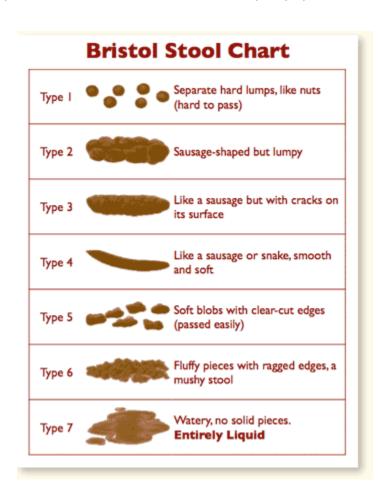


Poop Chart

Poop is not just something to be tossed away. In fact poop has been used as a diagnostic tool for centuries. In this video Dr. Oz talks how your poop looks and what it may tell you. You may want to take a look in the bowl before you flush.

http://www.doctoroz.com/videos/poop-primer



Types 1–2 indicate <u>constipation</u>, with 3 and 4 being the ideal stools (especially the latter), as they are easy to <u>defecate</u> while not containing any excess liquid, and 5, 6 and 7 tending towards <u>diarrhea</u>.