




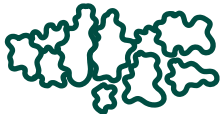





CHECK YOUR POO!

		LOOKS LIKE	INDICATORS
TYPE 1		RABBIT DROPPINGS	Severe constipation.
TYPE 2		BUNCH OF GRAPES	Constipation.
TYPE 3		CORN COB	Meat eaters diet.
TYPE 4		SAUSAGE	IDEAL healthy digestive system that indicates high plant based diet.
TYPE 5		CHICKEN NUGGETS	Inflammation, irritation, malabsorption, food intolerance.
TYPE 6		PORRIDGE	Diarrhea—as above but more severe.
TYPE 7		GRAVY	Severe diarrhea parasitic infection, inflammation.

Adapted from The Bristol Stool Chart, developed by K. W. Heaton and S. J. Lewis at the University of Bristol and first published in the Scandinavian Journal of Gastroenterology in 1997.