

## Quitting Laxatives



### Reversing Laxative Dependency

Dependency is reversible using Fruit-Eze™ Regularity Blend. Customers with 30 and 40 year long laxative habits have been able to quit laxatives and achieve regularity. Fruit-Eze™ unique fiber blend works with the body naturally and gradually over time to normalize bowel function. And, unlike laxatives, Fruit-Eze™ Regularity Blend does not promote dependency.

### Quitting Laxatives Using Fruit-Eze™ Regularity Blend

*Be sure to consult your physician before changing any prescribed laxative regime.* Be patient while nature takes its course. If you have been using laxatives, most likely your colon is over-emptied. It may take up to three or four days before your body processes enough waste for a bowel movement to occur without your usual laxative use.

- ***If only one laxative is being used***, no special procedure is required. Simply discontinue laxative use and begin your daily serving of Fruit-Eze™ Regularity Blend as described in the brochure included with your shipment. The serving information is also described under this link: [Using Fruit-Eze](#)
- ***If two or more laxatives are being used***, a method called ‘tapering’ is recommended along with the daily serving of Fruit-Eze™ Regularity Blend. Tapering is gradually reducing the amount of laxatives used. Start out by reducing laxative use by one-quarter to one half. If you have a bowel movement with four days, you can reduce you laxative use again, by another one-quarter to one-half. Repeat until laxatives are no longer used.
- ***If you have not had a bowel movement in four days***, it is ok to use a plain glycerin suppository, or one dose of Milk of Magnesia, or ½ a Dulcolax or fleet enema. This will empty the bowel and begin the three to four day process of the body processing enough waste for the urge to go. Depending on the type and length of your previous laxative use and other conditions such as your overall health and lifestyle, this step may have to be repeated as your bowel health is restored.

### Regularity Goal...

To achieve the easy (without straining) passage of well formed stools (not too hard, nor too soft) at least once every two to three days. It is helpful to remember that daily bowel movements are not necessary to good health. The clinical definition of regularity is a bowel movement, without straining, two to three times per week. Fruit-Eze™ Regularity Blend has helped thousands of people maintain healthy regularity.

### Basic Recommendations

1. *If your stool is too hard or too infrequent, you are not receiving enough Fruit-Eze™.*
2. *If your stool is too soft or too frequent, you are receiving too much Fruit-Eze™.*

Stool texture improves for most people within 2 - 7 days. If improvement is not significant after a week, it is fine to try three spoons per day. It is very important to have your serving every day. Breakfast is usually the most convenient and effective time. To encourage regularity, try toileting 45 minutes after every meal. Sit comfortably on the toilet for a few minutes, gently massage your abdomen with your palm in a circular motion. If you are able, moderate exercise such as stretching or walking is very helpful for regularity and good health. Be patient with your self. Your colon needs time to heal and restore natural healthy regularity after frequent laxative use.