

Colon Candy (Confectionary Bowel Aid)

2 cups chopped or ground up fruit (such as raisins, prunes, apricots, peaches, apples, dates or figs)

1 oz powdered slippery elm bark

1 oz powdered flax seed

1 oz powdered licorice root

Mix together. Then add just enough sorghum, honey, agave or blackstrap molasses to moisten the dry ingredients. Mix ingredients well and mold into small bars or balls. Then roll these in equal parts of Slippery Elm bark and carob powder so the confection is no longer sticky. Eat these as needed to encourage bowel movements. Nuts may also be chopped up and mixed as part of the portion of dried fruit. 3

Recipe by Dr. John R. Christopher