

PARKINSON DISEASE & Constipation



Whether as a symptom of Parkinson disease, or a side effect of a prescription or over-the-counter medication, constipation occurs in over half of people with Parkinson's.

- Doctors recommend 20-30 grams of dietary fiber each day, and limiting overly processed foods, sugary foods and cheese.
- Exercise regularly and maintain a physically active lifestyle.
- Increase fiber intake with a healthy diet that includes several servings of fruits and vegetables each day.
- Drink plenty of water and caffeine-free, non-alcoholic beverages to ensure adequate hydration and reduce the likelihood of muscle cramping.

Always take fiber supplements with fluids, or constipation may worsen. Be patient when starting fiber supplements, as it may take several weeks to see long-lasting results. Start with a low dose and work up to a full dose to let your body adjust.

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Recipe for Relief

This tried-and-true "power pudding" recipe is easy, natural, and tastes good!

½ c. applesauce

½ c. unprocessed wheat bran

½ c. prune juice

Mix and store in the refrigerator for up to a week. Take a tablespoon a day, followed with a glass of water. If needed, you may slowly increase the amount taken over time.

As always, talk to your doctor with questions about your symptoms.



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