



Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

eatwellenjoylife.com

How to analyze your stool:

Check in before you flush (Bristol Stool Chart below):

- How complete is it?
- Are you seeing any undigested food in your stool?
- What color is it?
- Is it too dry or too loose?
- Are you experiencing gas or bloating after eating?








What A Healthy Bowel Movement looks like:

- Stools should be relatively soft and easy to pass.
- Bowel movements should occur from one to three times a day.
- Gas, bloating and skin eruptions are indicators that the colon needs some support.
- Poop should be brown or golden brown.
- Eliminations should be sausage-shaped, with a smooth nut butter-like consistency - there should not be visible food particles mixed in especially if you've chewed your food well.

The color of your stool:

- It should be brown but it may be other colors
- Green poop is often do to the newer introduction of a lot of leafy greens
- Red poop is often from the consumption of beets and is usually an indication of depleted HCL in the stomach
- Red can also indicate bleeding in the lower digestive track or rectum
- Black poop is due to bleeding in the upper digestive track or the use of clay as we are doing in this cleanse so don't be alarmed unless it continues after the cleanse is over.
- Lighter colored poop, grey or tan is usually lacking in bile salts

Bristol Stool Chart

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 its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Bristol Stool Form Scale

» **Type 1: Separate hard lumps, like nuts**

This type is a sure sign you are constipated Typical for post-antibiotic treatments and for people attempting fiber-free (low-carb) diets.

» **Type 2: Sausage-like but lumpy**

This is a sign of toxic constipation. Represents a combination of Type 1 stools impacted into a single mass and lumped together by fiber components and some bacteria. This type leads to hemorrhoids. To attain this form, the stools must be in the colon for at least a week, maybe more, instead of the normal 72 hours. This person is in need of intestinal cleansing

» **Type 3: Like a sausage but with cracks in the surface (Normal)**

» **Type 4: Like a sausage or snake, smooth and soft (Normal)**

This form is normal for someone defecating 1-3 times a day after meals.

» **Type 5: Soft blobs with clear-cut edges (Borderline Normal)**

If they are too soft it may indicate you ate something that irritated you bowel.

» **Type 6: Fluffy pieces with ragged edges, a mushy stool**

This indicates some toxins in the colon. Can be the result of laxatives or too much magnesium. Make changes in your diet to get it back to normal.

» **Type 7: Watery, no solid pieces**

This, of course, is diarrhea, passing through the colon quickly. You may have a viral or bacterial infection. Check with your doctor if it continues.

Changes in your stool are common and are generally not significant if the changes are noted from one stool to the next and are not persistent. However, changes in the color and texture of stool can also be caused by a number of minor to serious medical conditions and can occur with certain medications. Changes in stool that are persistent and occur regularly may signal the presence of a medical condition and should be evaluated.