
The Perfect Poop

Congratulations! This is what you want to achieve every time you have a bowel movement. The perfect poop comes out effortlessly in one beautifully solid piece in the shape of an S or a C. It should be a medium brown color, not have too strong of an odor, and should occur ideally 1-2 times per day.

The Rabbit Pellet Poop

You likely have a congested liver. Drink more water and do more stress-relieving exercises such as deep breathing. You might also need more fiber, so eat your veggies!

The Sticky Poop

Your poop is full of mucus and leaves marks in the toilet bowl. Have that toilet scrubber ready because you're going to need it! Eat more fiber. If you experience this issue before or after the cleanse, eliminate dairy and alcohol as both are mucus-forming in the body.

The Stinky Poop

Your body is toxic and overly acidic. The cleanse should take care of this issue, as stinky poop is likely the result of eating a diet high in processed foods that contain chemicals and artificial ingredients, eating non-organic foods, and having an overly toxic lifestyle. As you eat more whole foods and drink more water, your body will be less toxic and less acidic.

The Revealing Poop

If you see remnants of food in your poop, chew your food better. You are likely eating too fast and swallowing your food practically whole. This might also indicate that you have a food intolerance or a weak digestive system because you're not fully digesting your food. (Note: If you eat certain foods like corn or sesame seeds, you will see them undigested on its way out too- this is normal)

The Non-Stop Poop

If you're experiencing diarrhea, your body is having a reaction to something you ate and is trying to get it out of your body as fast as possible. Lay off the raw veggies until you feel better. Repopulate gut bacteria with probiotics. Drink peppermint or ginger tea to soothe the stomach.

The Non-Existent Poop

If you're experiencing constipation, drink more water throughout the day between meals (at least 30 minutes before or after meals, NOT during as this can dilute stomach acid). Drinking "almost hot" water with lemon while relaxed (try deep breathing) can help "move things along". Increase exercise and rest, eat slower, and eat more fruit (alone, preferably in the morning), cooked veggies and gluten-free grains.

Supplements to consider are probiotics, digestive enzymes, magnesium (Calm is a good one, or you can take the Relaxation Detoxification bath before bed – *Refer to the **Toxin Reduction sheet***) or the herb Senna (drinking "Smooth Move" chocolate laxative herbal tea – which contains senna – before bedtime can help "get things going" the next morning as a quick fix for short-term relief).

Remember...Everyone Poops!

Your poops can reveal a lot about what's going on inside your body, so pay attention to what's going on down there.

Don't ignore it! Think of your poop as a diagnostic tool to gauge what needs to be addressed in your diet or in your lifestyle. Ideally, you should be having Perfect Poops every time. If you're not, change something.

Use it as a clue. Embrace your "number two".