



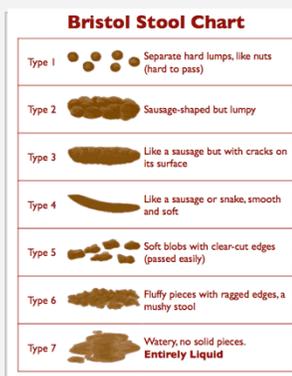
What Your Bowel Movements Reveal about Your Health



Unless you're the parent of a toddler who has just mastered "going potty," poop is probably not a hot topic in your household. But the composition of what

you deposit into the toilet has important implications for health. Did you know the features of fecal matter—such as the **size, color, shape, odor, and consistency** indicate how well the *gastrointestinal (GI) tract* is functioning? Those same features also provide clues about how your body is (or isn't) faring against threats of infection and more serious diseases like *celiac disease, hepatitis, urinary tract infections, malabsorption disorders, inflammatory bowel disease, pancreatitis, and cancer*.

To give you an idea of what healthy, normal stool looks like, check out the Bristol Stool Chart (http://www.gutsense.org/constipation/normal_stools.html). The healthy range for fecal matter is of a consistency that is not too hard, not too soft, and mostly solid—as opposed to lumpy, pellet-like, or liquid. Normal stool color is in the light-to-medium brown range and is not offensively odorous. Also, bowel movements (BMs) should pass easily from your body to the toilet.



5 BMs that Require Medical Attention

Unless you are aware of dietary changes or a medication that could produce the following types of stool, it's advisable to seek medical attention if you observe the following changes in BMs.

1. Stool that is hard to pass, requires straining, or is accompanied by abdominal pain.

'What Your Bowel Movements Reveal' is continued...

What Your Bowel Movements Reveal, cont.

2. Black, tarry stool might indicate infection or GI bleeding, while bright red stool could indicate infection and/or bleeding in the GI tract or anus. Seek immediate medical attention.
3. White, pale, or grey stool could indicate problems with the liver, bile ducts, or pancreas.
4. Yellow stool could indicate serious infection or gallbladder problems.
5. Mucus in the stool can indicate inflammation, infection, or even cancer.

How Often Should You Go?

How *frequently* you have a BM is important, too. And, what's typical for you may be different for other people in your family. Most doctors agree that once a day is healthy; but no matter how often you poop, you should not have to strain or experience pain while excreting.

Additionally, be aware that the appearance and frequency of BMs will vary based on *what's in your diet, sleep and exercise patterns, hormonal changes, travel, stress, hydration level, medications or supplements you are taking, and exposure to toxins* (from nicotine to industrial toxins).

How Low Should You Go?

There's also evidence that the position you take to evacuate the bowels has health implications for the physical structures of the GI tract. *So much so that some scientists indicate sitting to poop is a contributing factor in the development of colon and pelvic diseases*. Evacuating the bowels is much easier on the body in the squatting versus seated position.

You can learn more about proper toilet position in this video: <https://www.youtube.com/watch?v=5P8L0r4JVpo>

This copy of **the Vital Scoop** provided to you by:



Power Up Your Gut with Fermented Foods



Fermented foods may be setting trends on [The Huffington Post](#), but these nutrient-potent foods have been around for thousands of years in German, Indian, Chinese, and Japanese cultures.

For people living without modern medicine and refrigeration, fermentation was a simple means of food preservation and a way to imbue foods with the health-enhancing properties of the live bacteria the gut needs to stay in balance.

Fermented foods are a potent source of **probiotics**, which research has shown are essential to powering up the mucosal immune system in your digestive tract and producing antibodies to pathogens. Both are key to helping you maintain vibrant health.

You may not even realize just how many fermented foods you already enjoy in your diet (see list). Incorporate more of these probiotic powerhouses into meals, and put those good-for-you organisms back into action in your gut.

Fermented Foods Short List

- **Cultured Dairy:** Yogurt, kefir, buttermilk, sour cream, some cheeses
- **Veggies:** Beets, radishes, tomatoes, onions, garlic, kimchi, green beans, sauerkraut
- **Condiments** fermented at home or commercially: ketchup, relish, salsa, chutney
- **Other:** Miso, tempeh, tofu, soy sauce

Fermented Food Facts & Tips

- All fermented foods must be kept cool to maintain the live cultures.
- Fermented and “pasteurized” do not go together. Pasteurization kills live cultures.
- Pickled is not the same as fermented (unless indicated on the label). Pickled foods are soaked in vinegar or brine.
- Choose organic, non-GMO items or locally farmed products.

“The doctor of the future will be oneself.”

~Albert Schweitzer



Homemade Kimchi

Kimchi (aka kimchee or gimchi) is a traditional fermented Korean main dish made of vegetables with a variety of seasonings. It is often described as spicy and sour. There are hundreds of varieties of kimchi made from **napa cabbage, radish, scallion, or cucumber** as a main ingredient. In traditional preparation, kimchi is fermented in jars stored underground for months.

Try **turnips, okra, beans, eggplant**, or other favorite vegetables that are in season.

Ingredients:

- ✓ 1 daikon radish or a few red radishes, sliced into half moons
- ✓ 2 carrots, sliced into half moons
- ✓ 2 green tomatoes or tomatillos, chopped
- ✓ 1 medium onion (leeks, scallions, or shallots may be substituted, to taste)
- ✓ 6 cloves garlic, peeled and chopped
- ✓ 2 medium-size chile peppers (jalapeno for mild heat, habanero for more kick), chopped
- ✓ 3 tablespoons freshly grated ginger
- ✓ 1 tablespoon any brand Himalayan pink salt

Directions:

Mix all ingredients in a large bowl. “Massage” the mixture with your hands, grabbing handfuls and squeezing repeatedly until vegetables are wilted and excess water is squeezed out.



Spoon kimchi mixture into a quart-size jar with a wide mouth. Pack tightly, pressing hard until brine rises; the vegetables must be submerged to avoid mold forming. Loosely cover jar with a lid.

Allow kimchi to ferment at room temperature for about a week. Each day, press the mixture down to keep vegetables submerged in the brine. The longer it ferments, the more sour it becomes.

When kimchi has fermented to your taste, store in the refrigerator.



Join us Thursday, Nov. 17th,
6-8 PM for our 3rd Annual
Fall Open House

Come enjoy FREE herbal foot soaks, cold laser treatments, wine tastings, and much more! *Special guest: local jewelry artist [Tracy Kreifels](#).*

Come and mingle, see what's new, and get pampered!