

Constipation

2 to 4 ounces of either pear, mango, or prune juice twice a day. Using these juices for medicinal purposes is okay, otherwise one should avoid juice.

Ripe peaches, pears, plums, prunes, papayas, and/or pineapples will also help. The best way to remember is that any fruit starting with 'P' will help with poop.

