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Whats Your Poo Telling You

It tells you everything you want to know about what your poo is telling you! What color/texture/ and smell are telling you

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about what you ate,
what you did, and what
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Change in stool consistency. Everyone has bouts of diarrhea from time to time. But if you used to ...

What Your Poop Is Telling You - everydayhealth.com

Includes more than 40 descriptions of two dozen types of poo: The Complete What's Your Poo Telling You celebrates ten years of providing you with loads of facts about

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The color of your stool

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depends on a couple of things: your diet and how much bile is in it. Bile is a yellow-green fluid that helps digest fats. A healthy stool, then, should reflect a mixture of...

Poop Appearance: What Stool Shape, Size, & Smell Can Tell You

In addition to the infographic below, you can consult the Bristol Stool Chart, a science-

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based scale outlining different "types" of poop (from Type 1 to Type 7) based on shape and texture, and what they indicate: Types 1 and 2 indicate constipation, Types 3 and 4 are considered normal, and Types 5 to 7 indicate diarrhea and urgency.

What Your Poop Is Telling You About Your Body

But here's why you

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might want to give your #2 a glance before you flush: It's actually one of the best clues you have to your health. "Your bowel movements are the only real marker you have about...

7 Things Your Poop Says About You - Prevention

If your poop is a chalky light shade, it probably means you're lacking bile. Bile is a digestive

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fluid that comes from your liver and gallbladder, so if you're producing white stool, it probably...

Types of Poop: Appearance, Color, Consistency, Time

However, it could mean you're losing blood somewhere in your gastrointestinal tract, such as in the stomach or small intestine. Oily or Greasy Stools. If you

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have poop that appears oily, has a greasy consistency and is difficult to flush, it could be a signal that your body is not able to properly digest fat.

5 Things Your Poop Can Tell You About Your Health | Johns

...

Taking a close look at your stool can tell you a lot about what's going on in your intestines and can lead

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you to make the right changes to improve your digestive and overall health. If you know what to look for, it's like reading tea leaves!

What Your Stool Is Telling You | The Dr. Oz Show

Paying attention to your poop with a poop chart can help you build a stronger gut, check your organ function, and boost

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nutrient absorption from the foods you eat. The color, shape, texture, and consistency of your poop can tell you whether your diet needs adjusting. (Just take a glance in the toilet. This is not a hands-on exercise.)

This Poop Chart Tells You What's Happening in Your Gut and ...

The color is the result

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of what you eat and how much bile is in your stool. Bile is a fluid your liver makes to digest fats. It starts out as a yellowish green color. But as the pigments that give...

What Do Different Poop Colors Mean? - WebMD

The hue, the flow, the form and the feeling generated by a poo tells a story about what you've put in your

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mouth and down your digestive tract — more than what's right below the toilet waterline. So sit back and relax because it's time for a mini session of what your is poo telling you! Keep reading and watching for more scoop.

The Rules on Stools: What is Your Poop Telling You? - Oh Lardy

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“If your stool is a color besides brown, it’s typically due to whatever you recently ate,” says Massarat Zutshi, M.D., a colorectal surgeon with Cleveland Clinic. “Leafy greens, red fruits and...

**What Your Poop
Says About Your
Health | SELF**

What's Your Poo Telling

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You will help you figure it out. Find out just how much you can learn from studying what's in the bowl: With universal appeal (everyone poops, after all), this witty, illustrated description of over two dozen dookies (each with a medical explanation written by a doctor) deta

**What's Your Poo
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