

# The Down Low on How to Go!

*how to have a healthy bowel movement*

## HAPPY COLON

What goes in must come out. Your poop is a great barometer for your overall health. A good start to keeping your colon happy:

- Drink plenty of water
- Eat more fiber
- Get enough sleep
- Exercise
- Reduce stress

## METAPHYSICAL MEANING OF POOP

Click here to read Louise Hay's take on the Metaphysical meaning of poop.

## MORE INFO

- Look below for a great chart that shows the 7 types of stool. Aim for #4!
- Did you know that squatting is the optimal position for pooping? Read more by clicking here.

1

2

3

4

5

## SIGNS OF HEALTHY POOP

- Brown in color
- Well formed, like a banana
- Consistency like toothpaste
- Slips out easily
- No straining or discomfort

## SIGNS OF AN UNHEALTHY POOP

- Stool that is pencil thin
- Loose like pea soup
- Hard lump or in balls
- Soft, foul-smelling
- Stool with whitish mucus
- Strain or discomfort



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# BRISTOL STOOL FORM SCALE

## WHAT DOES HEALTHY POOP LOOK LIKE?

TYPE 1



Separate hard lumps, like nuts  
(hard to pass).

TYPE 2



Sausage shaped but lumpy.

TYPE 3



Like a sausage but with cracks  
on the surface.

IDEAL

TYPE 4



Like a sausage or snake,  
smooth and soft.

TYPE 5



Soft blobs with clear-cut edges.

TYPE 6



Fluffy pieces with ragged edges,  
a mushy stool.

TYPE 7



Watery, no solid pieces.  
Entirely liquid.



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