

The Stool Chart!

- Why we need it

‘Good poo=good health!’



The Stool Chart

- The stool chart is a vital part of your health that is important to keep track of and today I am going to take you through why!
- The stool chart allows us to see what is going on in our bodies from the inside!
- Whether this be that you are lacking in fibre, highlighting issues you may have with constipation, that your stool may be too loose highlighting significant nutritional issues, or whether you aren't having regular stools!
- The normal range we are looking for in the stool is between Type 3 & Type 4; so, if that's you then well done! Today we are going to take a little deeper look in to how we can improve stool, and also what our bodies might be signifying and telling us!

Take a look at the stool chart here.....

	Type 1	Separate hard lumps	SEVERE CONSTIPATION
	Type 2	Lumpy and sausage like	MILD CONSTIPATION
	Type 3	A sausage shape with cracks in the surface	NORMAL
	Type 4	Like a smooth, soft sausage or snake	NORMAL
	Type 5	Soft blobs with clear-cut edges	LACKING FIBRE
	Type 6	Mushy consistency with ragged edges	MILD DIARRHEA
	Type 7	Liquid consistency with no solid pieces	SEVERE DIARRHEA

Let's look at the types in depth!

- Type 1- When you have this type of stool severe constipation can be very dangerous not only are you dehydrated but this means you are not getting the adequate nutrients your body requires to aid better stool & gut health.
- Type 2- When you have this type of stool mild constipation then this means you are still not drinking adequate amounts of water and not getting enough nutrients from your nutrition.
- With these two types and if you do ever experience them then please make sure you are consuming more vegetables, fruits and drinking up to two litres of water as a minimum.



Type 1 Separate hard lumps

SEVERE CONSTIPATION



Type 2 Lumpy and sausage like

MILD CONSTIPATION

Let's look at the types in depth!

- Type 3 & Type 4
- This signifies there is no inflammation in your gut, meaning your digestion is good and you are drinking plenty of water!
- This also means that you are consuming adequate number of vegetables along with consuming plenty of nutrients that your body requires. Your nutrition is very balanced if you are in this type!
- We want all client's to be in this range after at least 1-2 months into your journey!
- When you are in this type you will have at least 1 bowel movement a day sometimes more, but this is good! A very good sign of digestion, bowel health and a functioning healthy gut!



Type 3

A sausage shape with cracks in the surface

NORMAL



Type 4

Like a smooth, soft sausage or snake

NORMAL

Let's look at the types in depth!

- Type 5
- This one is when you will experience a lack in fibre, this means that your body is lacking nutrients.
- Fibre is in potatoes, vegetables, fruits, and wholegrains.
- You can try adding half a plate of salad or veggies to your meals and having things like jacket potatoes for lunch!



Type 5 Soft blobs with clear-cut edges

LACKING FIBRE

Let's look at the types in depth!

- Type 6
- Mild diarrhoea can be caused by stomach bugs, IBS, norovirus, or food allergies/intolerances, some cases can be food poisoning.
- Make sure you don't share towels with others or cutlery, wash hands regularly as well to prevent infections.
- Type 7
- Severe diarrhoea indicates an infection. Normally takes 5-7 days to clear up. If it lasts longer, you should consult a doctor. You need to get plenty of rest when this happens and drink plenty of fluids. If you do feel sick just sip.



Type 6

Mushy consistency with ragged edges

MILD DIARRHEA



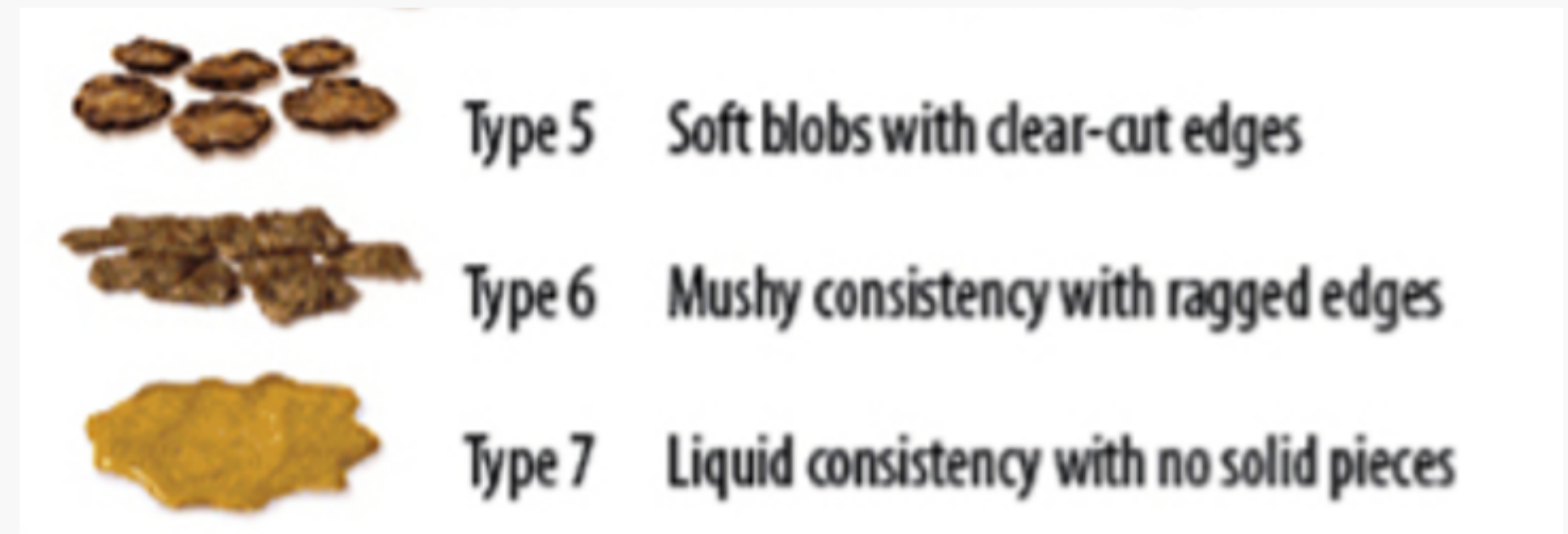
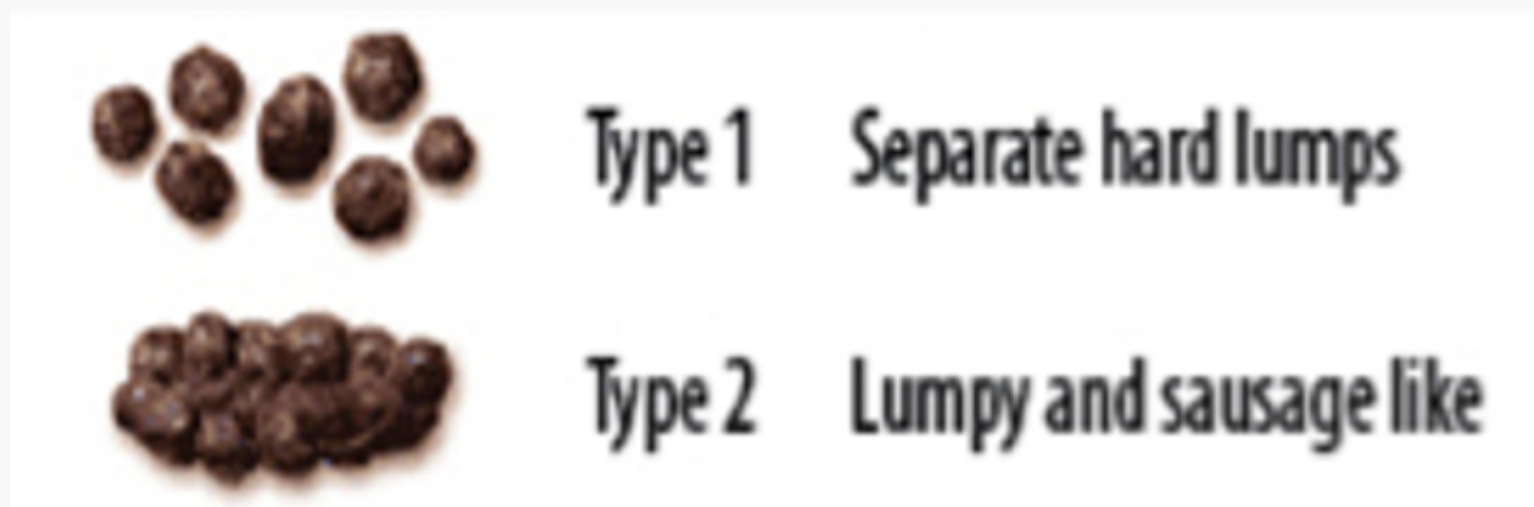
Type 7

Liquid consistency with no solid pieces

SEVERE DIARRHEA

When to be concerned....

- The higher & lower the number goes on the stool chart the more cause for concern you should have, but that doesn't mean all is lost because you can improve it!
- If you are just starting out on your journey start having a look at your stool. I know it sounds disgusting but it's a great way to understand what your body and gut is telling you! Having a healthy body on the outside is all well and good but the inside needs to be just as healthy!
- For those that are having Type 3 & 4 think about what your nutrition was like before coming to me and what life was like health wise before changing your nutrition habits. Recognise what you have changed & how your gut health has improved as a result!



How to improve it...

- Everything comes back to nutrition and stool, so it is imperative you keep hydrated and eat a very balanced diet to ensure you have a healthy stool and gut.
- Firstly, hydration is key always! Try to consume at least 3-4 litres of water per day!
- On hot days it's imperative you drink even more!
- Secondly, incorporate as many veggies into your nutrition as you can, I would recommend adding at least half a plate to all your main meals! This will help improve regular bowel movements!
- Thirdly, try to incorporate having a glass of water when you consume main meals. Sip regularly throughout meal consumption this will enable you to digest your food better.
- Try to sit away from the TV or Laptop when eating, you will become distracted and will not be focused on eating with awareness.
- Make sure you have a balanced diet this means consuming carbs, protein and fats. You can have things like potatoes, chicken and veggies, stir fries, lasagne, spag bowl just make sure you add the veg!
- You should be having at least 1 bowel movement each day, meaning 1 poo a day at least for good digestive & gut health. If you don't you should seek to look at the stool chart which can signify and tell you what may be going on. Then refer to all these tips to improve it.