

Constipation and Diarrhea

I am not a medical doctor, so this is only for information and education. I am not responsible if you try it and it doesn't work.

I figured this out quite by accident.

For constipation I just suck on 4 sugar free lemon drops or 4 sugar free cough drops. This only works if the sweetening agent is sorbitol. In 1 minute to 4 hours constipation is gone.

For diarrhea take 2 Psyllium Husk Capsules and 2 Lactobacillus Acidophilus. If diarrhea persists repeat 1 hour later. This should take care of it.

Laura Lee