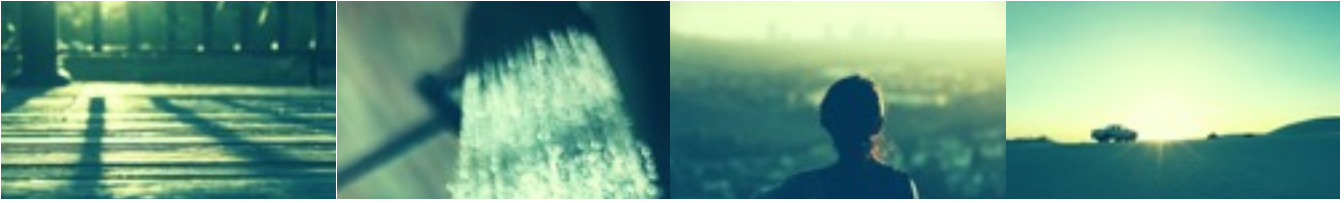


10 Years Younger in 6 Weeks

CLEAN
RESOURCE GUIDE

by Carol Egan



BRISTOL STOOL CHART

Researchers at Bristol University in the UK developed the Bristol Stool Chart as a visual guide for patients and doctors to distinguish normal, healthy stools from abnormal, unhealthy stools just by looking in the toilet.

This chart provides you with visual illustration of how long it takes for waste matter to transit through your body.

Use the Bristol Stool Chart below to identify what healthy stool is and what it is not, to then gage where you 'rank' according to the characteristics offered — size, shape, consistency and odor.

Yes, I get it — talking about 'poop' is not necessarily a lunch-and-learn topic, it is nonetheless a very important topic, because your stool, like your body's temperature, is an important barometer about your state of health. A barometer you get to freely assess everyday.

Since healthy elimination is vital to how good you look and feel everyday, talking a look before you flush offers you an awesome opportunity to gage and then implement dietary choices to support healthy bowel movements.

Once you identify where you 'rank' on the chart, go to the next page to find out what this analysis means for your body and your health. And do a recheck periodically.

BRISTOL STOOL CHART



Type 1: Stools appear in separate, hard lumps, similar to nuts. Type 1 stools remained in the colon the longest amount of time; a sure sign you're constipated; most common stools.



Type 2: Stools are sausage-like in appearance but lumpy. Indicate toxic constipation and need for intestinal cleansing



Type 3 (Normal): Stools come out similar to a sausage but with cracks in the surface.



Type 4 (Normal): Stools are smooth and soft in the form of a sausage or snake.



Type 5: Stools form soft blobs with clear-cut edges, and easily pass through the digestive system. Soft diarrhea, it may indicate a possible risk for bowel disease; also indicate you are toxic and need regular intestinal cleansing.



Type 6: Stools have fluffy pieces with ragged edges. Considered mushy stools, they indicate diarrhea; and that you are toxic and need regular intestinal cleansing.



Type 7: Stool is mostly liquid with no solid pieces. Passed quickly through the colon; is indicative of severe diarrhea possibly as a result of a viral or bacterial infection. See a doctor as soon as possible.

Let's Summarize the Chart:

Normal stools pass quickly and easily, without any perception of pressure or difficulty.

Abnormal stools are any stools that require straining and/or you feel pressure from stools during elimination.

Abnormal stools may be small or large size-wise, depending on fiber consumption, and frequency of defecation.

Normal stools can be loose or slightly formed (As illustrated in type 5 illustrated in the chart above).

Normal stools (between type 4 and 6 in the chart above) aren't perfectly round.

Normal stools for one person may be abnormal for another. The degree of normality is determined by the anatomy of the anal canal, and can differ for each of us.

Normal stools require zero effort and zero straining for elimination.

Promote Healthy Elimination



- Hydration, internally & externally
- Greens 3x per day
- Raw Vegetables and Fruits
- Exercise
- Deep Breathing/De-Stress
- Directed Thinking