

6 REASONS TO CARE ABOUT POOP HEALTH

Here's what your poo says about your wellbeing (and how to improve it).








HOW HEALTHY IS YOUR POO?

If you've never considered the different qualities of your poo, here's a primer.

SHAPE AND TEXTURE

Can tell you a lot about your eating and lifestyle habits.
And give clues about overall health.

POSSIBLE RED FLAGS

TYPE 1	Ack!		Small, hard, difficult to pass
TYPE 2	Uh-oh		Sausage-shaped but lumpy
TYPE 3	Meh		Sausage-shaped but cracked
TYPE 4	Rock on		Sausage-shaped, smooth, and soft
TYPE 5	Meh		Small and soft with defined edges
TYPE 6	Uh-oh		Very small, fluffy/mushy pieces with ragged edges
TYPE 7	Ack!		Watery










- ✗ Any **color** other than brown, unless it's the hue of your last meal (spinach, beets, etc.)
- ✗ Extremely foul **smell**
- ✗ Going **too frequently or infrequently** (1-3 bowel movements per day = ideal)
- ✗ Bowel movements that require **huge effort or lots of time**

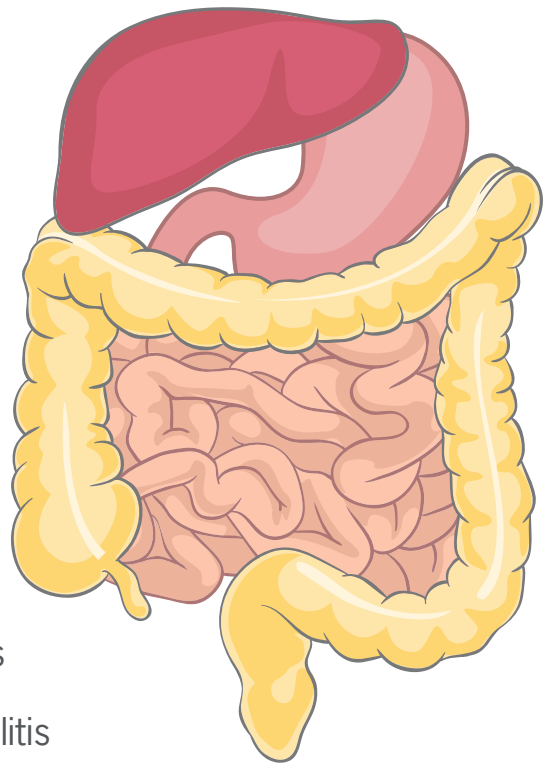
6 THINGS YOUR PROBLEM POO COULD BE TRYING TO TELL YOU

Sub-optimal poo can indicate nutrition and lifestyle issues that could get worse if not addressed. Try these fixes. And if problems persist, talk to your doctor.

1 YOUR GUT ISN'T FUNCTIONING PROPERLY

POSSIBLE CAUSES

-  Blood sugar irregularities
-  Nutrient deficiencies
-  Aging
-  Disrupted circadian rhythm (e.g. jet lag, shift work)
-  Microbiotic imbalance
-  Medical procedures such as bariatric surgery
-  Autonomic nervous system problems
-  Chronic diseases like Crohn's and colitis
-  Medications like antibiotics and painkillers



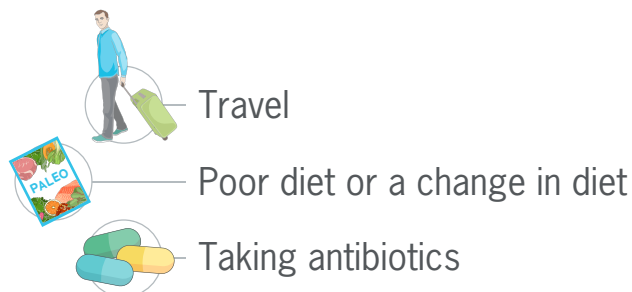
FIXES

- Increase your consumption of **whole, minimally processed foods** like fruit, vegetables, and fresh meat — rich nutrient sources.
- **Eat slowly and mindfully**, and tune into your physical hunger and satiety cues.
- **Practice improved sleep habits.**

WHY THIS MATTERS

Gastrointestinal dysfunction can be caused by significant health issues and can lead to a downward spiral of problems.

POSSIBLE CAUSES



FIXES

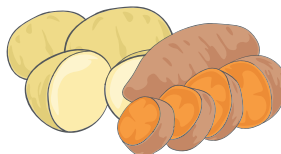
- Eat a wider range of **fresh, minimally processed foods**.
- **Grow a garden or spend time on a farm**, where diverse bacteria flourish.
- **Consume prebiotics** — starches that help keep good microbes alive.



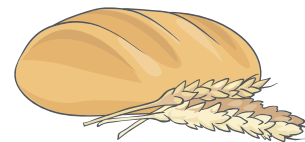
beans and legumes



fruits



starchy vegetables and tubers



whole grains

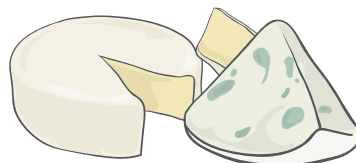
- **Consume probiotics** — live colonies to boost your microbiome population.



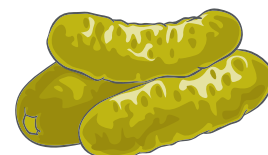
kefir



yogurt



mold-enhanced cheese

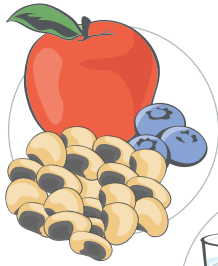


fermented products like sauerkraut, pickles, kimchi

WHY THIS MATTERS

If the ratio of the various bacteria in your body is out of balance, you may do a poorer job producing digestive enzymes, breaking down carbohydrates, and more.

POSSIBLE CAUSES



Fiber deficiency

Not eating enough plants can cause constipation.



Food sensitivities

These can mess with gut function and cause watery poo or constipation.



Processed foods

Some people are sensitive to added sugars, refined grains, and food preservatives/additive (like MSG).

FIXES

- **Keep a food diary** for a couple weeks to track what you eat and any symptoms you notice.
- Consider an **elimination diet**.

WHY THIS MATTERS

Why it matters: Minor or severe, underlying dietary issues can make you feel bad, sap your energy, or even lead to further health problems.

POSSIBLE CAUSES



Not consuming enough water or water-rich foods



Heat exposure



Frequent, intense exercise



Certain medications



Stress



Low-carb and/or high-protein diet



FIXES

- **Drink more water**, especially during and after workouts.
- **Balance your workout regimen**.
- **Relieve stress** through relaxing activities and meditation.
- **Increase water-rich foods** like fruits, vegetables, and whole grains.

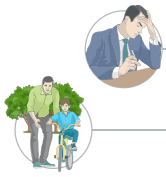
WHY THIS MATTERS

Without sufficient water, all body functions will suffer.

5

YOU'RE TOO STRESSED

POSSIBLE CAUSES



High total allostatic (stress) load

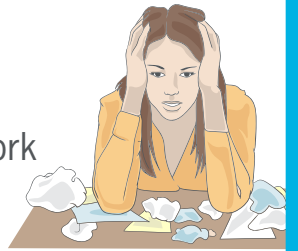
Too little time in nature



Weak support network



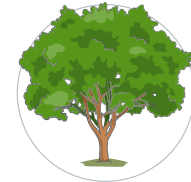
Low ability to cope



FIXES



Walking outside
Moderate sun exposure
Enjoying nature
Low-key music
Massage
Deep breathing
Laughing



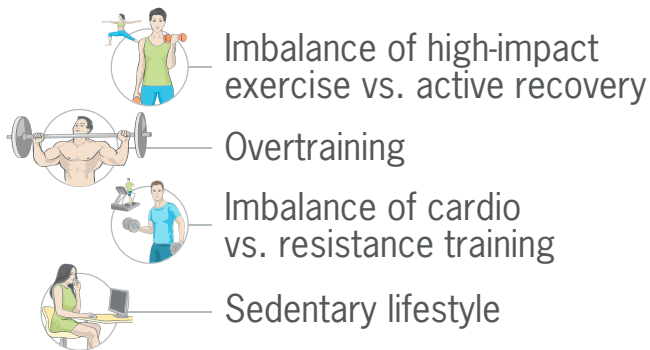
Snuggling with a loved one or pet
Yoga or slow stretching exercises
Easy swimming
Relaxing in a hot tub or sauna
Having sex
Non-competitive play
Mindfulness and meditation
Moderate, occasional drinking
Green tea



WHY THIS MATTERS

High stress can cause a myriad of physical and mental ailments and become a major barrier to your goals.

POSSIBLE CAUSES

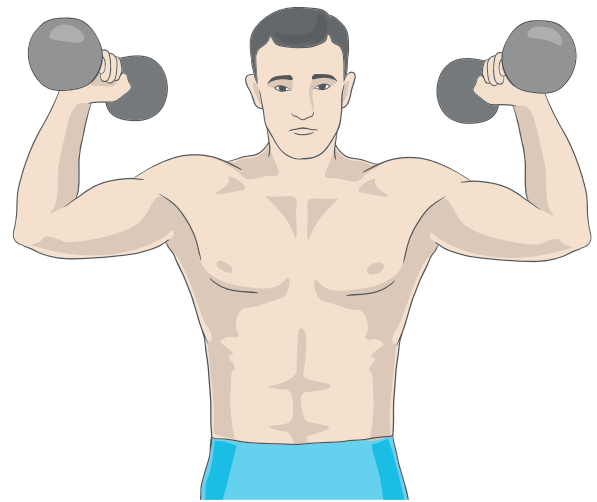


Imbalance of high-impact exercise vs. active recovery

Overtraining

Imbalance of cardio vs. resistance training

Sedentary lifestyle



FIXES

- **Find ways to move your body that you truly enjoy**, so “exercise” doesn’t feel like a slog.
- If you suspect you’re overtraining, **keep a workout journal** for a couple weeks. Increase active recovery time and observe whether symptoms like muscle aches and fatigue improve.

WHY THIS MATTERS

Finding a workout routine that fits your body can keep you functional, free of injury, and feeling great.

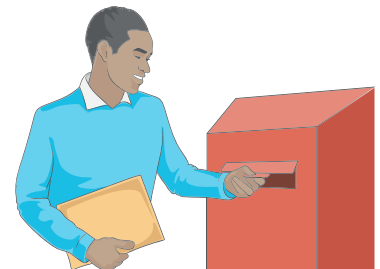
UP YOUR POO ASSESSMENT GAME



Get it the habit of checking your poo quality on a daily basis so you can address issues quickly.



Consider using a bowel movement tracking app to make regular assessments easier.



If you’re curious, get your microbiome tested to learn about your unique bacterial balance and how to support it.