

Poop and Urine Chart

Poop: The goal is to defecate daily. Preferably more than once. The stool should be soft and moist and glide out like toothpaste. BM's should only require one or a few wipes. The odor should be minimal and not foul. The color can be any color of the rainbow, except red, white (gray), or black.



Shape #1: Pellet Poo: Hard to pass. Spends too much time in the colon. The longer feces remains in the large intestine the greater chance to develop toxicity. Toxicity is the root cause for many diseases. Pellet Poo is often associated with constipation and dehydration.



Shape #2: Bomber: A Bomber can be large. A large stool can be destructive because it might lacerate anal tissue (called fissures.) A Bomber sometimes needs to be forced. Straining can cause hemorrhoids or break blood vessels in the brain, especially in elderly.



Shape #3: Corn on the Cob: Not as bad as #2, not as good as #4. Mild straining required. Low end of acceptable.



Shape #4: Goldilocks Poo! Consistency of toothpaste. Long, soft and moist. Exits without effort. Not too big. Not too small. Juuuust right!*



Shape #5: Pop Corn Poo: Plops out easily. Light and fluffy and often floats on the water. Typical of several stools per day. High end of acceptable if a #4 occurs on the same day.



Shape #6: Brown Matter Batter: Usually messy, requires excess wiping and can be accompanied by gas. Brown Matter Batter can cause dehydration, be a sign of mental stress, or a result of food sensitivity (irritable bowel.)



Shape #7: Grande Crapachino: Watery diarrhea. Can lead to dehydration. The cause must be determined.

* Shape #4 is optimal, but does not mean the GI tract is free of disease. See a health care practitioner for GI tract symptoms.

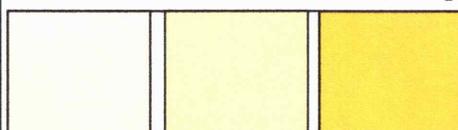
The Poop Chart is modeled after the Bristol Stool Scale. It is designed to be used as a medical aid for patient education. Seven stool types were originally developed by Heaton and Lewis at the University of Bristol. Their research was first published in the *Scandinavian Journal of Gastroenterology* in 1997.



Humans are classified as animals. Animals in the wild and well fed domestic animals do not need to wipe after a bowel movement. Neither should the human animal. Wiping once should be confirmation that you did not need to wipe at all. Wiping up to 5 times with less and less soil on the paper is a compromise. Poor diet, poor digestion, and poor BM's, are responsible for multiple wipes, mushy sticky feces, and many illnesses!

Urine: Urine should be clear enough to read a newspaper. Dark urine could mean you are not drinking enough water or you are dehydrated from some other source. This occurs when the kidneys preserve water and expel concentrated waste. Foul smelling urine could mean there is an infection. Certain foods, liquids and medications may change the color and odor of urine. It is normal for vitamin B2 supplement to turn urine bright yellow and asparagus to give it an unpleasant odor. Many health issues can be resolved by drinking several glasses of plain water each day!

The darker the urine, the greater the dehydration. Ink color does not depict exact urine color.



Clear to light yellow hues.

Hydrated



Darker yellow to light brown.

Dehydrated



Dark yellow, amber or brown.

Severely Dehydrated