

# Studying Your Stool

## Harmony & Health

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In the movie, *The Last Emperor*, the Chinese Doctors regulated the young Emperor's diet by examining his stool. In modern society, few people pay attention to this, but you can learn to maintain better health by monitoring your elimination. **Evaluate for the following:**

**Smooth** -Your stool should be smooth and easy to eliminate. You should feel the urge to go, sit down and have the elimination without strain, about 2-3 times a day. Otherwise, you are likely lacking water and fiber. The consistency of the stool tells a lot about what is happening in the digestive tract. The stool should have form, but the form should be soft and probably break up upon flushing. It should not be thick and "fudgy". If it is, you may have a lack fiber in your diet or an imbalance of friendly microbes in the colon.

**Watery** -If the stool doesn't have form and is watery, then you are looking at diarrhea. Diarrhea is a sign of acute or chronic intestinal inflammation, which is probably due to the presence of toxins, infection, or parasites in the digestive tract. First choices would include fiber, especially soluble, and charcoal which would absorb the irritants. There may also be a need for anti-inflammatory agents or antimicrobial agents. Chronic diarrhea is often a sign of inflammatory bowel disorders and should be checked out by a health practitioner.

**Shape** -The shape of the stool is also important. Your colon is a long tube and the stool should come out in long pieces. If the stool comes out in hard, dry balls; you are likely dehydrated and would be considered constipated. First and foremost, increase your clean water intake; not just any liquids - stick with water. You can add lemon or chlorophyll for flavor. Sodas, coffees, and teas tend to add to the dehydration and work against you.

**Undigested** -The stool can also tell you how well your digestive tract is working. If there are undigested food particles in the stool, then you need to work on digestion. Are you chewing your food thoroughly? Do you have sufficient hydrochloric acid and digestive enzymes to break food down properly? Digestive enzymes, such as **Food Enzymes** or **Proactazymes** may help with gas, bloating, and food in the stool. Are you taking medication to block the acid necessary for good digestion? Talk with your doctor about switching to taking those medications at supper instead of breakfast, or even better, if you are able to cut down on them.

**Color** -Bile is a major contributor to the color of your stool. Healthy bile is a yellow color and colors the stool a light brown. If the stool is pale, then consider that the liver may not be producing enough bile or the gallbladder may be obstructed. When bile is toxic it becomes green, which makes the stool darker in color. Dark brown or blackish colors can be a sign that the body is dumping toxins from the liver through the bile, particularly if there is also a strong odor. Of course, certain foods will affect the stool's color. But if you have red in your stool and have not been eating beets, you may have bleeding and should see a doctor to evaluate.

**Odor** -Do you smell like a toxic dump? If it gets to the point of smelling rotten, then likely you are not digesting your food or moving your bowels properly so the food rots inside you; which can result in foul belching, gas, and bowel odor. These indicate that you should consider fiber, water, digestive enzymes, colon cleanses or consult a health practitioner to help your digestive and eliminative systems work more efficiently. In summary, add more fiber and water to your diet and check out NSP supplements that support cleansing and bowel health. A good place to start are the NSP cleanses: **CleanStart**, **CleanStart Mild** or **Detox Basics**.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



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