

# How To Determine If You Are Eliminating Properly

## STOOL INVESTIGATION

Are your stools soft, or firm?

Color – is it light brown, medium, or very dark?

Is it free from foul smell and odor?

Does it float?

Do you have to strain to eliminate?

Does elimination take place 15-30 minutes after a meal?

Is it at least 5 inches, or longer?

Is it 1 to 1-1/2 inches in diameter?

Is it banana shaped?

- Bright red blood means that the blood is coming from the anus. It could be from an internal hemorrhoid, or from a fistula, or other rectal problem.
- Dark red blood has come from farther up in the digestive system, and could mean ulcers, or colitis in the splenic flexure area.
- Blackish-red blood indicates ulceration and bleeding around the hepatic flexure.
- Blood totally black in color could be from the stomach.
- High protein diets, consisting mostly of meat produce, will produce a dark colored stool. Spinach and other vegetables containing chlorophyll can stain stools green; dark colored food such as blackberries or cherries will cause the stool to be a darker color.
- Yellow or orange stool indicates insufficient bile, and is mixed with intestinal contents, or, it could be a sign of jaundice or liver disease. Carrot juice can also make stools turn orange color.
- A reddish wine colored stool can be caused from eating beets.
- Iron medication or anemia can cause a slate grey or blackish stool.
- Excess protein stool is usually black.
- Very dark, olive blue stool may indicate a diet too rich in protein and fat -- causing too much putrefaction within the bowel.
- Dark, hard, offensive smelling stool may indicate very severe bleeding high in the intestinal region. It may come from an ulcer in the stomach, duodenum, colitis, or Crohn's Disease.
- Light Grey or chicken soup-like stool, can indicate liver or gall bladder trouble.
- A hard, black stool means constipation.
- Flat and thin-like stool indicates an obstruction in the lower part of the bowel or spastic colitis (usually around the splenic flexure of sigmoid area).
- A stool with many small bubbles (bead-like) shows fermentative conditions.
- A slick, slimy stool could be caused from jaundice.

A normal stool has no offensive odor. If it is offensive smelling, then a lot of putrefaction and rotting has occurred and there is a digestive problem, which could include constipation or improper food combining. Bacteria, both dead and alive, usually constitute a quarter to half of the dried feces. Stools should normally be soft, a medium brown color, and should float.

CHECK STOOL STATUS (regularly)

Hard

Firm

Soft

Loose

Smooth

Cracks

Shape \_\_\_\_\_

Length \_\_\_\_\_ Width \_\_\_\_\_

Does it:

Sink?

Float?

Does it have bubbles on it?

Small

Large

Excretion Effort:

Slides out easily

Must push out

Must Strain Forcefully

Regularity:

How often and when?

\_\_\_\_\_

Medium

Dark

Black

Mucus

Blood

Strong Odor

Fluid

Jelly-like

Gas:

Excessive

Belching

Heartburn

Pressure in Chest?

Anal Itching:

Continuous

Intermittent

Protruding Rectum:

Continuous

Only after a bowel movement

Frequent or constant urge for a bowel movement?

Contact HealthStyles4U for more detailed Nutritional Testing, Evaluation, and Consultation.