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## Happy Bowel

### EXERCISE

### WATER

Concentrated fruit sugars:  
Eg. Figs / Prunes / Dried fruit

Soluble fibre:  
Eg. Porridge  
Slippery elm

Digestive Enzymes

Bile salts:  
Eg. Dandelion root  
Swedish bitters  
Chicory

Insoluble fibre:  
Eg. Whole grains  
Skins of fruit & veg.  
Nuts & seeds  
Pulses

Nervines:  
Eg. Chamomile  
Wild oats  
St. John's Wort

Demulcents  
e.g. Slippery Elm  
& Plantago

Anti-spasmodics:  
Eg. Lemon balm  
Chamomile  
Peppermint  
Fennel

PROBIOTICS  
Acidophilus

LAST AND LEAST :

## LAXATIVES – Eg. senna