


كتاب صحتي للاسكندر

### New Relief For Constipation, "LES FRUITS"



Physicians agree that with the modern habits of living, constipation is likely to be always with us. They also agree that the constant use of any drug for the relief of constipation is exceedingly unwise—unwise for two reasons. First, a drug constantly used loses its effect and requires a constantly increased dose. Second, because the constant use of any drug is bad anyway.

So the cry is constantly going up from the constipated, "What can we do?" It will be interesting to a great many to know that an answer has been found in the re-discovery of a method which was used with great success by our Forefathers, and in Arabia far back in the twelfth century. The food is called "Les Fruits" because it is composed entirely of figs, dates, prunes, raisins and the leaves of each with the substitution of the Alexandra leaf for the raisin leaf. The taste is pleasant, if not to say delicious, and the effect is exceedingly satisfactory. Try it and be convinced.

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