

# Tao of Poo Self Assessment Quick Start



## Q&A Assessment:

This assessment does not constitute a diagnosis, but serves as a guide to help you determine next steps. There are focused protocols that range from change of diet and lifestyle, detoxification, and the use of herbal remedies, among other natural methods, that can assist you in the reversal of digestive complaints and the improvement of your overall health. A qualified and supportive practitioner will listen, guide, and inform, but ultimately you are in control of your life and health and this assessment is to help empower the changes you want to make. This assessment is based on naturopathy and the 4 stages of tissue weakness.

### Section A

- There has been a persistent change in my bowel habit, which I cannot explain- due to stress, changing my diet, use of medications, or change of environment.
- I have seen blood on my stools (change in formation, feces, or parasites) recently.
- I have experienced persistent abdominal pain, which is not related to changing my diet or stress.
- I have lost weight (more than 2kg or 4 pounds) recently for no obvious reason, such as recent dietary changes or the increase of exercise, reduce food intake.
- I have frequently lost my appetite and/or feel sick or nauseous for no obvious reason.
- I have had a persistent gut upset associated with symptoms of fever, shivering, sweating and feeling unwell.

If you have answered **Yes** to one or more of the symptoms in Section A, you may be experiencing a degenerative stage of tissues weakness that is beginning to impact how your body systems functions. It is advised that you seriously consider detoxification and speaking with a holistic practitioner soon to assist with corrective actions.

### Section B

- I either have many bowel movements per day, or don't go at all.
- My stools can vary from being soft and watery to hard pellets.
- I often feel the urge to go but can't.
- Stress often upsets my stomach.
- There are so many different foods that upset me; I don't know what to eat.
- As well as abdominal and bowel symptoms, I can feel so tired and get indigestion, and experience pain.
- My stomach is so bad- I'm feeling frustrated and depressed.
- The gas and bloating is so bad it's embarrassing. Or, I can look as though I am several months pregnant.

If you have answered **Yes** to any of these symptoms and do not have the more severe symptoms in Section A, there is a possibility that you are experience a chronic stage of tissue weakness. Consult with your holistic practitioner to discuss correcting the underlying cause to reverse symptoms and avoid the degenerative stage.

*Continue with the final section on the following page ...*

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## Section C

- I rarely eat breakfast, or usually have a quickly take-n-go meal or quick energy/breakfast bar.
- I frequently drink energy drinks, coffee/specialty coffee, sodas, or products with artificial sweeteners.
- I feel dehydrated, but water doesn't seem to be helping.
- I have frequent UTI (urinary tract infections), or struggle with Candida.
- I do not eat 5 portions of fruit and vegetables a day, and rarely have nuts or seeds incorporated into my meals.
- I eat a lot of dairy, or fast-foods, and processed foods.
- I do not do a minimum amount of exercise every day – such as walking 20 minutes per day.
- I don't feel like I have enough energy to physically move or pursue new projects.
- I sit in front of the television or computer the majority of my day (or more than 2-3 hours daily).
- I have excess weight that I'm having trouble losing.
- I rarely go a day without an alcoholic drink.
- I smoke cigarettes regularly.
- I have very poor quality sleep, or wake up frequently at night.
- I dread getting up in the morning and going to work.
- I suffer from excessive worry, stress or anxiety.
- I am unhappy with my job or career path.
- I feel stuck in my life.

If you have answered **Yes** to one or more of the statements in Section C, you may be experiencing acute or subacute tissue weakness symptoms. You may want to consider a transition in diet as well as lifestyle changes. Acute/Sub-Acute tissues progresses to chronic, and then degenerative stages of tissue weakness. Life can be hectic, fast-paced, and stressful and **making lifestyle adjustments can be done at your own pace.**

## Moving Forward

Contemplate how you would like to feel, what steps you're willing to take to feel better, what career or job changes that would make you want to get up in the morning. Ask yourself whether you are willing to make gradual changes, and if you're ready to start taking even small steps to accomplish your goals.

If you are ready and feel that you need assistance, seek out someone who can help you focus on the changes you decide you want to make, to help you develop strategies, and who will provide methodologies. Your gut health is a reflection of your entire body – physical, mental, and emotional.

**Detoxification** means the complete elimination of the cause of the symptoms. If you correct the cause of the problem, the symptoms will automatically go away. **Regeneration** means rebuilding tissue that is failing; and detoxification is the method used to remove the inflammation and toxins that have caused these tissues to fail in the first place. Always ask yourself "why?", and what the cause of your symptoms may be and focus on that. Decide whether you want to manage or heal – the decision is yours to make.

**Your body will heal itself when you create the right conditions.**