Natural Laxatives

Examples of foods which can act as natural laxatives for some people:

- Avocados
- Almonds
- Aloe Vera
- Apple Juice
- Apricots (dried)
- Artificial sweeteners
- Basil
- Beets
- Bananas
- Carob
- Capsicum
- Cabbage
- Caffeine
- Chicken Broth (canned) – heated
- Chicory
- Chocolate
- Coconut
- Dates
- Endive
- Fenugreek
- Figs
- Flaxseed
- Grapes
- Guava (w/ seeds)
- Hot Tea w/ Lemon
- Jujube
- Kale
- Kiwifruit
- Licorice
- Mangos
- Milk products
- Molasses
- Olives
- Olive oil
- Papayas
- Parsley
- Peach
- Pears
- Persimmons
- Pineapple
- Plum Juice
- Plums
- Prune Juice
- Prunes
- Rhubarb
- Spicy foods
- Sugar-free gum and candy
- Soybeans
- Tamarind
- Tomato juice
- Turnips
- Vanilla
- Walnuts
- Watercress
- Yams
Herbs that have a laxative effect:

- Alfalfa
- Aloe gel
- Buckthorn bark
- Cascara sagrada
- Cassia pulp
- Dandelion leaves
- Guar gum
- Mint
- Psyllium husks and seeds
- Senna pods
- Triphala
- Turkey rhubarb