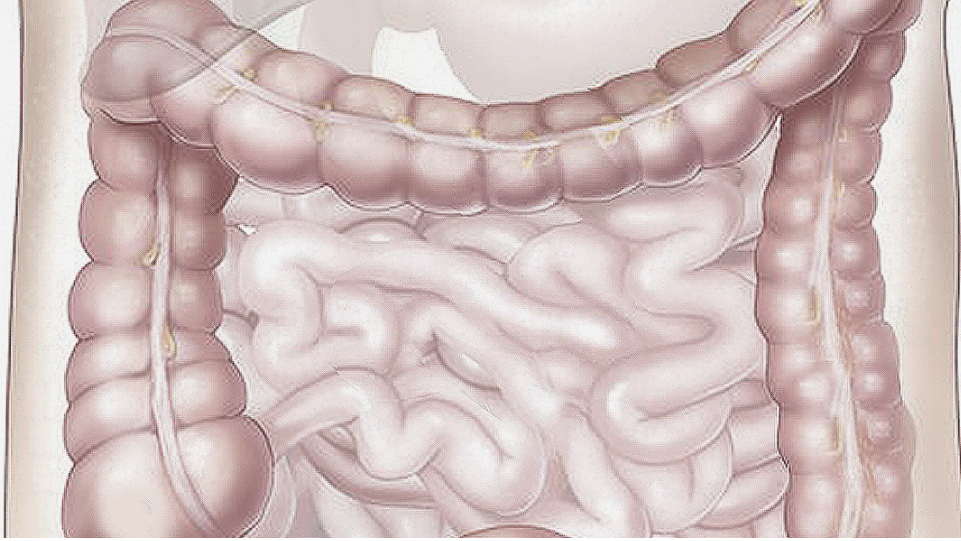


YOUR GUTS AKA Large Intestine

WHAT EXACTLY IS "NORMAL"?

Waking up in the morning is the best time for your body to get rid of waste that the immune system has collected and shuttled to your colon throughout the night. That's right – you should have a large bowel movement in the morning. No matter what you've heard in the past, pooping must be done at least once a day, and depending on the volume of food you take in, you should poop approximately eighteen hours after every meal.



The following is a **checklist** of **how your poop should look and how you should feel**:

- ✓ No pieces of food in it
- ✓ Fully formed
- ✓ Medium brown in color
- ✓ No mucus or slimy looking pieces attached
- ✓ No blood
- ✓ No sense of urgency or cramping prior to movement

You can tell a lot about our health based on what our poop looks like, and I encourage you to start a diary or add a section to your daily journal dedicated to poop to track what is processed and coming out of your body.

	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

Based on the above 'bristol stool chart' ideally your movements look like #3 or #4

BLOATED, GASSY, CONSTIPATED, IRREGULAR MOVEMENTS?

Once food enters your stomach, a powerful enzyme called hydrochloric acid is activated. Many of us have felt this acid when we experience heartburn, and as unpleasant of a feeling this is, the acid is important and allows our body to break down proteins into amino acids, which are the building blocks for our hormones and immune system. *With age and stress, we produce less of this important stomach acid,* resulting in gas and bloating. If you experience gas and bloat after a meal,

YOU CAN TRY THE HYDROCHLORIC ACID (HCL) TEST

start with taking 250mg of hydrochloric acid in supplement form with your next meal. If you get any type of pressure in your chest or heartburn symptoms, you know that your stomach is producing sufficient amounts.

Unfortunately, this is usually not the case. For many people their HcL is too low and they can supplement up to 5,000mg with a meal. *This will provide the digestive support they need to properly break down food without causing post meal discomfort.*

Supplementing with HcL should be short term, as your stomach gets stronger, you will likely need less dosage as your stomach repairs.

Approximately one tablespoon of organic apple cider vinegar (with water) with each meal will also encourage your own stomach acid to be produced and act as a wonderful digestive aid - maximizing vitamin and nutrient absorption.