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.

ΤΥΡΕ Ι	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

POSSIBLE **RED FLAGS**

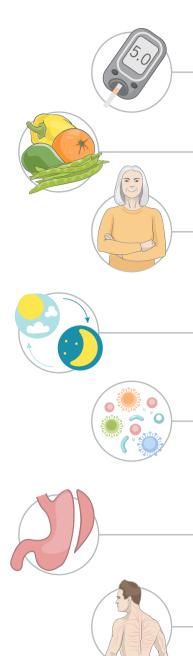
- Any **color** other than brown, X unless it's the hue of your last meal (spinach, beets, etc.)
- X Extremely foul **smell**
- Going too frequently or X infrequently (1-3 bowel movements per day = ideal)
- **X** Bowel movements that require huge effort or lots of time

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.

YOUR GUT ISN'T FUNCTIONING PROPERLY

POSSIBLE CAUSES



Blood sugar irregularities

Nutrient deficiencies

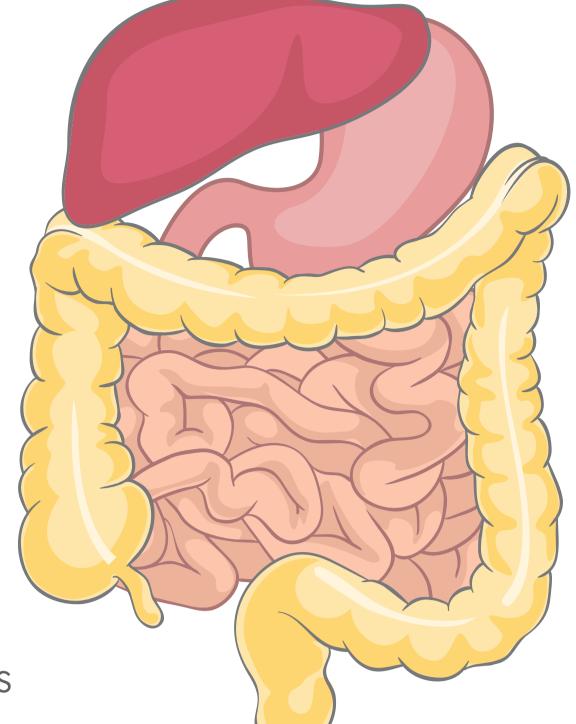
Aging

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



- 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.

YOUR MICROBIOME IS OFF-BALANCE

POSSIBLE CAUSES



Fravel

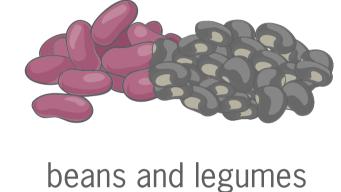
Poor diet or a change in diet

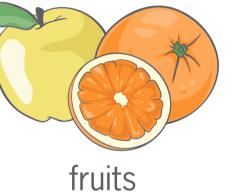
Taking antibiotics

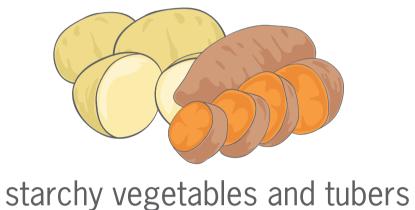


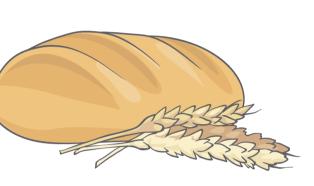
FIXES

- 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.









whole grains

Consume probiotics — live colonies to boost your microbiome population.





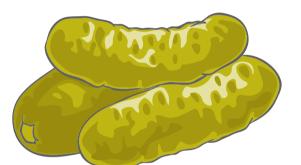


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mold-enhanced cheese



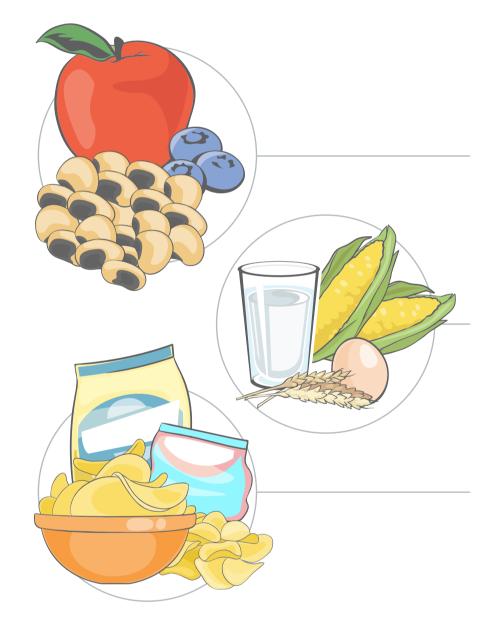
fermented products like sauerkraut, pickles, kimchi

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.

YOUR DIET ISN'T WORKING FOR YOU

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).

- **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.



YOU'RE DEHYDRATED

POSSIBLE CAUSES



water or water-rich foods Heat exposure

Not consuming enough

- 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.

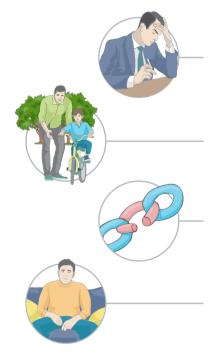
WHY THIS MATTERS

Without sufficient water, all body functions will suffer.



YOU'RE TOO STRESSED

POSSIBLE CAUSES



High total allostatic (stress) load Too little time in nature Weak support network

Low ability to cope



FIXES

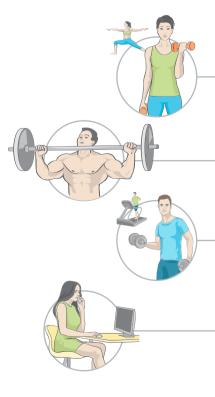


WHY THIS MATTERS

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

YOUR WORKOUT ROUTINE ISN'T WORKING FOR YOU

POSSIBLE CAUSES



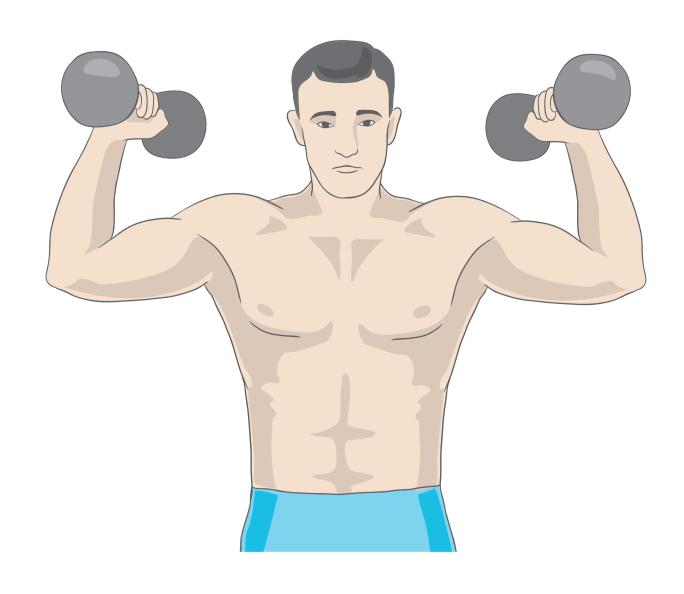
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Imbalance of high-impact exercise vs. active recovery

Overtraining

Imbalance of cardio vs. resistance training

Sedentary lifestyle



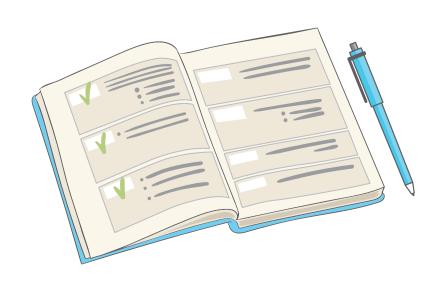
FIXES

- **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.

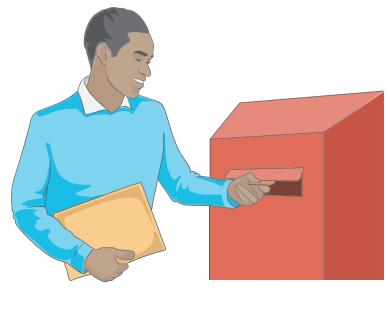
UP YOUR POO ASSESSMENT GAME



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.

