



THE WOMAN'S CENTER FOR ADVANCED PELVIC SURGERY

Specializing in Pelvic Floor Disorders, Urinary Incontinence & Pelvic Organ Prolapse

BOWEL RECIPE

Mix Together:

1 cup unprocessed wheat bran or miller's bran

1 cup applesauce

¼ cup of prune juice

Take 2 tablespoons in the morning and 2 tablespoons in the evening