEN

Metamucil/Citrucel/Equate/Benefiber powder fiber supplementation:

1 Tablespoon in 8 ounces of water daily for 1 week, then increase to 2 times daily.

Probiotics: Lactobacillus and Bifidobacterium:

1 tablet 2 times per day for one month. A few product examples that contain both include: Phillips Colon Health, Trubiotics Daily Probiotic, Walgreens Super Probiotic Digestive Support and Nature Made Digestive Probiotics Advanced. These are available at your local pharmacy.

Water Intake:

Increase water intake to 6-8 glasses of water per day.

Avoid:

Constipating and gassy foods like cheese or broccoli.

Exercise:

3 days per week for 40 minutes each session.