

## CONSTIPATION 便秘

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|----------------------------------|--------|
| 1) Magnesium Aspartate           | 天冬氨酸镁  |
| 2) Vitamin C                     | 维生素 C  |
| 3) Prunes                        | 西梅     |
| 4) Probiotics                    | 益生菌    |
| 5) Castor Oil                    | 蓖麻油    |
| 6) Water                         | 水      |
| 7) Enzymes                       | 酶      |
| 8) Fiber                         | 纤维     |
| 9) Exercise                      | 运动     |
| 10) Reduce stress                | 减轻压力   |
| 11) Total Polysaccharide Complex | 总多糖复合物 |
| 12) Chia Seeds                   | 奇异子    |
| 13) Flaxseeds                    | 亚麻籽    |
| 14) Apple Cider Vinegar          | 苹果醋    |
| 15) Psyllium Husk                | 洋车前子壳  |
| 16) Brown rice / Oats            | 糙米/燕麦  |
| 17) Colon Cleansing              | 结肠水疗   |

## What not to eat (禁止吃的食物) :

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|------------------------------------|--------------|
| 1) Dairy                           | 乳制品          |
| 2) Red meats, Chip, Frozen dinners | 红肉, 薯条, 冷冻晚餐 |
| 3) Cookies                         | 饼干           |
| 4) Fried foods                     | 油炸食品         |