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**Dear Reader:** The three ingredients, known together as a colon cocktail, are applesauce, prune juice and unprocessed bran. Mix equal portions in a small bowl, and refrigerate for at least one hour to blend. Then take 1 to 2 tablespoons or more, if needed, each day for relief. Refrigerate any unused portions in a sealed container. The remedy may take up to two weeks to be fully effective.

To provide related information, I am sending you a copy of my Health Report "Compelling Home Remedies." Other readers who would like a copy should send a self-addressed, stamped No. 10 envelope and a \$2 check or money order to Newsletter, P.O. Box 167, Wickliffe, OH 44092-0167. Be sure to mention the title or print an order form off my website at [www.AskDrGottMD.com](http://www.AskDrGottMD.com).