

Don't Flush that!



By: Sharlene Thomas

Alright! Let's talk poop!



Where'd everyone go?








I can only imagine how squeamish that statement made you and you've probably stopped reading already! However, for those who continue to read (and I hope you all did), this is one of the best pieces of information one can get! I must admit that this topic is considered a "no-no" in almost all cultures, but it should actually be the most talked about topic. You see, your bowel movements tell the whole story, or at least a great part of it, of how healthy your body is or is not. And no, I am not only referring to the frequency of bowel movements (although very important) but also, "The shape, size, color, and other fecal features can tell you a great deal about your overall health, how your gastrointestinal tract is functioning, and even give you clues about serious disease processes that could be occurring, like infections, digestive problems, and even cancer." (Mercola 2013)

Your colon, which is where fluids and nutrients are reabsorbed and the processing of waste matter to be carried out of the body, should remain squeaky clean and clear at all times so that all waste can be eliminated and quickly! Like a drain pipe, when waste matter goes down the drain and something becomes stuck, other waste material start to stack on top of each other and eventually backup into undesirable areas because nothing is able to pass through. The solution in this situation would not be to place a big cloth over the spillage and backup, but rather to deal with the root of the issue - unclogging the sink. So here it is, the same is with your body, when your colon is packed up and backed up, it begins to translate the body into a toxic environment AND begins to expel waste through other modes (i.e skin, face, other organs etc) AND begins to break down other systems and organs in the body AND no matter how many vitamins, minerals and pain meds you take, the body is unable to absorb any nutrients past the blockage . This is NOT what anyone desires.

Not going into too much detail on this point, all of this can be determined and dealt with by simply looking before you flush. Here is a quick chart to help you understand the difference between healthy and unhealthy bowel movements. If you can, it would be a great idea to print one and post in your bathroom as well as in your children's bathroom, maybe even in your guest bathroom- too much you think, maybe not. This could actually be the way you get the conversation started with your guest to begin presenting the health message. 😊 Ok, so here are the charts.

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For the Kids!








THE BRISTOL STOOL FORM SCALE (for children)		
choose your		POO!
type 1		looks like: rabbit droppings Separate hard lumps, like nuts (hard to pass)
type 2		looks like: bunch of grapes Sausage-shaped but lumpy
type 3		looks like: corn on cob Like a sausage but with cracks on its surface
type 4		looks like: sausage Like a sausage or snake, smooth and soft
type 5		looks like: chicken nuggets Soft blobs with clear-cut edges (passed easily)
type 6		looks like: porridge Fluffy pieces with ragged edges, a mushy stool
type 7		looks like: gravy Watery, no solid pieces ENTIRELY LIQUID

(2015)



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For you and your guests!

Bristol stool chart	
	Type 1 Separate hard lumps, like nuts (hard to pass)
	Type 2 Sausage-shaped, but lumpy
	Type 3 Sausage-shaped, but with cracks on surface
	Type 4 Sausage or snake like, smooth and soft
	Type 5 Soft blobs with clear-cut edges (easy to pass)
	Type 6 Fluffy pieces with ragged edges, mushy
	Type 7 Watery, no solid pieces (entirely liquid)

(Hicks 2015)

For this week, try and keep a log to monitor the frequency and types of bowel movements you are having and next week we will continue the talk on colon health and you!

References

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