

# THE POWER OF PRUNES



Nothing can ruin your day the way constipation does. It is not only uncomfortable but it can also be downright painful. What is the first thing that comes into your mind when constipation strikes? Fiber, isn't it? The truth is, fiber-rich food like vegetables, fruits, and whole grains won't work if you don't pair them up with adequate water intake. Loading up on fiber without properly hydrating yourself can make your constipation worse. Next time you grab onto that psyllium fiber supplement over the counter, make sure you add a few more glasses of water to help it expand in your stomach to flush those stubborn wastes out of your body.



HEALTHY  
EVER AFTER  
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of certain medications, as well as medical conditions, namely irritable bowel syndrome, pregnancy, and disorders of the nervous system, which affect the function of the brain and nerves.

When natural remedies don't seem to work, people suffering with constipation may resort to ingesting laxatives. Unfortunately, abuse of laxatives can lead to dehydration and kidney damage.

Due to the inconvenience of taking fiber supplements, especially when always on the go, and the health issues related to regular intake of laxatives, the need for a natural food product that can combat constipation increases. Search no further because a super fruit in its dried and juice form



*The use of dried prunes and prune juice as a remedy for constipation is not at all new. It has been traditionally used but has long been forgotten. It is not just the fiber content of this fruit that aids in bowel movement. It contains two natural laxatives known as sorbitol and diphenyl isatin.*

Diet plays a major role in preventing constipation. Especially if consumption of fiber is low and intake of dairy products is excessive. Other factors must also be considered, such as physical inactivity, changes in gut microbiome when travelling, side effects

is readily available to help you move your bowels with ease.

A study titled Randomised clinical trial: dried plums (prunes) vs. psyllium for constipation, conducted by Ashok Ataluri et. al, which was published by the Alimentary Pharmacology and Therapeutics

on Feb.11, 2015, concluded that the randomized controlled study demonstrated that treatment with dried plums was efficacious and appeared to be better than treatment with psyllium for the relief of bowel symptoms in adults with chronic constipation. In addition, dried plums are safe and palatable. The findings suggest that prunes should be considered as a first line therapy for chronic constipation.

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isatin. Sorbitol is a sugar alcohol that attracts water to the gut, which eventually loosens hard-to-pass stools. On the other hand, diphenyl isatin works by gently stimulating the bowels to move.

In this era of convenience, munching on a few pieces of prunes or drinking prune juice will leave your tummy happy daily, as well as, improve other aspects of your health. Jolly Fresh 100 percent prune juice shares with us the other health benefits of this super fruit:

**1. Prunes that are rich in fiber aid digestion and regulate bowel movement.** Whether you are drinking the juice or snacking on dried

prunes, you get the benefit as fiber acts as a natural laxative that prevents constipation.

**2. Prunes help control the bladder.** Adding fiber to your diet can help control your sudden urge to pee! How? Regular bowel movement decreases pressure in your tummy, and so you feel less bloated too.

**3. Prunes are high in potassium, an electrolyte that helps the body function.** Potassium is a mineral that helps with important body functions such as digestion, heart rhythm, as well as blood pressure.

**4. Prunes are high in vitamins, packed with iron, and contain high levels of antioxidants.** Both the juice and the whole fruit prevent a multitude of deficiencies and pose positive effects on the body, from stronger bones and muscles to lower blood pressure and healthy respiratory system.

**5. On a diet? Prunes help stave off cravings.** Manage your weight by consuming fiber-rich prune juice and prunes that keep you feeling satiated for a longer time

The Mayo Clinic recommends starting with two to four ounces of prune juice for infants. Adults can have four to eight ounces daily in the morning. You'll feel healthy, jolly, and fresh when you know you're taking only the good stuff!

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