

## **Foods that lubricate the Intestines**

The following list of foods supports the health and flow of the intestinal process:

Spinach

Banana

Sesame seed/oil (up to 1 tablespoon of black sesame seeds cooked into or sprinkled on food twice daily can be very effective)

Honey

Pear, prune, peach, apple, apricot, also dried fruits

Walnut, pine nut, almond

Alfalfa sprouts

Soy products

Carrot, cauliflower, beets, okra

Whole fresh milk (poor quality milk products is a primary cause of constipation. However, a moderate amount of milk which has not been pasteurized, homogenized, skimmed or denatured in other ways can be of benefit if you are not allergic to dairy products)

Seaweed.