



THE
WELLNESS
ROOM

WHAT DOES YOUR POO SAY ABOUT YOU?

POO COMES IN ALL SHAPES AND SIZES

Your stools are an important indicator of your overall digestion and health





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Your POOP comes in all shapes and sizes

Kids love potty talk — especially poop jokes. But, when you're all grown up, #2 becomes a taboo topic. Why do we shut the lid on bowel movements?

Pooping is something we all do, whether we find it a sensitive topic or not. But most importantly, it can also give us “**solid**” clues about our overall health.

Does your poop slither out smoothly like a snake or plop out like Tic-Tacs?

Based on this very vivid description, you can probably guess which one of these is the most ideal to have.

Thankfully, there's also an actual diagnostic chart (**the Bristol Stool Chart**) that classifies human poop into shape and consistency.

The Bristol Stool Form Scale identifies seven types of poop:

Type 1: Separate hard lumps, like pebbles

Type 2: Lumpy and sausage-like

Type 3: Sausage-shaped with cracks on the surface

Type 4: Thinner, more snake-like that is smooth and soft

Type 5: Soft blobs with clear-cut edges

Type 6: Mushy pieces with ragged edges

Type 7: Liquid with no solid pieces





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WHAT'S YOUR POO *telling you?*



TYPE 1 - SEVERE CONSTIPATION
Separate, hard lumps



TYPE 2 - MILD CONSTIPATION
Lumpy and sausage like



TYPE 3 - NORMAL
A sausage-shape with cracks in the surface



TYPE 4 - NORMAL
Like a smooth, soft sausage or snake



TYPE 5 - LACKING FIBER
Soft blobs with clear-cut edges



TYPE 6 - MILD DIARRHEA
Mushy consistency with ragged edges



TYPE 7 - SEVERE DIARRHEA
Liquid consistency with no solid pieces



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A normal bowel pattern will typically fall around Types 3 or 4. Stool size can vary from person to person, depending on the dietary intake, like how much water you drink and how many high-fiber foods you eat.

Generally speaking, the lower you are on the scale (Types 1 and 2), the greater the chances you may be constipated. The higher you go up on the scale, it could indicate diarrhea. Diarrhea is sometimes caused by temporary illness or certain medications, like antibiotics, and should pass in a few days.

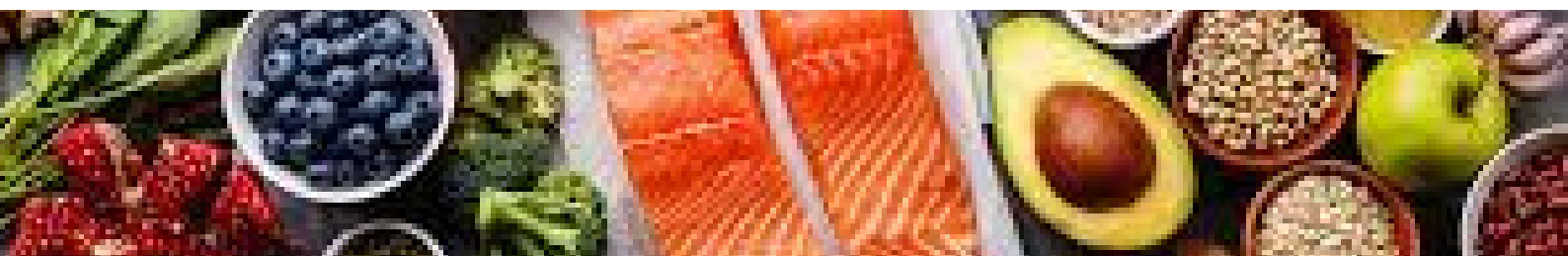
If you're consistently struggling with either end of the Bristol Stool Form Scale, then this is an issue that you should seek help with to get your digestive system back on track.

Frequency matters too

You may wonder how often you should go in a day. Like with your Bristol score, how often you go can vary too.

You could have bowel movements between three times a day to three times a week. Bowel movement frequency varies from person to person and can be influenced by other factors, such as medical conditions, medications, mobility, hydration and exercise.

Typically, emptying your bowels once or twice a day is ideal for optimal health. If you're producing regular soft, well-formed stools that aren't hard to push out, you are on the right track.





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Exploring The Poo-Skin Connection

When it comes to each type and how it correlates to the skin, that's where individual digestive, diet and stool studies come in.

Breakouts: Skin congestion and breakouts are often connected to constipation, as rather than being expelled efficiently, waste and toxins can become reabsorbed into the body and therefore must exit via another detoxification organ— **the skin**

Dry skin and sunken eyes: Constipation can be increased by dehydration, which is why maintaining your water and fibre intake is important for encouraging optimal digestion. If a lack of fluid is contributing to the state of your bowel movements, you may also experience dry skin and sunken eyes.

Healthy, glowing skin: Types 3 and 4 on the Bristol Stool Chart are considered optimal—so if you identify mostly with these you can take it as a sign of good gut health and are more likely to have healthy, glowing skin as a result.

Rosacea and skin inflammation: Increasing your intake of dietary fibre (**specifically prebiotics**) will not only help to turn your Type 5 into a Type 4 but there's evidence to suggest that it can help to reduce rosacea symptoms and protect against allergic skin inflammation. Those with rosacea have also been shown to have a higher prevalence of **small intestinal bacterial overgrowth** (SIBO) than the general population, of which common signs include diarrhoea, flatulence, abdominal pain and bloating.

Dry, scaly rash: Steatorrhea is one specific type of poo that's likely to fall under Type 7 on the Bristol stool chart but has its own characteristic of appearing oily due to an increase of fat excretion in the stool. When fat intake, digestion, absorption, or metabolism are impaired, there is risk of Essential Fatty Acid Deficiency (EFAD)—clinical symptoms of which include scaly, dry rash and impaired wound healing.

