

Sally
Wisbey's
**Smoothie
of the
month**



This month I have provided a recipe for a juice to help with constipation, in line with our feature on embarrassing health conditions on page 34.

5 prunes (pitted, soaked overnight in water)

Handful of spinach

2 pears

1 apple

Juice the apple, pears and spinach. Blend the prunes with a bit of water, add to the juice and stir well.

Sally says:

"A sluggish digestive system can be caused by poor diet, medication, lack of exercise and many other things. Constipation is a common condition which can cause pain and symptoms such as bloating, nausea and wind.

This juice contains potent laxatives which will help stimulate the bowel and get things 'moving'.

Prunes have been used for years for constipation. They are a great cleansing ingredient and rich in fibre. They also contain sorbitol which helps stimulate the colon.

Apples and pears contain large amounts of pectin, a soluble fibre that also helps cleanse the bowel and move the stool through the intestine. It also helps to bind cholesterol in the digestive tract, helping to eliminate it from the body. Spinach is a good source of vitamin C, helping to reduce any inflammation that may have been caused in the digestive system."

■ **To find out more about Sally, visit www.sallywisbeynutrition.co.uk**