



BETTER BOWEL MOVEMENTS: TIPS AND SOLUTIONS FOR A HEALTHIER DIGESTIVE SYSTEM

*Discover the secret to better bowel
movements and happier, healthier
poops!*








Many consider pooping as a necessary, frustrating, or pleasurable activity. Not only that, but it also keeps the body free from waste.

Although the fuss of doing number two may stop you from doing something else, it's actually a necessary inconvenience. Yes, pooping may take some of your time, but you should be looking forward to the relief and health benefits it brings afterwards.

Pooping is the process of eliminating undigested food, salts, bacteria, toxins and other substances produced by the digestive tract. They come in different qualities which may indicate a few things about your overall health.

What Does A Healthy Poop Looks Like?

Bristol Stool Chart

	Type 1	Separate hard lumps	Very constipated
	Type 2	Lumpy and sausage like	Slightly constipated
	Type 3	A sausage shape with cracks on the surface	Normal
	Type 4	Like a smooth, soft sausage or snake	Normal
	Type 5	Soft blobs with clear-cut edges	Lacking fiber
	Type 6	Mushy consistency with ragged edges	Inflammation
	Type 7	Liquid consistency with no solid pieces	Inflammation

Ever wondered if you're pooping healthy? If your poop appears different than the usual, are you a little bit worried?

Listed below are some characteristics of healthy poop.

Stool Color

What we eat sometimes influence the color of our poop. People who consumed beets, tomatoes or dishes with red sauce may result to reddish stool. However, this is not always the case.

The healthy poop color is brown and it's because of a substance called bilirubin. It mixes with the bile and eventually coagulates with excess fluid and other wastes forming a stool.

Green poop color is also considered normal. Apart from green foods, greenish poop may come as a result of quick passage of food through the large intestine.

Consistency

The characteristics of your poop should stay the same. Otherwise, it suggests a minor problem with the digestive process or a health condition. The normal poop consistency is semisolid, like toothpaste, neither hard nor very liquid. The long, sausage-like shape of poop and the sausage shape that has cracks in the surface is considered a healthy type of stool. We can have normal poop consistency when there is harmony between eating habits and the digestive system.

But it is hard to maintain the consistency of the poop since most of us don't have a consistent diet that we follow. The consistency of the stool depends on so many things including on how long the stool sits in the colon, the amount of fiber and fluids in your diet, and how much of the water has been absorbed from the waste.



Pain-Free To Pass

The healthy bowel movement must be painless and require minimal strain. The stool should pass in one single piece or a few smaller pieces to be considered a healthy bowel movement. The long sausage-like shape of the stool is due to the shape of the intestines.

Soft to Firm Texture

In normal circumstances, about 70-75 percent is composed of water and the rest of the weight is solid matter. Its composition is determined through dietary and lifestyle factors, medications, and pathological factors. With the help of the Bristol stool chart, a medical aid that helps in the characterization of both normal and abnormal stool based on shape and consistency. According to the Bristol chart,

the normal and healthy stool is the sausage-shaped stool with a crack in the surface and the sausage-shaped stool that is soft and fluffy.

Strong Smell

Poop usually has an unpleasant smell. The stool is made up of undigested food, bacteria, mucus, and dead cells. It smells bad not only because of the bacteria and parasites but also because it has compounds that produce an especially unpleasant smell. Stools form in the large intestine (colon) where good bacteria live.

These microorganisms digest or break down the food remnants that enter the large intestine from the small intestine. The stool is passed through the large intestine to the rectum for elimination from the body.



Comes Out Every Other Day or Two

According to Christopher Hair, Gastroenterologist from Deakin University, the human body is complex, which helps to explain why so many “normal” functions differ between people, including urination, sleep, and pooping. What is normal is well-defined, yet broad. The “healthy” poop or normal pooping ranges from three times a week to three times per day.

But to many experts, the ideal poop incidence is once or twice per day based. Having a more prevalent poop could mean diarrhea, while not being able to relieve on the third and succeeding days may indicate constipation.

Generally, the number of bowel movements is determined on what you eat and how much water you drink. Coffee is great in contributing to accelerating the bowel movement.



Different Appearances of Poop and When to Worry

Colon cancer, a deadly disease, starts in the large intestine with symptoms that are easy to overlook. One of those would be having thin, pencil-like stools as a result of an uncomfortable poop.

While not all unusual stool appearances indicate serious conditions, it's still a good thing to know what your poop is trying to tell you about your health. We gathered different poop colors, shapes and textures to discuss what they mean and whether you should start seeing a doctor or not.

Yellow, Greasy Stool

Yellow or greasy-looking poop suggests having too much fat in the diet. It could also hint difficulties of the body in producing enzymes. Eliminating salty and fatty foods from your diet may change the quality of the stool back to normal.

A shiny, glossy, yellow poop may indicate an infection in the small intestine. If this goes on despite the shift to a healthier diet, seeing a doctor is highly recommended.

Having a yellow, greasy stool every time may be one of the symptoms of the following health problems:

- Liver and gallbladder disorders
- Pancreatic cancer
- Chronic pancreatitis
- Celiac Disease
- Gilberts Syndrome
- Giardiasis
- Stress
- Diet



Reddish Stool

It's alarming to see a reddish poop after defecating. Although, some foods like beets, tomatoes and scarlet-colored foods may add a red tinge to the stool.

If food doesn't seem to have caused the reddish or maroonish poop, it may suggest blood in your stool. It is recommended to get checked by a physician to see if the following conditions are present:

- Hemorrhoids
- Anal fissures
- Colon polyps
- Diverticular bleeding
- Inflammatory Bowel Disease (IBD)

White or Clay-Colored

Pale colored stool may signal blockage in the biliary area, a system responsible for keeping your stool brownish. This may happen as a result of medication aimed to cure a digestive tract condition.

Some health problems that may cause white or clay-colored stools include:

- Hepatitis
- Liver cirrhosis
- Tumors or cysts in the biliary system



Black Stool

Some foods and medications may turn your poop into a stool of darkness. But this may also suggest constipation and internal bleeding. Having black poop for some time may be a potential risk to serious conditions such as:

- Liver problems
- Cancer
- Erosive gastritis and erosive esophagitis
- Peptic ulcer
- Upper digestive tract bleeding

Shape and Consistency

Apart from poop color, shape and consistency tells a lot about your body's condition.

Marble-like stools that are hard to pass implies constipation.

Long but lumpy feces that are difficult to pass also indicate constipation.

Fluffy, mushy and watery feces suggest diarrhea. If your poop does not have solid pieces, this may lead to severe dehydration. Or it could be that the bowel movement is faster than normal.

Pencil-like or ribbon-like poop may indicate a tumor in the digestive tract. It can also be a symptom of colon cancer.



How to Achieve a Healthy Poop

A healthy poop means a healthy gut. By achieving a consistent healthy-looking poop, you can avoid serious gut-related problems.

A healthy poop goes down quickly without exerting too much effort.

Eat More Fiber

Fiber-rich foods help avoid abnormalities in bowel movements. Women need 25 grams of fiber in a day while men need 38 grams. The requirement changes as people age.



Avoid Foods That Cause Constipation



Low-fiber foods like cheese, potato, ice cream, processed foods, meat, dairy and sugary foods may cause constipation. Frequent issues of constipation may indicate a more serious health problems.

Drink Plenty of Water

As stool is made up of 80% water, drinking plenty of water is the most important of all. Do this while consuming fiber-rich foods for a healthier poop.



Reduce Stress



Stress triggers various digestive system conditions. It can manifest either diarrhea or constipation. If stress is unavoidable, try reducing stress by exercising, doing yoga and meditating.

Take Probiotics



The digestive system hosts some good live bacteria essential to avoid immunity problems and frequent gut issues. For a healthier gut, take in probiotic capsules or probiotic-rich foods such as yogurt, sauerkraut, kombucha, pickles and kefir.



Exercise

Physical activities reduces stress and helps maintain a sound bowel movement. Take the dog for a walk every morning, do yoga, go to the gym, or find a group of friends for a lesiurely bike ride.



Don't Ignore the Urge to Go



When you feel the call of nature coming, just go. Don't fight the urge as you will regret this later on. Not relieving yourself at the right time may cause constipation or make existing symptoms worse.

Practice Proper Pooping

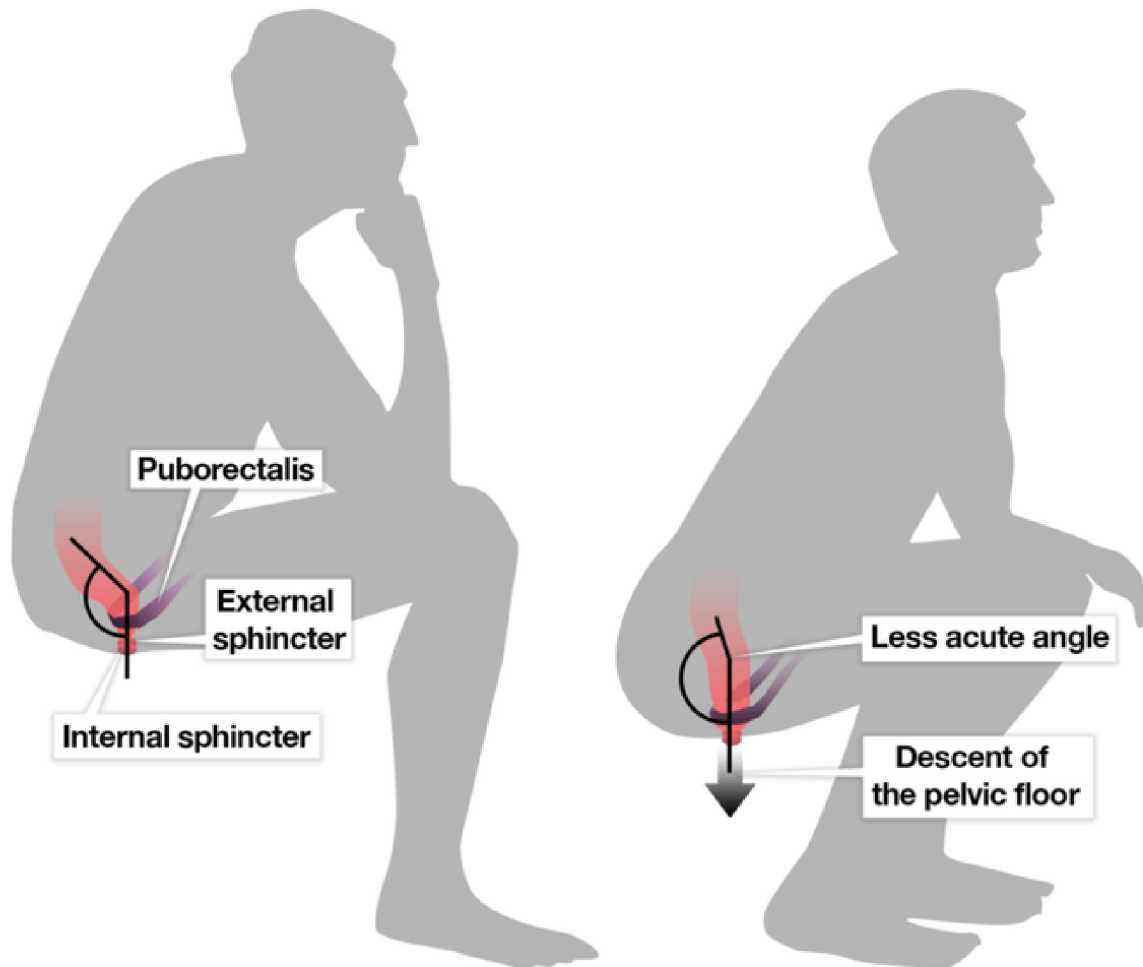
With the current western toilets, you may not be pooping correctly.

When you poop with your feet flat on the bathroom floor, you could not be removing everything.

As such, you won't feel satisfied after every session on the throne. This is because there's more that you need to let out.



To poop right and feel more satisfied, you must relax the Puborectalis muscle. The best way to do this is to be in a squatting position. But this would be a challenging task given the design of today's toilet seats.



Raising your feet and having your knees above your hips, similar in look and feel to squatting, does the trick. You can do this with stool like devices.

Introducing The PoopSTICK

The PoopSTICK was designed with all users in mind. It has adjustable footrests so short and tall people can get the same benefits. The design of the footrest makes it ideal for the moments when you have shoes on. Nature is not checking to see what you have on your feet, with



The PoopSTICK you can wear almost any type of footwear.

The PoopSTICK is an adjustable, hygienic, eye pleasing tool that will help you find the perfect position so you can poop better.



When not in use **The PoopSTICK** can be placed off to the side, out of the way, practically hidden in plain sight.

Learn More

Visit thepoopstick.com to learn more about **The PoopSTICK** and how you can get one for yourself and your entire family.



The PoopSTICK

www.ThePoopSTICK.com