



# “Here’s What a Healthy Bowel Movement Looks and Feels Like”

Most people don’t want to discuss it! So I’m here to tell you...

## HOW IT SHOULD FEEL:

- **Within seconds,** not minutes, your stool should come out
- You should only have to **wipe once** instead of over and over again
- There should be no straining, no pushing, or feeling anything crampy
- It should **drop out and slowly slide down** into the bottom of the bowl



If your stool either **plops like a boulder** or **floats on top**, you’re probably not processing your foods and absorbing your nutrients properly!

## Your colon is more than five feet long --

that’s a LOT of poop for bad bacteria to FEED ON!

They multiply like crazy and overpower your friendly bacteria. Your bowel movements slow down. The food inside your colon dries out and gets squeezed into hard little balls of fecal matter that become too hard to pass! So the **LONGER** you let your colon stay plugged up... the more constipated you become.

## HOW IT SHOULD LOOK AND SMELL:

- Look for a **banana** shape about 4-8 inches long
- Your stool should have the consistency of smooth toothpaste
- Color should be like a brown paper bag, not tinted with yellow, gray or green
- It **shouldn't smell badly** or even have much odor or gas at all

If you have **time to read while on the "throne,"** you've probably got a problem you need to attack with a multi-strain probiotic!



## EVEN IF YOU DRINK A LOT OF WATER,

scientists and colon experts are convinced that most of us have weeks, years, or even decades of lumpy old, putrid fecal matter stuck in our colons that can't get out.

Here's the worst thing you can do... Once bad bacteria starts growing, it takes longer and longer for these piles to get through your digestive tract. The longer they stay in there, the harder and crustier they get.

