

Getting Comfortable with the Uncomfortable. Look Before You Flush!

1 Individual Hard, Dry Pellets aka “Bunny Poo”: You will experience difficulty in emptying the bowels, usually associated with hardened feces and infrequent bowel movements. Dehydration and poor fiber intake may be present, but not always.

2 Pellets Lumped Into One: Firm and shaped like a lumpy nut filled candy bar. Prone to straining upon defecation and infrequent stools. May indicate dehydration and low fiber intake. Poor elimination can contribute to stool stagnation and reabsorption of chemicals, toxins, and hormones.

3-4 Well Formed Ideal Poo: Looks like a smooth snake or banana, but can also resemble corn on the cob. Soft surface with no undigested foods present in stool. Passes fully and easily and is a pleasurable experience. Tan, or medium-brown color. Natural “earthy” odor — but not foul. Makes minimal noise when eliminated and sinks into toilet like a “submarine”. Flushes easily and requires minimal wiping. In and out in no time.

5-6 Loose Stool: Soft with clear cut edges or mushy or pudding like with soft rough edges. This may indicate GI tract infection and poor digestion and absorption (e.g. food allergy or bacterial overgrowth).

7 Diarrhea: Watery with no solid form. The most common cause of diarrhea is called viral gastroenteritis or “stomach flu.” Food poisoning and traveler’s diarrhea are two other common causes. Certain medical conditions can also lead to diarrhea.

Additional Questions to Ask Yourself (document findings in note section)

1) *Are my stools sticky and peanut butter like?* If you need a lot of toilet paper to clean, this can be indicative of poor protein digestion.

2) *Do I see undigested food particles in my stool?* If you notice undigested vegetables or grains in your stool, this indicates food was not properly broken down in the stomach.

3) *Does my stool smell unusually foul, pungent, or acidic?* This can be indicative of protein putrefaction by bacteria in the colon.

4) *When I eat red beets does my stool turn bright purple?* If yes, then it can be indicative of poor stomach acid production.