

from the book **PRACTICAL PALEO**
guide to: your poop!

Understanding your eliminations will help you to figure out exactly what's going on with your digestive system. Track whether your toilet sees Ms. Ideal most often, or if some of her less than beautiful competitors are creeping onto the stage more than once in a while.



know your poop IT CAN TEACH YOU A LOT

FROM LEFT TO RIGHT, LET'S MEET OUR CONTESTANTS!

ms. ideal

Medium brown in color and solidly formed in the shape of an S or a C, passing easily and regularly one to two times per day.

ms. show off

Varying in color and generally solidly formed, she shows you pieces of foods you recently ate in their semi-whole, visibly identifiable form. She's what you'll see if you are not fully digesting your food and can indicate low stomach acid or a food intolerance.

ms. runny

Varying in color and generally unformed, she shows you pieces of foods you recently ate in their semi-whole, visibly identifiable form. She's what you'll see if you have eaten a food to which your body is reacting strongly and the "everybody out!" mechanism has been initiated. After a bout of diarrhea (which is multiple instances of loose stool over the course of a day or multiple days), it is important to reinoculate your gut with probiotic content.

ms. rocky

Generally dark in color and formed into small balls or pellet shapes, she's what you'll see if you are experiencing a gut flora imbalance, dehydration, stress, or if you're not eating enough soluble fiber. If she's in your toilet, your number one priority is to get rid of her! Probiotic foods (or supplements if you can't tolerate the foods), some starchy vegetables, proper hydration, and meditative breathing will all help to get her moving on out.

ms. muscles

Generally medium to dark brown in color and a shape that's a bit thicker and tougher to pass, she's what you'll see if you are eating a lot of processed forms of protein shakes, bars, or even processed meats. If you see her, swap your processed forms of protein for whole forms like grass-fed steak, pasture-raised eggs, and wild-caught fish.

ms. swim team

Generally light, greenish, or even white in color, she's what you'll see if you have eaten refined, processed, or manmade fats or refined seed oils, more natural fat than you can digest, or if your gallbladder isn't able to properly release bile in response to the fat you've eaten. Avoid bad fats, and consider having your gallbladder checked.

ms. toxic

Dark in color, strong in odor, and generally sinking to the bottom of the bowl, she's what you'll see if you have eaten too many processed or refined foods, you're eating a lot of non-organic foods, or you're experiencing a general toxicity overload from your environment, personal care products, diet, (artificial sweeteners), lifestyle habits (smoking), and use of plastics. Opt for organic, fresh, whole foods and plenty of water and seek out ways to lower toxin load in other areas of your lifestyle.

Illustration by Alex Boake, adapted from "How to Eat, Move & Be Healthy," by Paul Chek