



What
Your Poop
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Many of us don't think much about our daily bowel movement(s) unless there is something quite obvious going on such as diarrhea or constipation. However, many in the animal kingdom are well-known for paying attention to their BMs. If you watch a cat after they have pooped, they generally turn around and look and smell it. While this may seem gross, it is offering them important information about their health and diet. Although we seem to have lost this instinct, we can gain a lot of insight into our own health and diet by paying attention to the quality of our poop.

Here is what your poop is trying to tell you--

- ❖ Black, tarry, sticky: You may have bleeding in the upper GI tract (small intestine) or you have been supplementing with iron.
- ❖ Too much salt or too few vegetables (or you drank red wine).
- ❖ Bright red: ate beets
- ❖ Pale or clay colored: You aren't producing enough bile (bile helps you break down fats). Signals gallbladder or liver issues.
- ❖ Bloody: Hemorrhoids
- ❖ Mucus covered: Most commonly an overgrowth of bacteria in the digestive tract, but could also be Crohn's, Colitis, or even colon cancer.
- ❖ Ribbonlike, thin: Could be a spastic colon or there is a narrowing of the GI tract because of a polyp.
- ❖ Floating and leaves a greasy film on the water: malabsorption (you are not properly absorbing the food you are eating, especially fats)
- ❖ Loose and watery with some undigested food: This could be food allergies/sensitivities, food poisoning, or IBS. It could also be that you took antibiotics or antacids. Or it could also be caused by anxiety, stress, and/or travel.
- ❖ Pellets (small, hard): Constipation (could be caused by too few vegetables, not enough water, IBS, or overuse of laxatives)
- ❖ Alternating bouts of constipation and diarrhea: Usually from food allergies/sensitivities, but also could be IBS, keeping irregular hours or even tumultuous relationships.
- ❖ Foul smell: Intestinal dysbiosis (your gut bacteria is out of balance with too many pathogenic bacteria (bad bacteria).
- ❖ What should my stool look like? A healthy stool is soft and formed like a banana! It should happen at least once a day!