

bodyman47

The one thing not mentioned is the food you eat not only will affect the consistency but the odor as well. Eat a large amount of onion and you will literally smell the onion. Eat corn on the cob and some will pass through undigested. Eat a lot of Kimchi and other fermented foods the consistency will be much softer and easy to pass. Eat large amounts of meat with little to no fiber and the consistency will be hard and more difficult to pass. Having colon cancer taught me to check my stool regularly.

Very dark lumpy hard to pass stool usually means blood. Get checked immediately. Eating a good healthy balanced diet, with protein, fats, and plenty of fermented and fresh green leafy vegetables will give you a healthy digestive system. That should be as dependable and regular as a Swiss watch. All research conducted personally by me, taking a dump for 65 years.....God bless Note: Not only are researchers well paid but doctors are given incentives, bonuses and kickbacks for prescribing certain drugs.

Posted On 02/14/2013

ryzaminelli

HELLO buddy can you comment pls. on this. I know you once overcome the temptation of chemotherapy before. Narrow, pencil-like or ribbon-like stools: can indicate a bowel obstruction or tumor – or worst case, colon cancer; narrow stools on an infrequent basis are not so concerning, but if they persist, definitely warrant a call to your physician..... In that above case, DEFINITELY I will NOT call a physician anymore, because if he detect some colon cancer, surely he will prescribed radiation test, then chemotherapy, and 94% will lead to cancer (FDA findings).

Posted On 02/14/2013

bodyman47

I would have a colonoscopy test done. If mine hadn't been removed when it was I wouldn't be here today. I lost one foot of colon and gained years of life. Once removed I refused the chemo. I believe that also added years. Many colon cancers are cured by surgery alone....God bless

Posted On 02/14/2013

solvanzi

bodyman47..Why almost all doctors are advising not to eat tomatoes because of their seeds. Doctors are telling that tomatoe tiny seeds may pass to our kidney, or anywhere and it will stay there that will lead to cancer, or may cause failure in our kidney system. comment please?

Posted On 02/14/2013

bodyman47

I can't give a helpful comment not having experienced any problems eating tomato's. I know people with diverticulitis need avoid any type of seeds that may get embedded in the sacs.. I am not aware of tomato's causing any other problem unless you become acidic from too many....God bless

"Diverticulitis is small, bulging sacs or pouches of the inner lining of the intestine (diverticulitis) that become inflamed or infected. Most often, these pouches are in the large intestine (colon)."

www.ncbi.nlm.nih.gov/.../PMH0001303

Posted On 02/14/2013

Almond

Ryzaminelli... You go to a doctor because they control access to testing. Do some research and you will see that you have a number of different testing options. If you live in a state where naturopathic physicians are licensed as primary care practitioners, they can also write an order for a testing method of your choice, depending on your unique individual situation and needs. Natural therapies can be extremely effective follow up and maintenance care. Seeing a doctor never means you need to do what he tells you.

YOU ARE ALWAYS IN CHARGE and can always decline treatment. That is a healthy way to think. A few angry words, by themselves, never killed anyone, but you cannot afford ignorance. (If your doctor kicks you out of the office, it is for your own good. The yellow pages are chock full of doctors.) I repeat that 90% of human suffering and misery is caused by ignorance. So, go where you can get information. Then, if it turns out you do have colon cancer, chart your path to recovery. Colon cancer is very responsive to very strict therapeutic diets that would never be intended for normal healthy people.

However, eating foods that take you a while to get used to (and later enjoy) beats the heck out of chemo-radiation-surgery. Today, you have more options than ever before. BTW, the only reason to consider surgery (assuming you can expect clean margins at the time) is to reduce the burden on the body to allow the body to heal itself. Ultimately, only the vital force can heal. Be clear on why you do things and work from a stable foundation, proving everything you are told as you may encounter much misinformation.

The first step to opening the bowels is opening the mind. Approach this with confidence and know your potential for healing. If you seek knowledgeable people to help you, you will find them. They may be willing to help, but it is up to you to tell them how to help and what you need. That is the way life works. Blessings...

Posted On 02/14/2013

bodyman47

ryzaminelli....Get a colonoscopy, it's an effective test that does no harm. I had t3nomo cancer. The cancer had eaten through 3 of the 4 colon layers. In a matter of days it would have been through the 4th and then spread to other organs. Better safe than sorry. Once tested then decide how to treat if any is needed. I believe in all things natural. I also don't believe in being a fool. Find out then treat as you choose.....Lord help

Posted On 02/14/2013

plasmrules

Ryza you should also note that it says if you're having ribbon-like ALL the time. I only eat raw veggies in the VitaMix for breakfast. I eat lunch and dinner. I have three movements a day, one for each meal. At least one is going to be very narrow because I have good intestinal health and no hard foods to push out the intestine which is naturally flatter-shaped when there's nothing in it to expand it. The VitaMix has done all the breaking down of my breakfast.

But indeed, using your physician is good because that's who can order all the tests you need to take control of your own health, just like you can use your physician to order OH(25) tests to optimize your D3 levels for example.

Posted On 02/14/2013

Yes, this is the most important topic we should discuss and yet, it's still in the closet.

However, in order to have an intelligent conversation on this topic, the first thing we must do is NOT Shut Down our Frontal Lobe and face the reality that we humans are like every other animal on this planet and all of us have about a dozen anatomical characteristics that clearly put us in a particular class of Eaters. The most important anatomical characteristic is the length of our Intestines and when we understand this characteristic, we understand why so many people have formed BMs and why they sink and why we have so many problems as a Species.

Can you say DENIAL? That's that happens when we Shut Down our Frontal Lobe as scientists illustrated in an online study published 10-9-2011 called Unrealistic Optimism.

A Healthy BM should be SOFT, MOIST and NOT FORMED and to prove my point for all of you guys who have formed BMs and think you are Healthy, do what Joe did in Fat, Sick and Nearly Dead. Drink a gallon of Vegetable Juices every day and I'm willing to bet any amount of Money that most of you guys with formed BMs will still be pooping for several months even though you stopped eating solid food. Why do you think Joe lost so much weight?

I know this to be true because this is what I do - I am a Wellness Consultant and I have coached thousands of people and 99% of the people I coach drink nothing but freshly made Juices for several months just like Joe did! Personally, I have Juice Fasted/Feasted for 1005 days on 136 different occasions in the last 20 years.

So I know from both personal and professional experience that most of us are Eating FOODS that we are NOT Biologically Adapted to Eat, which is why they take too long to go through our 30 Foot Food Tube and explains why they come out Formed instead of Not Formed like they're supposed to be. For a much better description for what your poop should look like, read Robert Grey's "The Colon Health Handbook."

Posted On 02/14/2013

Momkastner

While I'm not a doctor, it doesn't seem possible for a tomatoe seed to make it's way into the kidneys. Kidneys filter waste from the blood. Tomatoe seeds go through the intestinal tract. A while back, I thought that something could be wrong with me because of my poo--should've had this article then--developed into pancreatitis.

Posted On 02/14/2013

lindalonia

With my first and only colonoscopy about 9 years ago, the doctor said I have some diverticulitis and should come back for another test in three years.

Since then I have been consuming tons of nuts and seeds and have never had a problem. I don't trust doctors, don't want to hear bad news, am afraid of a botched test, all reasons I have not gone for a followup test. With conventional docs you often go in feeling healthy and alive and come out feeling sick, old, and tired.

Posted On 02/14/2013

Heather Marsh

solvanzi,

I myself was allergic to tomatoes (and strawberries, oranges and sugar) as a child - they gave me hives.

Have eaten them most of my life once they stopped giving me hives.

Recently an experiment in exclusion of tomatoes from my diet dropped pain levels.

Posted On 02/15/2013

greatblueheron

Where has tink disappeared too? I always enjoyed you and her:)

Posted On 02/16/2013

channabrennon

so glad to hear people realizing that going to your doctor may not always be the answer.....I spent years going to doctors to get help for my failure to thrive son....he *** exactly the way it went in .whole piacs of food..nothing got digested....that would alternate with pasty stool that was yellow or white....sounds bad right? doctors didnt have any interest or concern other then telling me i wasnt feeding my son enough.....general practitioners are a joke to me....i wouldnt take my dog to them. oh yah....foward three years later I learned all i could about functional medicine and became my own sons doctor. take your own health into your own hands..learn all you can....think for yourselves.....doctors dont always have your best interest at heart.

Posted On 02/14/2013

Garlicmeister

This is absolutely true. Fortunately, having the internet is like having many university libraries in your den. The ready availability of information allows one to be their own doctor as needed. Big Med just can't be trusted anymore to have your best interest or health uppermost in mind. the profit motive has now replaced it.

Posted On 02/14/2013

chan, I know exactly what you are talking about! Taking advice from MD's caused me to have a heart attack! From age 21 to age 30 I was going to an MD at least every 3 months for stomach, heart, lung, and head (sinus) problems. They constantly gave me diet advice and pills to correct the problems. NONE of them worked. Each advice/pill came with more side effects than the problems they were supposed to fix.

They would insist that I wasn't dieting and exercising per their prescription. I would bring my Army Physical Fitness Test score in just to prove that I wasn't sitting on my @zz all day. I always scored in the top 5%. They would call me a liar and tell me there was no way I was eating what they told me to eat and exercising as much as I said I was. Each MD I saw resulted in the same old BS and they would end up telling me, "I'm sorry, but I can't be your doctor anymore". I would get so pissed off I would nearly stroke out! Finally, I did have a heart attack at age 29.

I had to find a PHD Scientist who's specialty was metabolism. He had me off ALL PILLS in 6 months! In 3 years I was rehabilitated from my heart attack WITHOUT surgery! I was actually in better shape at age 33 than I was at any time in my entire life. What's even more amazing is that ALL of the advice this PHD gave me was opposite of what the MD's were saying. For example: To reduce constipation he advised me to DECREASE my fiber intake. I was totally blown away by that one. I did it and sure enough my stool consistency went from that of a brick to that of a milk shake.

My wife is a PHD Scientist as well. Just this weekend we had a big steak cookout and we had LOTS of leftovers. There were little or no carbs/fiber. She complained of watery stools on days 2 & 3. I told her it was the LACK of fiber. So she ate mostly fiber rich foods on day 4 and by day 5 she was constipated. Just the opposite of what the MD's advise you. I found my ratio of protein to fiber to be about 20 to 1.

Posted On 02/14/2013

Fastrider

@jamNjim Good observation about the fiber. Supplementing with fiber have been reported to back things up. I think what happens is that the colon can easily extract the water from it, the fiber packs together as it dries up and you literally have created a dehydrated plug. Ouch! I suggest everyone is careful with Dr M's advice above "Try increasing your fiber intake; good options include psyllium and freshly ground organic flax seed (shoot for 35 grams of fiber per day)". Supplementing with Vit C and magnesium is well known to loosen things up a little, or a lot if take mega loads ;-)

Posted On 02/14/2013

rrealrose

When I first stopped eating wheat, rye, barley and other grains, my digestive system slowed down to a crawl. I heard about flax hull lignans, and these seemed to do the trick for a while. Eventually I found chia seeds soaked in juice or water were also effective, and fresh ground flax seeds sprinkled on food. Everyone warned me to expect trouble if I gave up eating grains entirely.

As others commented above, fiber from grains may not be the best solution. Beet juice with greens, celery and apple juice, magnesium oil, epsom salt baths all work. Eventually I found a chart in the Paleo Diet Cookbook, showing vegetables contain about 5 times the soft fiber than whole grains, so it is possible "nearly everyone" has it backwards.

Posted On 02/14/2013

VonSchneider

What did you do to help him thrive?

Posted On 02/14/2013

severach

I concur with the Doctors on fiber. I live parts of the year at two far distant locations with radically different food. At one location I eat 40% salad vegetables, 30% cooked vegetables, 20% starch (rice) and 10% meat+fruit. This results in stool varying between #3 and #4. Stool times are very regular and 24 hours after each meal. Other stool types are only produced when my health goes wonky for a day.

At the other location I eat 40% meat, 30% starch (rice), 20% fruit, and 10% vegetables. This results in stool #1. Stool times are random up to 48 hours and always uncomfortable.

It's the fiber in the raw veggies that make the difference.

Posted On 02/15/2013

curious7

The daughter of a good friend of mine just had her home built, after coming home from the military, and in her home she has a bidet, and an in floor, or squatting toilet, and a regular toilet. I was not surprised, because this young lady has been around the world during the 6 years she spent as an officer in the Air Force. It is good she paid attention and brought some of what she learned to bare on her own life. By the way she says she will never sit again in that critical moment.

Posted On 02/14/2013

ValerieB

In order not to waste paper, I use a small hand towel or face cloth to dry. I've had 2 houses (built) and always had matching bidet/toilet/tubs. I miss it terribly when traveling. Most people have no clue what it is when they see it...I always think of Crocodile Dundee thinking it was for washing his boots!!! Two of my three Golden retrievers prefer to use it as a drinking fountain!!! If I don't see them go in there for a drink, they lick the drain stopper until it makes enough noise for me to hear so I can turn on the water!

Posted On 02/14/2013

lindalonia

In order to use a squatting stool you must be naked from the waist down (except for socks) or, be wearing a skirt with no underwear or pantyhose.

I bought the squatty potty stool and returned it when I realized there was no way I could get my feet on the rests without tearing my underwear, pants, etc. How many of us can go naked from the waist down whenever we have to use a toilet?

Posted On 02/14/2013

moorsV2.0

No No NO... Just bring your pants to your knees, I live in Turkey and I've done it in in-floor toilets thousands of times.

But you may need to strengthen some of your muscles before you can be comfortable squatting, you may acquire this by doing it in time too.

I was thinking if I could get a squatty potty stool in Turkey and I was trying to figure out the name, you reminded me. That is probably more comfortable, I think.

Editing: Oops, I guess you are right about squatty potty stool, I thought that shouldn't be much different from in-floor toilets but it seems they are different...

Posted On 02/17/2013

freefrommer

I read that in cultures where they squat the number of hip replacements is much lower. Strong muscles I guess.

Posted On 10/09/2015

forbiddenhealing

Candida commonly wrecks bowel function if sugars/grain carbs are over indulged, a week of oregano oil blows out the overgrowth of pathogens. Stress/fear can also ruin the morning movement as well as the rest of the day...sometimes a few glasses of wine is a temporary help....or skip the news... I think we play emotional ping-pong between mood and gut so a problem on either end affects the other. And I wonder if anyone else has ever scared themselves after eating beets?

Posted On 02/14/2013

whitebirch11

Been there, done that! ... those are a few scary moments the first time around... lol!

Posted On 02/14/2013

denisehosh

lol. I take powdered beet root daily, no scary happenings thus far :) Candida certainly wreaks havoc on your entire GI tract among other parts of your body (blood, skin, hair, brain!)

Note: if you are doing any type of candida cleansing (oil of oregano is at the top of the list for effective cures) be sure to replace the flora with a good probiotic or fermented food as Dr. M suggested. Never take proB and anti-fungals together though. I usually take an anti-fun with meal and prob B on empty stomach...but check the bottle label. Many probiotics are not made to withstand stomach acid on an empty stomach (fermented food is far better than pills, but many people don't have time or know-how for fermenting).

Another great candida cleanse is good ol' Apple Cider Vinegar (with the mother). Braggs makes a good one. I take a shot first thing in the morning on an empty stomach. Not the best tasting shot I've ever done...but very beneficial. If it's too strong, just add a small amount of purified water to make it easier to take.

Posted On 02/14/2013

healthnutmom

Haha, oh yeah, went to the emergency room twice in the past 25 years over poop. Once after eating beets from our garden in large quantities (wow! I thought I was a gonner!!) and once after I was put on iron and the doctor never told me that I would have dark, jet black, weird looking, scary poop. Both times felt like a real idiot!

Posted On 02/14/2013

slowmo

Any suggestions regarding how much oregano oil to take & how often to take it (for 1 week)?

Posted On 02/14/2013

curious7

Forbiddenhealing:, Denisehosh:

You are so right about the oil of oregano, but at the same time I have been researching the benefits of maple syrup, and baking soda, for candida, and for cancer. From all that I am able to glean from my research this too makes perfect sense.

truthpillswordpress.com/health/maple-syrupbaking-soda-trojan-horse/

Posted On 02/14/2013

VonSchneider

Heard this song today, just had to share, from Tony Orlando and Dawn.

"Oh my Candida

We could make it together

The further from here girl the better

Where the air is fresh and clean

Oh my Candida

Just take my hand and I'll lead ya

I promise that life will be sweeter

'Cause it said so in my dreams."

You are what lives in/on your beast.

Posted On 02/14/2013

forbiddenhealing

@slomo... I have worked up to 7 drops of PURE oregano oil on a tbspoonful of honey, swished around mouth and swallowed. It is a hot oil and the first few times it is taken will really get your attention....Oregano oil in the undiluted state can burn skin and even take paint off the car...and it is usually sold diluted with olive oil where a dose may be 30 drops? and the price reflects less value (more profit).

Oreganoworld.com is one source for pure wild Mediterranean oregano oil.... which is difficult to find or even decipher sales literature.

It is the job of yeasts and fungi to dispose of organic matter and they thrive on acidic sugars/grain carbs.

Posted On 02/14/2013

One_Angel

Thank you. Have never head of this. Will look into this. Question; is this also a good remedy for the problem of having eaten GMO's? Does this only affect the bowel locally, or is this a whole-body remedy?

Posted On 02/14/2013

JohnB54

How about raw garlic? It's a little hard on the liver I heard (Andreas Moritz), but it's a great natural germ killer. Yeast can usually be kept under control by raising the body's pH with minerals, baking soda, fulvic acid, green supplements, etc. However, wouldn't magnesium bicarbonate be a better choice than baking soda?

Posted On 02/14/2013

forbiddenhealing

@One_Angel..Oregano oil works systemically on all pathogens and parasites as well as clearing the bowel...Within the first few intense minutes I feel it heating throughout my sinuses and ears...why I say hold in mouth for absorption.

@JohnB54...Sure all those work.. You can always take half a dozen things sittin around the house...and repeat doses and increase some. Magnesium carbonate, potassium fr vinegar and plenty of sea salt/chlorides to produce strong stomach acids. In the meantime raising body pH increases oxygen levels to discourage pathogens and favor probiotica.

Posted On 02/14/2013

flbooks7

What about a fungal infection in your hair.. that you can clear up, but apparently it is in the roots and comes right back? I've used coconut oil.... coconut oil mixed with oregano oil...neem oil... neem oil mixed with pau d'arco... even Glover's sarcopic mange medicine (an old remedy not for sale now that will make your blood run cold if you read the ingredients). I'm working on it from the inside ingesting oregano oil capsules, taking probiotics, and have given up grains and cut sugar way down. Still can't get rid of it! So far the glover's works the best.

Posted On 06/29/2014

freefrommer

Would the oregano oil kill Helicobacter Pylori? I always get constipated when the bacteria is active. I zap, pain goes and normal movement resumes. I'd like to kick it out for good if I could, but can't seem to get round to zapping every day which is what I probably need to do. Christy Orrechio(?) in her Gut Thrive in Five promotion said there are herbs and oils you can take that make the environment unpleasant for pathogens so they just leave, no need to kill them; killing them causes collateral damage. I'm going to see a herbalist and see what she thinks of that.

Posted On 10/09/2015

As a certified Woods method colonic hydrotherapist, I thoroughly approve this post! Thanks, Dr. M. Many things can affect your ability to eliminate. Hydration is #1 for #2. Keeping the body alkaline helps, too. Addressing emotional issues is paramount.

Here's a bit of wisdom I acquired while working as a colonic therapist (based solely on my observation of clients over the months): We take our deepest, darkest, most painful, most shameful secrets, and hide them in the colon. Why there? If I tell you to stick it where the sun don't shine, where, exactly, am I talking about? Whatever we hide in the colon will never see the light of day. I figured this out when clients, after a course of 10 colonics, would say things in response to "how are you today?" like: "I'm great, never better. But I dreamed of my grandmother last night, and she died when I was three," etc.

Water holds memory. The first third of the colon (ascending and part of the transverse) is the site of water absorption; if we didn't re-use our water, we'd need 5 gallons a day just to stay alive! If this water is contacting unfriendly bacteria, impacted waste, etc. it can have an effect on your physical health. If it's touching buried memories, it can influence emotional, mental, and spiritual health. Find a colonic therapist with whom you have a rapport; one you trust. Colonic therapy is very intimate. Remember, "You are what you assimilate and do not eliminate," not just "what you eat." Health and peace.

Posted On 02/14/2013

lwolfe99

I am reading this late and am hoping someone will respond. I have tended toward constipation ever since I was a kid. I now eat no grains, eat a lot of green vegies, fresh ground flax seeds, supplement with magnesium, eat almost no sugar and no artificial sweeteners, get probiotics from a variety of sources, exercise regularly. I am not sure what else to do. My stools are still small, dark brown, and often difficult to pass. I just ordered a squatty pedestal with hopes that it will help. I got a colonoscopy a couple of years ago, as I figured it would be a good idea to make sure that I didn't have any serious health issues. I didn't. I do think I have some structural abnormality in my colon. When I tried to get a colonic once, it didn't go so well. I feel healthy enough otherwise, so I am not sure if I should be concerned.

Any suggestions? Thanks! I think this is an important topic.

Posted On 02/14/2013

Moniqe

You have got to be joking.

Posted On 08/28/2014

visioneer29

@lwolfe99, the squatty potty will probably help. It sounds like you might have spastic colon (now called IBS because there's a pharma drug for that!), which is stress-related in most cases. Make sure you're adequately hydrated and mineralized. Here's what helped me when I had it: every day, eat one tablespoon of the grated skin of an organic red delicious apple. Drink aloe vera juice (2 oz. is about right). Make flax seed "tea" by soaking flax seeds in water overnight, straining out the seeds (which are then ready to sprout should you so choose) and drinking the viscous liquid, at least one cup daily. I know you're grain free, but if you can handle it, make barley water by (over) cooking barley in a lot of water, strain out the barley (it makes decent bird feed), and drinking the liquid. Every day, spend 15 minutes with your entire body on a slant board (you can use a sit-up board at the gym), with heels 14-18" higher than the head. While slanting, take a hard rubber ball (like a Spalding) and from right to left, use it to massage from groin to waist (in case of prolapsed transverse colon, it helps a lot). Health and peace.

Monique: no, I am not joking.

Posted On 08/28/2014

Heather

A difficult subject, very well covered. Well done, Dr Mercola , for being brave enough to publish this one!! Thank you.

Posted On 02/14/2013

Cheryl Jazzar

Dr. Mercola, How surprising that you didn't mention PARASITES! I've heard the stat that up to 90% of us have them. For some reason doctors quit worming people in the 1960's. I don't want to be in that 90% and have been battling them for nearly 10 months using essential oils and a Rife machine. It is stunning how my infection has changed my stool habits and also how it is deeply related to asthma symptoms. PLEASE consider an article on the pervasiveness of parasitic infection!

Posted On 02/14/2013

darnaud

You might try MSM for sulphur, artemis (wormwood), and black walnut hulls. These are supposed to help get rid of parasites. Search the web and you should find other natural cures.

As far as constipation, you might look into adding acid (betaine hydrochloride) to your diet. Low stomach acid results in lower bile excretion, which will affect your stool. As we get older, our stomachs produce less acid and bile is reduces acid; so less acid, less bile. Maybe some gall bladder problems could be caused by low bile volumes, which cause bile to remain in the gall bladder too long; just thinking.

Posted On 02/14/2013

wendy1204

Cheryl J, Darnaud, Before taking HCL, one should be tested; several have excellent levels and taking HCL can do serious damage!!! Please check out with a N.D. or similar before taking HCL, it is over-prescribed...(I've known a doctor/researcher who studied this in OHSU).

Eating cultured veggies works great also as an alternative to in my opinion and have tried it myself (not a doctor) and am very happy with the results. Blessings, Wendy In addition to Cheryl's comment regarding parasites, I whole-heartedly agree! :)

Posted On 02/14/2013

Baseman3

Yes Cheryl Jazzar, parasites I feel where responsible for me needing several colonoscopies. However, one time while living in a caravan and using a non-chemical Porta Potty, I noticed bright red blood in my stool. also a large number of worm eggs around the rim. I took just two Wormwood Tablets and the problem has not returned in the past five years. I am due for another colonoscopy soon just to see how things are going.

Posted On 10/24/2014

tum_mai_la

Gluten shows up quite a bit these days. I had diarrhea for about 1 year - who'd of thought gluten and sorbitol could cause so much havoc. Any other problems are caused when I veer off my gluten/dairy/egg free diet. I can eat a pizza or sandwich once a week without any problems. I think another good addition to your "causes" list would be over-eating, over-indulgence.

Posted On 02/14/2013

Shasha

I eat gluten/dairy/soy/sugar free...cheating...hurts my intestines...takes 1 1/2 months to heal the sores. It is not worth cheating. I take HCl and Now brand- Super enzymes....otherwise I could recognize food in the bowel movement especially when I was full of heavy metals. I had to do EDTA/DMPS IV chelations...then my digestion improved and thyroid hormone. When I was younger I had only one bowel movement a month...at the time of my period due to my thyroid trying to stop and not eating enough fiber.

I didn't know much about my body back then or Celiac/thyroid. Amour thyroid helps more than Synthroid. For constipation....dairy free acidophilus, Osteoprocure, Mg citrate, a little lemon juice in water after eating raw walnuts(fat) may squirt out bile...which then causes contractions to push out the waste. Corn may go through people undigested. Pumpkin/tea/vegetables may help. Gluten may cause instant diarrhea. MSG hurt me more when I was full of heavy metals...then bad diarrhea for 3 days. Watermelon, alot of 100% juice may help constipation.

Celiac may cause a whiter stool...not digest fat properly....so I take enzymes...but I can't eat certain kinds of fat...can't eat saturate/monounsaturated fat. Polyunsaturated fat is ok for me. People with bowel obstructions,intestines resectioned, colon cancer maybe Celiac. Blood tests and biospies may not work to diagnose Celiac and doctors may not be trained in it. Millions are Celiac but don't know. Gluten can hurt the gut lining and wreck the villi in the intestines so they don't absorb nutrients ...then cells are not made right and don't work right...then the body malfunctions in many ways. My MS is due to being Celiac. Pencil thin bowel movement...may need to eat raw food...not ice cream/bread/licorice etc. Celiac people may have alot of bloating/gas. 14X a day may be normal for them...but after getting help it should be much less.

Posted On 02/14/2013

zgopify

Sorbitol is a monster! Millions of people goes around with terrible stomachs thanks to that crap.

Posted On 05/05/2013

sharpone

Yo docs. I think you guys are slightly off the deep end. Your assumption of some kind of regular norm of poopism is a bit off the charts. Granted, there is something to be learned from examination. And there is much to be said about highly irregular results that go to the extremes of your chart. That being said, there is something deeply wrong here. It is perfectly normal to have a great variation in your visits to the loo, as long as you don't have chronic events at the extremes of the chart. I think you're running the risk of making people paranoid about the normal variations in the process. Which is to say, variations in this process are NORMAL. So don't try and go for some perfect consistency . . . I think this is called having an anal complex.

Posted On 02/14/2013

zgopify

Perhaps that is true, but when I had excellent stomach - as I had for many years - I could eat anything, my body digested it perfectly, my stools were hardly smelling anything ever, I almost never had the need for using toilet paper, but stress, chemicals, BigPharma etc ruined my perfect stomach....for me it works very well not to mix animal protein with starchlike foods, and be very careful with fatty food. A horse that eat what he SHOULD eat, his stools are perfect, it smells not at all bad, but compare it to the cows who eat a lot of Soya-crap etc. Uch, the smell and the unpractical enormous loose stools...

Posted On 02/14/2013

bodyman47

I believe the term is anal-retentive. I agree stools will vary depending on what is consumed. However a Constant hard black stool is a good warning sign that you have blood in it. Experience colon cancer and you won't mind taking a glance before flushing. Better safe than sorry. Cancer is some serious CRAP!....God bless

zgopifyA cow also has 2 stomachs. We aren't either.

Posted On 02/14/2013

sandyclaws

This article is obviously for people who have digestive problems and can be very helpful for those people. A perfect consistency is quite easy to obtain if you eat various probiotic foods with every whole foods meal and stop eating foods you have an intolerance for.

Posted On 02/14/2013

darnaud

I think some of you might have missed the comment in the article that from three a day to three a week is in the normal range. That seems to me to be a pretty wide range. And anal retentivity is the exact opposite of the theme of the article.

Happy Valentine's Day to all. Kind of funny to have this article published on this day.

Posted On 02/14/2013

bodyman47

darnaud....Happy Valentine to you and yours. What else would you call suggesting paying such close attention to your every turd? Honey, hurry come check this one out. Ain't it a beaut! The words anal-retentive (or anally retentive, anal retentive), often shortened to "anal", are used in everyday language to describe a person with such a lot of attention to detail that the obsession becomes annoying to other people. The idea was thought up by Sigmund Freud....God bless

Posted On 02/14/2013

JayPatrick

Well, I've made it to age 70, and thanks to Dr. Mercola, I've learned how to actually "cultivate" my intestinal bionics -- with home-made cultured vegetables eaten nearly every day. It took awhile for my digestive tract to settle down since I my diet also included a lot of raw vegetables (in creative salads).

Going back to my early childhood, my mother somehow knew the importance of healthy stools, and taught me to keep an eye on them. Now, of course, I have learned a great deal more about this topic, because I realize that a healthy functioning gut is the foundation of all other systems.

I've basically been using the Paleo diet for nearly six years, now. And it really has been a life-saver for me. However, I didn't realize that somehow I still had a bit of a leaky gut. My gut simply hadn't been able to heal completely despite the Paleo diet. I felt quite well, despite that, but I my body would smell slightly like whatever foods I'd been eating recently. It wasn't really serious, but I didn't know what was going on until I started making and eating my own cultured vegetables. Within a week my body had no odor whatsoever. thus I have no body odors. So there's no need for any sort of deodorant. In fact, I rarely take a shower, as a "spit-bath" is all I need every morning.

Even my stools come with almost military regularity, early every morning. And these also have no odor at all. Since no body odor gets into my clothes, I don't even have to give a second-thought about offending any of the church ladies on Sunday. Even that is a delightful little perk.

Most of my life, my body wasn't so well-turned. I did what I could to eat what I hoped was a healthy diet, but I just didn't know enough about it to attain the level of gastrointestinal refinement I now enjoy. I may speculate about how my life might have benefited if I'd been able to practice the healthy lifestyle all along. I guess I can count my blessings for nature's inherent healing powers!

Posted On 02/14/2013

freefrommer

I was told by a blind chiropractor that he can tell if someone eats pork because he can smell it.

Posted On 10/09/2015

RobertSniadach

Very good article, and very informative. Thanks, Joseph! A couple of tidbits. Re: food combining - a subject that science poo-poo (-) - Many digestive and elimination problems can be easily corrected by applying food combining principles (do an internet search). Science says that all food is thoroughly mixed in the stomach, which would totally negate the idea of food combining. So, a good physician friend of mine did a little experiment. In deliberate sequence, at one meal, he ate yellow corn, green peas, red beets, orange carrots and finally white carrots (parsnips). He chewed each food very well.

The next day, lo and behold, his stools were different colored, exactly in the sequence of the foods he ate. Only a small overlap in colors, demonstrating that the body does indeed digest foods sequentially... at least with these plant foods. It would be interesting to see if eating different types of food (say brown beans, white cheese, egg yolks, etc,) in sequence, has the same result. If not, that might indicate that the food combining rules against combining certain types of foods is valid. I suspect that if the food types eaten at a meal are too different, then the body does indeed mix them all in the stomach, greatly complicating digestion.

Bottom line re: food combining - eat very simple meals, even mono meals (only one food) at a time for optimal digestion. That is how all animals do it, one type of food at a time, and plenty of it.

One other note: in my experience and with patients, healthy bowel frequency seems to be related to the previous meal. I find that, when feeling quite healthy, people will have a bowel movement about 30-40 minutes after the previous meal. The peristaltic movements resulting from the ingestion of food will travel down the intestinal tract and cause a bowel movement at about that time. This seems to be a regular process with healthy digestive functioning. So I use that as a guide for patients to use.

Posted On 02/14/2013

severach

Sounds like someone is crappin candy canes.

Dogs also potty soon after a meal. Notice how Spike needs to go out right after he eats? I didn't start that way but after many years of health work I noticed my booty trending towards this norm. That's when I knew things were going right. I figured that animals have stronger constitutions and less health weaknesses on average than humans do so if I function more like the animals I must be getting better.

I don't consider this as a simple mechanical reflex but a very complicated biofeedback system as an anti-starvation measure. That old food may be crap but don't push it out until new food is secured. A few days without food and the large intestine might decide to get a lot more efficient.

Posted On 02/15/2013

Jasper0

In Holland (Europe) standard toilets have an inspection shelf. Instead of a bowl, you have a shelf. The shelf has a very shallow bowl-like aspect, and a low curved lip toward the front of the unit, where the flush-tube is. So, you get to take a good look at your stool. Then you flush the toilet. When you flush the Dutch toilet, your stool is supposed to wash down that flush-tube at the front. It doesn't always do that, of course. That's why there always is a toilet brush. Needless to say we see our stool a lot. But when I went to the US I never found a toilet with a shelf. The stool just seem to disappear in the bowl , so how can you inspect?

Posted On 02/14/2013

severach

The stool in US toilets doesn't disappear unless you make a perfect shot and it goes right into the flush pipe. This is pretty rare. Most of the time it floats in the bowl ready for inspection. Floating in the water keeps the bowl cleaner for longer and prevents oxidation which rapidly discolors some stool. You can see this color contrast within seconds if part is above the water line and part is below.

Posted On 02/15/2013

marosub53

In the Ayurvedic tradition the whole issue of elimination and evaluation of its products has been much better understood and paid attention to. Here is a good article on this topic:

www.mapi.com/ayurveda_health_care/newsletters/better_elimination.html

Posted On 02/14/2013

bodyman47

"Consider squatting instead of sitting to move your bowels; squatting straightens your rectum, relaxes your puborectalis muscle and encourages the complete emptying of your bowel without straining, and has been scientifically shown to relieve constipation and hemorrhoids" I know this is some serious crap. However I find this funny. I want to meet the scientist that determined how to take a scientific crap. Would like to learn just how the study was conducted....God bless

Posted On 02/14/2013

twodays

You are too funny! I nod at your messages that spring from hands on experience. Poopology is my word for this topic. :-D Appreciate your sharing that you had colon C. It is such a blinking red light now in our culture. And everyone has to get a buttoscopy. My sister actually pushes it like a day at the spa. It's almost trend/fashionable. I appreciate the fine technology that we have now to perform this easy preventative. I did the master cleanse of juices and had colonic, i.e., irrigation therapy for a couple weeks. I mention it as I have not so far seen this health option, or procedure in these comments. Many alternative physicians up here believe there should be a colon irritation station on every hospital floor. What is your view?

Posted On 02/14/2013

bodyman47

Colonic's of some type have been around for hundred's of years. I have a cousin that has had colonics done for years and swears by them. Belief is at least half the cure. Inducing diarrhea in an attempt to purge the system of illness and toxins is as old as medicine itself. I have never been an advocate of laxatives as most cause cramping, bloating and unnecessary discomfort. Eating a healthy balanced diet, intermittent fasting with an occasional 2 or 3 day fast is my preferred method of cleansing....God bless

Posted On 02/14/2013

severach

See Dr M's recent article "For Best Toilet Health: Squat or Sit?" for the reference on how the squat studies are conducted.

Posted On 02/15/2013

Kishan53

Excellent. Wish Doctors Learn and teach this to All --Thanks

Posted On 02/14/2013

solvanzi

i hope too. but sometimes if it will create negative impact on their business, they will not.

Posted On 02/14/2013

curious7

The truth is in the poop. If as the Doctor says you are straining to poop, something is wrong. How often do you go, and what is the condition? Even though we are speaking of poop, what color is your urine?

Gold, yellow, or clear. The amount of water, or the level of hydration will effect your ability to poop, your flora will also effect this ability, your level of activity, the condition of your body's core will also effect the function of your body.

If your digestive system is not functioning properly, first look at your diet. Second look at the condition of your skin, are you breaking out in acne? Even the amount of sleep, and your anger issues effect this function. Eat well, and poop as many times as you eat. Some even say that we are supposed to poop, before our next meal. It is our health and we should pay attention.

Posted On 02/14/2013

Krystyna

Regarding bidets: the real ones, such as those in Europe, have warm and cold water supply, so you can wash your private parts with ease and comfort. The one proposed by Dr. Mercola is hooked to your toilet tank, filled with cold water (at least this is what the video shows). So good luck in the midst of the Chicago winter, in the early morning before you're off to work on a freezing day, with relieving yourself and then applying a pressurized squirt of icy-cold water to your lowest backside point. Brrrr... the thought itself is giving me constipation!!

Posted On 02/14/2013

kylulu2u

I was thinking the same thing. Brrrrrr, indeed!!!

Posted On 02/14/2013

GregLucas

For one in six Americans, like me, getting a colonoscopy is not an option. Even though I work full time I don't get medical benefits. And since I am above the poverty level and have no children, I don't qualify for any type of Medicaid or government assistance. Private health insurance for someone like me, someone in ideal physical health for my age, 54, costs almost my entire net income.

Even with a ten thousand dollar deductible, which is almost worthless insurance, for my wife and I the very lowest cost is \$800 per month. And that was just temporary insurance which offers lower rates. It always gets to me when people suggest basic tests and no one seems to realize that many hard working Americans cannot afford them. At least after the affordable health care act goes into effect, I will be able to look at things like check-ups and colonoscopies as a possible option for preventative health care. Fortunately, I do not appear to have any health problems or warning signs of a health problem.

Posted On 02/14/2013

Shasha

No eating gluten/dairy/soy/sugar may heal the gut lining along with vitamins/good oils and LDN. LDN may cause some constipation...is like a diuretic to me...but it may heal the gut lining fast. I will not do a colonoscopy...a friend did one and they poked a hole in her intestines. I could not drink the liquids before it. 100% no gluten (wheat/rye/barley)...oats/corn may help. Vit C may help constipation and Epsom salt baths...it has Mg. See my profile for what I do daily. Best wishes.

Posted On 02/14/2013

Jasper0

In the Netherlands (which has the best health care system in Europe) colonoscopy or PSA is NOT a basic test...As a matter of fact you only go to the doc as a man when you are ill. The most important thing to know is you blood pressure and your weight, you can measure that at home.

Posted On 02/14/2013

caws

You can negotiate the SELF PAY total cost down to around \$1500-\$1700 for colonoscopy AND upper endoscopy together [less separately but this way you are asleep only once]. IF you go to a surgical center and get firm quotes ahead of time. Be sure to cover the facility, surgeon, anesthesia and pathologist as there will be a bill from all. They also take credit cards which you can pay over time. My friend did this.

Then when I had mine with BXBS it cost the same as I had a \$1000 deductible! I also insisted on Propofol w/fentanyl and no Versed/midazolam [91ppm of fluorine].

Posted On 02/14/2013

slowmo

Colon cancer is one of the most, if not the most, preventable cancers!! Colonoscopy is the best way to find out what's going on in your colon. You can pay for this is it's a priority. Example- Call College Park Family Physicians in Stanley, KS (or call around in your area). My friend (no insurance, money tight) was having periodic bleeding during stress, & told them he was cash pay due to no insurance & money issues. Cost was around \$600 including the cheaper anesthesia. (I met a nurse who says she doesn't have a day to waste recuperating, so she gets hers done with NO anesthesia-- which would be less expensive!--, and she said it didn't hurt, but she did feel pressure as they push the scope around the corners. (btw, no one I know who's had a colonoscopy has had colon punctured)

If polyps are found, they usually remove them right there, but have to charge a bit of money to have them biopsied. Better to have them removed, even if not pre-cancerous, than to risk them turning cancerous. You also walk away with pictures of what they found. Good Luck!

Posted On 02/15/2013

slowmo

There are companies (last I heard, Starbucks, Olive Garden and Costco) that pay full time benefits to those who work part time! Perhaps that will work for you or your wife at some point if you have to have them (plus it would save you paying the \$800 out of pocket per month you pay for your insurance now).

Posted On 02/15/2013

Woulphmann

Actually if you eat black licorice your poop will turn green. It's caused by some coloring in the licorice. If you eat enough raw beets it will turn bright red. I actually thought about eating a lot of black licorice and beets around Christmas. How festive would that be!!

Posted On 02/16/2013

Heather Marsh

I stayed in an old hospital for my daughter's birth - and the bidet was my best friend whilst there. On frequency, I have been constipated for most of my life and it worsened with my MS. I did stop almost all grains and added green smoothies to my diet. My meals are generally animal protein and lots of steamed greens with unrefined salt and organic butter. Occasionally I have sweet potato or rice (usually brown), very occasionally I have ordinary potato. My weaknesses/indulgences are chocolate and 'Drumstick' icecreams.

But recently I was tested for MTHFR gene abnormalities and they found two (position 677 and 1298). So I began to take the methyl version of folic acid and methylcobalamin. I am starting low and slow, but even so my frequency has increased - from once every two to five days to several times a day.

Posted On 02/14/2013

remitrom

Several years ago I got over my feeling of poop and gas being a taboo, embarrassing subject. When you have suffered through ulcerative colitis and proctitis, it pretty much becomes a non-issue. I am dealing with proctitis (about a foot affected from the rectum into the sigmoid) but it is quite manageable as long as I maintain a good diet. I also use natural remedies like slippery elm enemas or vitamin E enemas. I have become somewhat of an expert when it comes to the appearance of BMs ... if my hubby or kids have issues in the bathroom, I inspect and then we make changes to diet, etc.

Posted On 02/14/2013

Bradroon

Interesting. Had hepatitis B in 1980-flat on my ___ for almost 2 months in a VA hospital in Grand Junction Co. Not fun. Distinctive smell there, and several times since i've noticed that same smell (sort of like asparagus stool smell) after eating too much "enriched" foods during times of upheaval and having to rely on purchased meals. Last few years been checking the smell, but this article gives more depth to the study. Basically i'm okay, but get yourself a baseline, because if you have to eat a restaurant - or heaven forbid - a fast food meal, you're going to stink differently for a while.

Posted On 02/14/2013

VonSchneider

Thanks for sharing about the Hep B.

Posted On 02/15/2013

versatile

It is also important to note that floating stool may indicate a high level of fat in the stool. A dramatic change in stool to floating, that persists over time, may indicate a problem in the digestion of fats. On a healthy diet, stool contains some fat. Calories in / calories out calculations ignore the fact that poo contains calories and the amount of calories it contains can change as your diet and as your healthy changes. Stool that sinks might be due to a deficiency of fat in the diet - although I don't know if that has ever been tested. to your health, tracy

Posted On 02/14/2013

DebbieBemister

I believe that stools can also reveal how well a person is detoxing from a large chemical/poison burden in the body. I spent the first 15 years of my life living next to one of the largest oil refineries in North America. For 15 years, I endured the horrific toxic nasty fumes that were released from that refinery. So, now, almost 30 years later, when I have been detoxing with chlorella, mega-dose vit C and fasting, that very same toxic chemical odour repeats itself on rare occasions when doing my 'business'. Scary to think that those horrible poisons are still in my body. BTW, many of the kids that I grew up with in my neighbourhood have died of cancer.

Posted On 02/14/2013

Hello everyone, I am so sorry to start on another subject. Last night after my 63 year old husband came home from work, he did some weightlifting before dinner. He checked his pulse and it was 155 beats per minute. About one hour later, it was still at 155. We went to emergency. It was still at 155 and after the first ekg they said he was in atrial fib. After his being there for about 5 or 10 minutes, his pulse went down to around 60 and remained there until we left to go home.

They did not give him any medications (thank God). They took blood after the first ekg and everything read perfect. About 4 hours later, they did another ekg and another blood test and an x-ray on the heart. All was still fine and he did not have a heart attack either. His blood pressure was "like a teenager" during the entire time. After being there for about 5 hours, we went home. The doctors were happy to say that he did not need any medications. They want him to call a certain cardiologist this morning around 9:00 and gave him the phone # of the cardiologist.

As far as his lifestyle goes: He eats organically, is very active and does peak 8 a few times a week and lifts weights a few times a week. He has a very positive attitude, and blood pressure has always been "like a teenager". He takes a few supplements, and is on no medications. He did have a 5 by-pass in 1997 when during that time we ate the typical American diet (ugh). After the by-pass is when we did a complete turnaround and changed to a healthier lifestyle and has remained that way since around the year 2000. The only down fall that I could say is that there is frequent stress.

My question is to anyone who has knowledge in this area: What is atrial fib? What could have caused it? Can it be prevented? Any advice or suggestions would be greatly appreciated. Once again, I'm sorry for changing the subject. I only had about 3 hours of sleep before my writing this. I will thank you all in advance.

Posted On 02/14/2013

bancroft

I forgot to mention to the above: While at the emergency room, my husband's pulse went down to about 60 beats per minute on it's own, without medication or that device that shocks the heart into a normal rate (I don't know the name that device). The doctors were suprised that his heart rate did go down on it's own without their help. We were all encouraged by that.

Posted On 02/14/2013

jamNjim

I get this sometimes. I had a heart attack back around 1995. Since that time I have days where my heart rate exceeds 100 BPM and stays there for 12+ hours after a workout. Mine usually coincides with dehydration and/or sugar consumption the day I did the exercise.

It is scary. I wear a heart rate monitor any time I'm working out. If it exceeds 170 I back off. If I don't see the heart rate start going down I STOP. This rarely happens, but it does maybe once a year. Again, it usually coincides with dehydration and too much sugar/starch consumption.

When this occurs, I take a break from exercising for about 3 days and hydrate myself to the point where I'm going to the bathroom every 30 minutes. Then I eat mostly protein during those 3 days. The next time I exercise I notice it is very hard to even get to 170 BPM and my heart rate rapidly recovers to a normal BPM soon after I stop exercising. I've never been to see a doctor for this. I figure all they are going to tell me is eat more Cheerios and give me a prescription for pills.

Posted On 02/14/2013

bancroft

Thank you for your response jamNjim. I'm sorry to hear that you had a heart attack. Even when my husband had the 5 by-pass in 1997, he did not have a heart attack. They also said that his heart was "as strong as an ox" during the surgery and that they were able to tell that he was a hard worker. The clogged arteries were the culprit.

I will definitely let him know about the hydration. I do not know if he had much water before the workout yesterday. He usually does drink a lot of water. Yes, I agree that the cardiologist will probably do some tests and then tell him to eat according to their pre-printed diet. We are going to stick with the Mercola eating and lifestyle plan because it works.

Posted On 02/14/2013

culveracademy

Did the doctors ask you to try magnesium when his heart stated like this? I have read that magnesium is normally one of the first things administered with heart issues in the hospital. Does he use any magnesium supplements at all? There is a topical magnesium from the Zechstein Sea Europe - swanson sells it affordably - read up about it. Do some research about magnesium deficiency and see if it fits. It might be very simple. I hope you are both better today. Relax if you can - stress is not good for you either. Best wishes.

Posted On 02/14/2013

robtytan

Please go to the mercola web site and search atrial fib, you will find some great information, also, webmd is another good site. Hope this helps.

Posted On 02/14/2013

TimM

I can't give you advice as I'm not a physician. But I was diagnosed with Supraventricular Tachycardia (SVT) about 2.5 years ago. I'm 37 years old. SVT is different than Atrial Fibrillation (A-Fib), and I believe A-Fib is a more serious condition. I was told by a cardiologist that my condition is not dangerous or life-threatening. But I will say that it's frightening when my pulse starts beating faster than it should for my activity level. In the past 2.5 years I've had a very difficult time getting my SVT under control. I haven't been able to hike in the mountains, mow the lawn, etc. for a while now. But lately I have been feeling a lot better, like my old self, for which I am so thankful. I have been taking Dr. Mercola's Ubiquinol--100 mg once a day--for several months now, and it has helped me greatly. I also take Magnesium (Natural Calm) before I go for a walk, and it has kept me from going into tachycardia while walking.

Posted On 02/14/2013

helpothers

My husband has had afib for over 15 years now. There are a few different types and it is important to figure out what kind he has. My husband has what is called lone afib which doesn't have a cause like heart attack etc. He would have episodes every few months but finally went to a cardiologist who put him on a beta blocker and a calcium channel blocker. Eventually he went off the meds because the episodes went from every few months to all the time - and that is how it is today.

Only once have I seen him get back to sinus rhythm since and that was when we did a diet for diabetes(the rosedale diet) and he was walking every day. It took 3 months for him to convert. Slowly he stopped exercising, gained weight and went off the diet and he has it again. I suspect his is a mineral deficiency and our current ND has him on hawthorne and a mineral supplement. It is helping but whenever his stress at work is high or he is sick, it gets bad again. I found a website many years ago lead by a guy who is looking for a cure - www.afibbers.org - there is a lot of information there. Since your husband exercises already he may need more yoga, meditation to get his afib to stop - my husband is the opposite, he exercises and gets it under better control.

Like the other poster - check the minerals. On the afibber website some have to take up to 3000mg magnesium to control their afib. But I'd get some advice from an ND if you can as magnesium/calcium ratios are important and you can end up with diarrhea or muscle cramps if things are not monitored.

Posted On 02/14/2013

seg

bancroft et al, AF is when the two upper chambers of the heart quiver instead of beating properly. Blood isn't pumped completely out, so it pools and clots. These clots can travel to the brain where it can cause a stroke..It is also very common in endurance athletes even in younger folks..You can have AF and not even know it. Some of the symptoms include, heart palpitations, shortness of breath, chest pains, weakness and fatigue..

Please make sure he is taking enough Ubiquinol 100 to 200 MGS a day..Also Omega 3's and 6's need to be tested and kept within the healthy range..Nattokinase is also indeed invaluable as it would keep your blood thin.. Garlic, Ginko and Cayenne will also keep the blood thin, not forgetting Magnesium,take Magnesium with B6 to increase it's effectiveness.. Resveratrol and it's lesser known "cousin" Pterostilbene is also very effective..

Lastly i'm not a doctor but i can almost guarantee you he's OVER exercising, so have him back of a bit especially if he is lifting heavy weights..You don't need to kill yourself to achieve good health, often times less is better.. Best to all..

Posted On 02/14/2013

bancroft

Culveracademy: Actually, they did not administer anything. Just the needle to take the blood tests. They did not mention magnesium either. He is taking Magnesium L-Threonate, but perhaps not enough and he hasn't been taking it that long (about a week?). I'll check further into this. I do have some liquid magnesium which are drops that you add to water, but I can't recall at this moment what kind it is. I'm more relaxed now than what I was a few hours ago.

Robtytan: Thank you for the reminder to check out Atrial-Fib on Mercola's web-site, and other web-sites too. Now I'm on a mission today to learn more about last nights episode. I have my home-work cut out for me.

Hi TimM: It sounds as if you have been on quite the journey towards recovery and I wish you even better. Thank you for mentioning the Ubiquinol. We used to take it and then stopped for no particular reason.

Helpothers: I did not know that there is more than one kind of Atrial-Fib. He does have an ND and he called him while on the way to the hosp. last night. Perhaps he can suggest on what minerals are needed. It should be interesting

Posted On 02/14/2013

bancroft

Seg: Thank you for explaining what happens during Atrial-Fib. Yes, I do believe he is over-doing on the weights. He has an active job working at a medical facility and he does lift weights there (containers, cartons, etc) but not all day. If he's not lifting, then he's walking. He is hardly ever at his desk. He rarely takes a "breather". He likes his job and he says it is not stressful-just busy. He's like the Duracell battery keeps going and going...perhaps too much. We have garlic regularly, and he actually puts cayenne, and tumeric in his protein drink (egg yolks & Mercola's whey). It's not tasty that way, but it does the trick. He recently started on Ginkgo capsules. I'll check to see if he's doing too much on the omega 6 compared to omega 3. He takes Mercola's salmon oil, and eats wild caught Alaskan salmon twice a week.

Posted On 02/14/2013

VonSchneider

Don't forget grounding/earthing. Your heart has electricity going through it, that is what the EKG is looking at. articles.mercola.com/sites/articles/archive/2012/11/04/why-does-walkin..
articles.mercola.com/sites/articles/archive/2012/04/29/james-oschman-o.. If you are living where it is winter, many of us have been indoors and only having covered feet for weeks, months... I sleep on a grounded sheet.

Posted On 02/14/2013

diamondteldeb

My husband has had super fast heartbeats. We discovered he needed magnesium which is missing in our diets - milk from the cow is perfectly balanced in calcium and magnesium, but mag is destroyed by heat, so when it is pasteurized (boiled for 20 minutes), it lacks magnesium....as does every other packaged, canned, boiled, cooked product. Magnesium softens, calcium hardens and that is how 60 functions work for instance the heart needs magnesium to beat properly - heart beat hardens, softens in rhythm. A chelation doctor who was a regular MD said he got one hour of nutrition training in med school and the drug companies do not tell the doctors about magnesium because it only costs pennies. Americans are sadly lacking in magnesium (citrate or some broken down/liquid form best absorbed)and it causes everything from irregular heart beats to migrain headaches to tightness in shoulders to placque blocking arteries (high blood pressure, blockages) etc. Interesting when my husband's heart got stuck at 200 beats per minute, they treated him in the hospital with intravenous magnesium. Instead of the calcium channel blocker he used to be on, he now takes magnesium like a drug!

Posted On 02/06/2015

SurendraHalgeri

I would like to share how I got rid of my constipation. I am O+ blood group quite acidic by constitution. I am Hindu Vegetarian by birth. I started drinking 2 glasses filtered (RO) water with drops of fresh lemon in the morning after brushing. I slowly increased the quantity of water to 6 glasses and now I find my sinuses and bowels cleanup completely every morning. I understand this also activates liver and cleans it as well as kidneys. It takes 45 min to drink 6 glasses while reading news paper or browsing the web. I like the fantastic rewards it gives! With Naturopathic diet I have no health problems at 62.

Posted On 04/03/2013

deathbydullcubicle

I lost it at soft serve. This is easily one of the most funny and informative articles I've read on the subject. Thanks for the detailed information as usual.

Posted On 02/15/2013

corbinmarius

A bidet is a marvelous invention. It is not hard to get one. You don't need a separate bowl. Home depot sells a bidet that is added to your existing toilet bowl, very easily and it works very well. It does not eliminate paper completely. If you do not want your stool to splash around, you use a minimum amount of paper to remove the bulk of it and then spray with the bidet to finish the cleaning. A paper is also needed to wipe the water off..

It cost about \$100.00 and is worth every penny. Once you try it you will not be able to live without it. One women once told me that most men don't smell very good between their legs. It's not because they don't wash, it is because it is very hard to remove absolutely all the stool left in the hair around your bottom. Have a wonderful day and God bless you all Marius

Posted On 02/14/2013

kataklysm01

Yes, I'm a man. And for years have been shaving my legs and pubic area and the butt crack for that purpose. I always thought toilet paper so barbaric, it's a form of hair epilation and it hurts. The bidet just by adding water is much cleaner, and with trimmed hair it's exponential. I'll tell yea, there are no more skid marks in my underwear since the bidet entered my life!!

Posted On 02/14/2013

eatingRD

This is a very important topic that I think more people should be discussing! I'm not so sure that having a bm 3 times per week should be considered 'normal'. It should be at least 2 - 4 times per day! Another good way to test transit time is to swallow a tablespoon of plain sesame seeds and then time when they come out. Ideally it should be less than 22 hours or else there is a chance that parasites and bugs have made a nice home in the sludge sticking on the sides of the intestines. I wish he would also discuss the importance of cleansing the colon and keeping it clean. A clean colon is the answer to so many health issues! 'Tissue cleansing through bowel management' is a classic, eye-opening book to read.

Posted On 02/14/2013

Patrick McGean

Thank you for discussing what most think is disgusting. This war on poop dates from Chaucer, it is remarkable what one can do under a hoop skirt, and walk on by. Our study members can attest that on the five day follow up the second question is "are you more regular." Constipation is not tolerated with in our Study nor our biology, even the kids still lost in their own minds. We are what we eat and our poop, our excrement, that which when recycled is the story of life, we are but the poop from the previous generations, possibly we can clean up the poop for those who follow. Got sulfur?

Posted On 02/14/2013

agravante

It depends on what you eat. I eat a lot of spinach sometimes and mine is greenish.

Posted On 02/14/2013

Sophia64

In case somebody struggles with irregularity, there is a time proven remedy used for centuries in India. Ayurveda recommends using it as a mild laxative/colon tonifying/detoxifying/cancer preventive remedy. It doesn't cause diarrhea like common laxatives. It's called TRIPHALA ayurveda-foryou.com/.../triphala.html

Organic India, Banyan Botanicals (www.amazon.com/s/ref=nb_sb_ss_i_0_16?url=search-alias%3Daps&field-..) and Mountainrose herbs www.mountainroseherbs.com/search/search.php?refine=y&keywords=trip.. sell it.

The only downside is it's pretty bitter tasting and requires you get used to it. You may want to add some raw honey to it (affordable raw honey - www.vitacost.com/ys-eco-bee-farms-raw-honey-22-oz-7; www.swansonvitamins.com/y-s-organic-bee-farm-raw-honey-22-oz-paste)

Posted On 02/14/2013

elwolf101

When I began eating only sourdough, bread made by myself, when eliminating my stool comes out in one piece, and my anus closes around and I seldom see anything on the toilet paper. Yeast is a constant irritant in the gut, the sourdough kills the yeast. If you need a lot of paper to clean up, it is a good clue that up in your colon you have a sticky residue of feces that didn't get eliminated. But don't be misled. Most commercial sourdough bread has only enough sourdough to get on the label.

Posted On 02/14/2013

LynnRN

Would love to make sour dough bread? Do you make your's entirely homemade? I am gluten sensitive but can tolerate small amounts of sour dough bread but like you, have discovered that all sour dough breads are not created equal. The sour dough bread that I purchase at the bakery in Whole Foods, agrees with me but I have bought others (Panera Bread is one of them) and painfully realized their's was not the read deal.

Posted On 02/15/2013

Aeronm

I have iron deficiency anemia, and the best way I keep on top of it is by watching the color of my stools.... (I wish the article had talked more about color!)..... when my iron levels are good, my stools will appear slightly dark green in color... if I am low on iron, they will tend more towards yellow. The article doesn't really talk about the bulk of the poop being dead red blood cells (a healthy body produces new red blood cells every day, and the old dead ones are brown, so that's why poops are brown!), so you can get an idea of your blood health by looking at the color..... Lately tho, my stools have been more yellow, even tho I am taking my iron supplement... I'm wondering if the Apple Cider Vinegar I take daily is altering the color?

Posted On 02/14/2013

Shasha

There is alot of bacteria also in the stool that gives it color. Eating no gluten/dairy/soy/sugar and taking vitamins/good oils and LDN may help people heal. I need a Vit B12 shot methylcobalamin every other day. Hair tests may also show iron level and other mineral levels/heavy metals.The body recycles iron in the liver...losing iron maybe due to bleeding in the gut.

Posted On 02/15/2013

chresen

i never knew that one can determine from your stools your health condition .thank you for your article

Posted On 02/14/2013

caws

Www.meridianvalleylab.com has a GI effects microbial/ecology/mycology/parasitology stool test for about \$325 that tells you in great detail your good & bad & ugly health details.No more guessing & over or under supplanting. They use DNA Mass Spectrometry [sp] testing on the samples as most of these critters won't culture and can be missed otherwise. Most health professionals including a chiropractor or nurse can order this for you. Metamatrix also has a similar test that you can order yourself [more money] at www.directlabs.com.

Posted On 02/14/2013

Monique

"S-shaped, which comes from the shape of your lower intestine" - No, the S-shape comes from the way it lands in the toilet - if it's soft it comes out straight because it's malleable and gravity affects it - it curls when it hits. Honestly, I can't believe some of the stuff that's written here.

Posted On 08/10/2014

capricorn

In Thailand the locals commonly use what foreigners refer to as a "bum gun" instead of toilet paper in their toilets. This is a water hose which ends in a hand-held and hand-operated spray nozzle which is used to clean one's backside after going to the toilet. This is far more inexpensive than a bidet but is similarly to a bidet far more hygienic and convenient than toilet paper. I am going back to Thailand (from New Zealand) at the end of March and the bum gun is certainly one of the many things in Thailand I'm looking forward to! Squatting toilets are the traditional toilets used in Thailand, but Western style sitting toilets are (in my opinion unfortunately) also becoming common.

Posted On 02/17/2013

holygrail4

If no bidet available, you could always keep a pack of baby wipes handy.

Posted On 01/21/2014

phineas boggs

Absolutely! This is the same thing I experienced in Egypt. So very sensible to me. I want to attach a kitchen sprayer to a long hose and have the option to aim correctly and be in control!

Posted On 05/19/2014

mediapusher

Squatting toilets are more sanitary indeed, but I don't think the fatties in the USA could handle squatting toilets

Posted On 01/20/2015

Woulphmann

Really, my wife had the #1 on the chart and only once or twice a week, since she was little. Too many antibiotics most of her life. Started giving her Ultimate Flora 80 Billion probiotics. It helped some but she had to take them constantly. Rather expensive. Found a supplier of excellent non-heated kefir. That helped some too. Only after making fermented vegetables did everything come together. Mostly normal now, not always a 4 but at least once a day. She feels much better.

Posted On 02/16/2013

Liliwin

Although it was mentioned a couple of times in the posts, I did not see it mentioned in Dr Mercola's article - that is, Magnesium. If people supplement with this important mineral - and Dr Mercola has alluded to the need for this in a number of articles - it can cause problems - loose or watery stools can occur - because it shunts our food through the GIT quickly, resulting in a lack of nutrition. Magnesium Oxide is particularly bad for this, and other forms of Magnesium supplementation are desirable. But if it is taken, stools need to be monitored.

Besides pale stools referencing a lack of bile, stools that float indicate the presence of fat, so fat is not being properly digested, also indicating a lack of bile. This can result from a number of conditions, but also goes hand in hand with excess Copper building up particularly in the liver but in other tissue as well. Because excess Cu amongst other things will displace Zinc and Molybdenum, very important nutrients, it will result in a multitude of other symptoms in the body. Lack of bile flow is often associated with a build up of cholesterol, and can result in the formation of gall stones. Knowing what your stools are doing is important.

Posted On 02/14/2013

Integralhealing

Agreed Lillwin but most readers now know about Magnesium Oil to spray on the skin instead of taking internally in case of loose stools. Wise to remember also that dehydration will contribute to gallstones, slow peristalsis etc. Warm to room temperature water to keep the bowel moving. Also it is wise to alternative digestive enzymes, hcl pepsin etc with herbs such as Swedish bitters to aid digestion. Never continue the same regime for too long.

Posted On 02/15/2013

camille.hfe

The Bristol Poo Chart is the best ever! Not only did it make me giggle like a child, it really gave a great description so we know what to look for. Many people do not know what normal BMs should look or feel like and they've done a wonderful job showing it. I eat lots of high-fiber foods and drink plenty of water but I never knew until I learned about probiotics what "normal" is. Thanks for great info!

Posted On 02/14/2013

versatile

It is also important to distinguish between stool healthiness and stool sickness. Stool healthiness, like all healthiness, is the overall health state of your stool, day by day. Stool healthiness is based on your health status and does not change rapidly. Stool sickness is a change that happens rapidly and may indicate a illness like food poisoning - or a more serious illness. It is important to check your stool every day to be aware of your healthy state and minor variations, so that you will be more alert when a problem arises. If your stool changes dramatically, but your diet and appearance of health did not change, you may have a serious illness hiding just below the threshold of detection. to your health, tracy

Posted On 02/14/2013

Catryna

Using a stool of some kind to elevate your feet so that you are more in a squatting position rather than sitting also helps with easy elimination and a cleaner bottom when finished.

Posted On 02/14/2013

jpi108

This should be a last resort, only for people who can't squat. First try to do the real thing. Fold a blanket or towel and put it on the floor to support your heels so you won't fall backwards. Squat on the floor for 5 or 10 minutes several times a day. After a couple of weeks, you should become more flexible and can start squatting on the toilet. Of course, if you experience pain in the knees or hips, don't persist. Genuine squatting is much more effective than using a footstool. On a 1 to 10 scale, squatting is a 10 and a footstool is probably around a 3.

The benefits of squatting are nicely summarized in Dr. M's previous article:
articles.mercola.com/sites/articles/archive/2012/12/03/toilet-squattin..

Posted On 02/14/2013

twodays

I can't help but think that squatting is natural. Sitting on toilets are relatively new and European I'm guessing. I have seen more primitive cultures squatting, and really, all animals do. Our bodies are animals. Perhaps that is the issue.

Posted On 02/14/2013

jamNjim

When I visited S. Korea I was amazed to see most of the toilets were flush with the floor. They had water and flushed just like our toilets, but there was nothing to sit on and no rails to help anyone with problems squatting. You literally squatted to do your business.

Posted On 02/14/2013

jpi108

People who squat from infancy rarely have problems squatting, no matter how old they are. We consider it a difficult and alien posture only because we have been deprived all our lives.

Posted On 02/14/2013

Catryna

jpi108 At age 63, I'm glad I never got out of practice. It's not only good for the legs and pelvis, but the back muscles, as well.

Posted On 02/14/2013

bodyman47

Squatting is as natural to Koreans as sitting in a chair is to Americans. Everyone squats to converse no matter the age. I had some knee pain when I first moved here. Now no problem, just comes natural....God bless

Posted On 02/14/2013

Monique

There's a much easier way: bend over so your upper torso is on your thighs. Same thing as squatting.

Posted On 08/28/2014

hopetobehealthy

Thank You for this website loaded with all things helpful.

Blessings

Posted On 05/18/2020

GHCraven

I am glad you took a look at bowel characteristics. I have also lately been fascinated by stool appearance and what it tells us, e.g. stool density and how deep stool particles float in water. Thanks for your edifying ideas! Regards, George Craven, South Africa

Posted On 08/19/2016

Jana_R

SQUAT TO POOP. Sorry if this was already mentioned. I read through most of the 200+ comments, and all are great info, but didn't read through every one of them yet. Anyway, I squat to poop as that is really the only way I have a complete evacuation every single day. It really is MUCH healthier.

Get one of those squatty potty seats.... after a few times of squatting to poop or pooping in the squat position you'll really notice the difference, and like the bidet, will never go back to your old way.

Of course when I am out using a public restroom or visiting someone then I have to poop the old way, but that hardly ever happens as I eliminate within an hour of awakening in the morning. Squatting keeps me on a regular schedule especially because I am consistent with it. My kids still use their potty seats even though they've been toilet trained for years... I guarantee pooping will be easier and complete due to squatting to poop... yes, like animals and toddlers.

Posted On 01/20/2016

k00lk1d

I have had number number 6/7 for a long time I'm a 25 y/o male and I am way too scared to go to the doctors about it. I know I have to go to get it checked but I havnt. To me it's been far too long to get it sorted as I have ignored it hoping it would go away (number of charities working on this issue). Is this really bad? I do drink 5/7 days in the week, due to depression (again I'm not stupid I know what I'm doing to myself but it comforts me)- anyone who doesn't understand what I'm going through please do not comment on my lifestyle and tell me how much of a fool I am because I know. I need help but this thought of me having a really bad disease/illness is making me feel worse so I drink to forget it. There's going to be a lot of comments telling me to get it checked out but if there is anyone who has been through what I have been through let me know, because it will help me go through the right passage. Thank you, Ben.

Posted On 07/17/2015

healthiswealth28

when i moved I see my diabetes meds is there floating. why is it not dissolved all? I also immediately move after i had a salad meal.

Posted On 06/17/2015

arydberg

I do not agree with the idea of gluten free diet. I have moved from store brought bread to homemade bread made from wheat berries freshly ground with a wheat grinder. I find it necessary to add gluten to get good bread. The result is a noticeable increase in fiber in my diet as well as loosing 20 lbs. without trying and much reduced food cravings.

It just may be that it is the folic acid as well the preservatives we use in store brought bread that has made it worthless.

Posted On 02/11/2015

mediapusher

One of the things I've noticed is that when I switched to pescetarian/veggie diet, my stools became a lot less smelly. However, I'm not so sure fish is all that healthy. After all, they eat the poop from other animals in the sea. Shrimp, lobster, etc are roaches of the sea as well, total bottom feeders - no pun intended

Posted On 01/20/2015

mediapusher

Nice to see an article like this regarding a subject that almost no one wants to talk about.

Posted On 01/20/2015

maryigo7777

I really like this

Posted On 01/13/2015

musicc

This was my favorite article of all! I loved the wit. The comment regarding letting off gas or blowing up like balloons had me laughing for a good duration. You forgot one other avenue to better health via the poop shute:www.nosurgeryplease.com/love-coffee-enemas

Posted On 01/01/2015

mediapusher

Actually he said, "Blow Up like balloons" not "blow up and pop like balloons".. Based on that, there are a hell of a lot of people running around not farting, and that have blown up like balloons because of their poor diet and lack of exercise. --- too much obesity in the USA

Posted On 01/20/2015

Patricia1936

Dr. Joel Wallach produced Cystic Fibrosis in infant primates by withholding selenium, proving that this is caused by a nutrient deficiency...not genetic! For discovering this, he was fired from Yerkes Primate Center and told that the truth didn't matter...too many lives were dependent upon this being genetic...see Dead Doctors Don't Lie or google subject on line. For his discovery, in 1991, he was nominated for the Nobel Prize. Of course, he didn't win it.

Posted On 01/01/2015

sigianton

Thanks again to that so important fact all comes from your gut good or bad

just a fantastic information

Thanks again Sigi

Posted On 12/20/2014

eddie2u

Damaging vaccinatiinos is leading caause

of autism. Children holler and parents are

not listening.

Posted On 11/10/2014

ita1358

Dear Dr. Mercola. With time I have become a friend of your products and all the valuable information that you provide via videos and written documents. I am a 80 years old man and have learned to use products like Krill oil, Astaxanthin, Cacao Nibs and others. I wonder if you could suggest any other products which would be of my benefit at my age.

Posted On 11/05/2014

Mercola_Moderator

@ita1358 - These are great supplements. Dr Mercola would also advise ubiquinol and some beneficial bacteria. Ideally use our Kinetic Culture to ferment your own vegetables and get free vitamin K2 or get the probiotics and take oral vitamin K2. It's also really important to get your vitamin D levels checked, and if it is below 50 to start vitamin D.

Posted On 11/05/2014

xanthu

Nice article! I've had problems with irregularities since I was a child. Lately j started thinking it will probably be IBS.

One thing: I was born in central Europe and now live in the UK and we certainly do not have bidets in every bathroom. I would say they are pretty rare actually...

Posted On 10/27/2014

gpopovic

One should note that this article says that size should be from 1 to 2 inches, Bristol Stool Chart says 1 to 2 centimeters, this is a significant difference and this article should correct 1"-2" to 1cm-2cm.

Posted On 10/21/2014

Raydawn

I love the natural squatting concept as in Japan. I've always used it until I found a more spontaneous approach. Instead of climbing up onto the toilet, I just sit down and bend each leg back holding with each hand. I find by using this method I was able to achieve the same results.

Posted On 10/15/2014

Raydawn

Dr Mercola, Thanks for making this practical more hygienic alternative more affordable and easy to install bidet in reach. I've always appreciated the concept.

Posted On 10/14/2014

doctorsk8

Great article! I'd add mineral deficiency (from overzealous detox in my case!) can cause constipation. And food intolerances/allergies can cause either. Thanks Dr. M for writing this article!

Posted On 09/14/2014

jahapec

The article is very informative as well as the comments which are not very recent. Since the article is just being offered again that I am a registered nurse. I had an assisted living the last eight years before retirement. Only one person ever had trouble with producing a stool. When she did pass one they were very huge, about three inches across and formed. She had dementia but her family said it was normal for her. Their diet was optimal with fresh fruits and vegetable daily along with animal protein. I learned that the best way to help her pass a stool was to use a gloved hand and to press on opposite sides of her anus with my first finger on one side and second finger on the opposite side of her anus and press down with my fingers. She then could bear down and have a stool without pain.

We all have occasional dryer stools, myself included, and his technique helped pass drier stool so that the normal soft stool behind it could be passed. I have never seen this recommended in any articles as well as not mentioned in any nursing classes. It eliminates any pain or trauma to the tissue around the anus.

Posted On 09/02/2014

holiday0

helpful

Posted On 07/27/2014

woolie17

Great article! Someone had to address this so thanks Doctor Mercola. As to the bidet, great idea, but if you can't afford one the Indian sub continent has the answer. Take half a litre of water in a bottle and wash your backside after the stool. I've been doing this for years and it is most effective at preventing piles and itching.

Posted On 07/24/2014

Sando3

A touchy subject for most people but well worth the read. Two points mentioned are squatting instead of sitting and the bidet.

Since moving to Asia to live for work I have embraced both.

Squatting initially because of the lack of cleanliness in toilets / seats generally and the bidet as so often there was no toilet paper. The reason for commenting is I personally feel "both" points have helped me get rid of the bad hemorrhoids I suffered from for so many years. Squatting definitely helps clear the bowels without straining and then the bidet use doesn't cause any further agitation/friction, especially as I have such a hairy bum :)

Posted On 07/23/2014

phineas boggs

Bidet not necessary! When I visited friends in Egypt, their toilet had an attachment that was similar to a sink sprayer. It was simple to rinse off appropriate spots and seemed so very logical and sensible. I was in control of where to aim the sprayer and to rinse myself thoroughly.

Since it was attached to a hose, I didn't have to hop over to a bidet nor move myself about to get the water to hit me in the correct spots. And it wasn't attached to the inside of a toilet which also would have required me to give control to something else and move myself around for positioning.

I really want to do this in my bathroom! MUCH better, IMO, than any bidet I have used.

Posted On 05/19/2014

me11227

In our cleanses, this is one of the topics we try to teach. To get over the 'yuck' and to understand that what comes out of us, is a clear message of what goes on inside of us. Thank you for posting!!! In Asia, we don't have bidets, but we have shower spray hoses. You are right, once you get used to these, you never go back to toilet paper.

Posted On 03/10/2014

karlremmen

When not at home take a non-BPA bicycle water bottle with you and use it as a substitute for the bidet. Can do while sitting on the toilet. Works great

Posted On 03/04/2014

nodiet

I have always thought that it is unnatural for a human to have to wipe their butt. No animals wipe their butts and their poop leaves no residue. Think of a horse, cow, cat, dog, camel, etc. So, due to the human diet the issue arises because of bad food choices. I have had stools that left no residue whatsoever on occasion. I am not saying that is the cleanest part of any human's anatomy, but really no toilet paper needed? Oh how we have digressed as a species!

Posted On 03/04/2014

phineas boggs

LOL! But their butts are up in the air, whereas ours are closed between our buttcheeks. The remnants are likely to simply fester. I'm happy my spouse wipes!

Posted On 05/19/2014

Moniqe

Animals don't have residue? Then why do cats thoroughly clean themselves afterwards? I've also seen plenty of horse and cow residue.

Posted On 08/10/2014

BaldandAngry

I'm not sure what to say. When I backcountry camp, I'm usually concerned about animal scat (gotta watch out for the bears). This however is probably nearly as important but I'm not big into human feces examination. Handy chart though, I might print, frame, and hang in my guest bathroom.

Posted On 02/16/2013

MarkOz

HaHa Tust Dr Mercola to expound on such a taboo subject. In Ancient Egypt the Pharoah's stools were given to leading citizens as symbols of high regard. After all, they had passed through the body of a God ! When I had Hep A my stools were yellow, glistening and smelly. Since then I've always checked them as a marker of general health but despite google search I never found this information so thanks. Occasionally my stools return to that state. Thanks to this article i won't be shy about telling my Doc if it happens again !

Posted On 02/16/2013

SoundinWindandLimb

Interesting facts for sure! I couldn't help but laugh through most of it. "Type 4 is the Holy Grail."! Hilarious!

Posted On 02/15/2013

holygrail4

Yes I did one of those tonight. I am very proud of myself. Will celebrate with a cup of tea. Almost took a photo of it. It was so long it did not go round the bend the first time. About ten inches it was.

Posted On 01/21/2014

JimMacy

Good information and reminds me of when MDs actually came to your home. If they were dealing with infant they would smell fell and even taste stool of infant as part of diagnosis (glad I wasn't in Med school at the time). Keeping track of body's functions is a good thing in early detection of changes. Also being aware of how your diet is changing and your living environment since those will have an effect on stool timing and consistency.

Posted On 02/14/2013

VonSchneider

Well no wonder why they promote Hep B shots across the board for every baby at 12 hours old! Brilliant! This is not a rip on your post. Now it all makes sense, it's to protect the doctors.

Posted On 02/15/2013

BaldandAngry

So that must be where the phrase "tastes like poo" came from. I've always wondered that. Too bad doc's don't make house calls anymore, we'd all might be a bit healthier. Nowadays most doctors are just pharmaceutical retailers.

Posted On 02/16/2013

poulianna

Hello, what a topic but an important one... Could some one tell me why floaters are bad...???? Is it discussed in the video??? Thank You

Posted On 02/14/2013

moskalyd

The Road to Wellville, 1994. Anthony Hopkins as Dr. Kellogg.

Posted On 02/14/2013

VonSchneider

Looks cute, will check it out.

Posted On 02/15/2013

Moonrhythm

I opt for the sample card instead of the colonoscopy for each check up as I *know* everything's fine. The Dr. always says " Well, if the card comes back with blood, you'll need the colonoscopy". She doesn't see what I see every morning either...everything's fine!

Posted On 02/14/2013

kataklysm01

As far as the bidet goes. I've installed the Blue Bidet on both our toilets. They're great. And at the office and on trips I carry my Travel Bidet made by Sanicare. It's not as powerful but it beats plain toilet paper.

Posted On 02/14/2013

AjaxManatiso

Like a previous poster, my mother also taught me to monitor my stools. They are extremely consistent and somewhere in between 3 and 4. I brown bag my lunches to work in order to have a healthy meal, but all the 20-somethings here go out for fast food. Later in the afternoon, I zip in for a dump and zip back out while hearing the moans and groans from the other stalls. It actually sounds, at times, like childbirth! Or a torture chamber. But I guess they are torturing their digestive systems with that horrible fast food.

Posted On 02/14/2013

MoonSparkle

My son (3 1/2 years old) seems to have actual red blood when he poops and it is always after he eats *dairy, corn, and apples/pears.* Of course I don't let him eat these foods, but he did have an exposure to dairy while he was at my In-Laws this past weekend. I was not around to stop it. He had diarrhea and when I wiped him...blood. He always seems to be fine when he does not eat these foods. I have not taken him to the doctor because I feel I know what the culprits are. Should I be concerned of something more serious besides food allergies because of the presence of red blood? He also has light green poop and I can tell his behavior changes when he eats too much wheat...so we limit breads, pastas, etc. He is a normal acting, smart little boy and you wouldn't know he has these issues by looking at him. Any advice?

His pediatrician acknowledges that he is sensitive dairy, but also keeps telling me that he will grow out of it and he doesn't have a true allergy if he doesn't have anaphylatic (sp?) symptoms. I believe otherwise. Besides the food allergies...he is healthy and doesn't get sick. He has never had an ear infection in his life (as well as my almost 2 yr old daughter) and I like to attribute it to the fact that I don't feed them the foods that bother them.

Posted On 02/14/2013

Shasha

Hi, My son's poop was like mud....I didn't know he was Celiac. Gluten/dairy/soy/sugar may hurt people. The whole family tree may have Celiac...but just different health issues. Gluten may wreck the gut lining...cause sore. When gluten wrecks the villi tips...then dairy digestion may leave...the tips may lactase to digest lactose. I can't have dairy...it destroys my brain..demyelinates me. 100% avoidance of foods that hurt may help. Eating gluten may cause leaky gut...cause food to leak into the blood and then the blood makes antibodies to it...allergies. Not eating gluten may prevent new allergies.

Vit C may help allergic reactions and quercetin in apples/onions/capsules. Rotating allergic foods may help or avoiding them. Corn may not digest in most people and maybe genetically modified that may make Celiac worse. Celiac diet may help the body/brain health. I went from C's to A's when I stopped eating offending foods. ADHD maybe due to Celiac. A person doesn't outgrow Celiac. Some people may have dairy once they stop eating gluten and heal the tips of the villi. I can't eat dairy...it causes seizures..autoimmune irritable bladder. Gluten may cause irritable bowel/diarrhea.

There is gluten contamination in many places...even in luncheon meat/medicines/air/cutting boards etc... There are chewable vitamins for kids...Vit C, Vit D3, Nature's plus- Animmal parade, Nature's plus- Pedi- Active (phosphatidylserine/DMAE) See my profile. Tests may not work to diagnose Celiac and doctors may not be trained in it. Best wishes.

Posted On 02/14/2013

MoonSparkle

Thank you! Celiac is something that has been in the back of my mind. Myself and both of my kids show symptoms for it.

Posted On 02/14/2013

Shasha

You are welcome! I wish I knew sooner in my life about Celiac. Celiac destroyed my body/brain. My body collapsed...low thyroid/MS/Heavy metals built up and more. I learned alot...but suffered greatly before. Most people may be Celiac and whole family trees maybe affected...but each person maybe different in health issues it causes. Tests may not work to diagnose it and doctors may not be trained in it. Best wishes.

Posted On 02/14/2013

MoonSparkle

What is interesting about the thyroid is that I am hypothyroid. I went 2 months on the Paleo diet and when I had my thyroid tested...it was out of range on the "hyper" side! I was like..there IS something to this wheat/gluten and thyroid thing!

Posted On 02/14/2013

VonSchneider

The summer between 3rd and 4th grade my daughter started pooping blood. She is much better now, she was healed with SCD diet (no grains) and low FODMAPs. She cannot eat rice or oranges for sure, she stays away from citrus in general and chocolate. Her blood test for Celiac was negative, her duodenal (small intestine) biopsy was also negative for Celiac. She still eats low grain, but does eat grains as a treat and does fine. We/she eats low carb now and avoids "the culprits". We eat raw saurkraut and homemade yogurt, she will eat these. She was ripped, muscular, well nourished and strong, working out 9 1/2 hours a week at gymnastics when this started. She just started pooping blood one day, and it got worse and worse. We changed her to gluten free FIRST, so that meant eating MUCH MORE rice, because RICE was the problem, this made her much worse. Most regular blog posters here have read my vents on being offered a colectomy by the first Pediatric GI only 2 months into her "treatment"(that made her worse also), prednisone and Asacol. Apparently HE thought her life would be better without this pesky colon. Since the thought of rewiring anyones private area did not go over well at our house, we ended up going to Mayo and another Ped GI for 2nd, 3rd opinions. What they could give us in 2009-10 was meds and surgery, there was no offer for dietary help. The first quack said diet was not the cause, and yet when we did the above diets, combined at the same time, foods we chose had to fit the criteria for both, per our research. And she healed, this took months. - continued.

Posted On 02/15/2013

VonSchneider

Healing meant getting months of prednisone out of her system. She did not grow for about 2 years. When she looked like death warmed over, sunken, pale, skeletal, we decided to stop all medications and do the SCD diet (along with low FODMAPs, which is basically low sugar- paleo is the same idea,) that others had proclaimed worked. And it did. If you are worried about gluten I would recommend grain free, that's just per our poor experience. It is a difficult thing getting kids to adhere to a special diet, with all the crap available. We are VERY fortunate to have a child who is naturally very perfectionist and motivated, (this can have a bad side too I know.) But Mom and Dad won't be there to slap cookies out of her hands her whole life. She also had already lost time in her life lying in bed and having to be near a toilet to poop blood 20 times a day. She didn't want to do this ANYMORE. I continually tell her her success comes from her, she takes care of herself and it works.

I think about these "food allergies", just like if you ate a strawberry and broke out in a skin rash. When she eats rice or oranges, her colon breaks out in a rash, it bleeds. A few time since being healed she has eaten rice without knowing it was and then there is blood in her stool within 24 hours. As long as she sticks to healthy low carb, she does fine, the blood goes away. We did get her in a tanning bed starting this fall. Her vitamin D level was low 30's when she was sick-not good. She had been doing oral vitamin D until this fall, but once again she had had some blood, started tanning, it was gone. She has always been a kid I had to get after to get some sun. She would slather her own self in sunscreen when she was little, her brother never did this. And I was seldom motivated to do it unless we were at the beach, but she would do this at home.

Posted On 02/15/2013

VonSchneider

When the blood started to go away, she had very green stools, blood would turn to blood tinged mucus, then just mucus until the mucus is gone. Just like healing a bloody sinus infection. Honestly skin, respiratory tract and GI tract have similar tissues being the parts of your body interfaced with the non-sterile outside environment. Some people have sinus trouble, some have skin trouble, some have lung trouble and some have stomach/intestinal trouble. Some people eat the wrong thing their sinuses swell shut, or they can't breath, or they break out in a rash. Some people s**t blood. Doesn't have to horrible, we have to figure out how to be healthy.

Wish your little guy and you the best.

Posted On 02/15/2013

dale_redd

I am almost 54 and had a colonoscopy at 50. They found three pre-cancerous polyps and removed them. Of late I have been passing very foul gas and can not figure out why. They told me I will have to have another colonoscopy at 55 but I am really scared. I have 3 kids, two are 8 and the other is 6. I use a lot of Dr. Mercola's supplements, Probiotics, K2, Astaxathin, Chorella, Zinc, Bowel Care and Digestive Aid. I also take Magnesium Malate from MgBright and Vit. D 5,000 from my doctors office every four days. I do stress because of this gas problem. Is it ok to have foul gas? I also have fibromyalgia and chronic pain.

Posted On 02/14/2013

helpothers

Bad gas is a sign of dysbiosis. That means you are not completely digesting something and it is fermenting in your intestines. I had terrible gas for many years until I figured out I had lactose intolerance. I would take a look at your food - it could be milk, wheat, beans - soy is problematic for me too. I take Dr. M's probiotic daily but two family members have problems with it. So you may try changing your probiotic for a time. I got the most help from having a comprehensive stool test which showed that even though I'd been taking probiotics for 10 years, I only had 20% of the normal levels in my gut. After mega doses for 6 months, things got a lot better.

Posted On 02/14/2013

Grateful4Health

May want to consider causes of gut putrefaction, often imbalanced gut flora in combination with the specific foods ingested. Supplements, (including probiotic capsules) while important, are best considered as secondary supportive measures AFTER a healthy diet (including liberal amounts of adequately fermented foods) is attained. Not familiar with Bowel Care and Digestive Aid, but if one of them doesn't contain HCL (betaine hydrochloride), may want to consider adding that to any meals containing animal protein. As a veteran of previously long-standing GI problems (including constipation, gas, reflux, etc) I'm sympathetic to anyone struggling with these challenges and wish you success. EDIT: Some express concern over adding HCL without first testing to confirm deficiency, as too much can be worse than not enough. Always an option, of course. But, for the majority over 50, supplementing is helpful, starting with a low dose and gradually increasing as necessary. You can always cut back or discontinue if condition worsens.

Posted On 02/14/2013

Fastrider

Take probiotics on an empty stomach, e.g. upon rising 30min before a meal, that way you stand a better chance to have them pass the stomach without being destroyed by the acids.

Posted On 02/14/2013

VonSchneider

The fermented foods have much higher amounts of probiotic than capsules, even if you do not like these food you can take them like supplements eating a tablespoon or 2 at a time. I will throw in a spoonful with food that doesn't "go with" saurkraut just to get some in. SCD diet did suggest that sometimes it's supplements causing problems, taking a supplement holiday was a suggestion to see if things change. Once again, you can add or change which supplements to take at anytime. Sort of an elimination diet concept. Keep in mind it's sugars that ferment with lots of gas, we have made wine and beer at my house, it makes bubbles. Not sure fermented salami makes excess bubbles. May need to eat less carbs? Are you eating for your type?

Posted On 02/15/2013

dale_redd

Thank you to everyone who replied. Dr. Mercola's probiotics say 20min before breakfast, I am going for 30 now. I love sourkrat (spelling off). Every time I have an upset stomach I eat it. When I shop for food I always get olives and pickles, I eat the olive on the way home. All of you have been a great help. I can't thank you enough. Since I have stopped cereal and milk in the am the gas seems to be less. Now to sort through the rest of my diet. I was told by my Aunt that I always puked after a bottle, I have always felt I could not tolirate milk but since I've had kids I eat cereal. I switched to bananas. I will keep checking this site for all the useful info..

Posted On 02/16/2013

mr.mister_1

Comments posted about reports of healthy stool should float, not sink is opposite of the chart in this article states. Tested drinking water dual precipitator ion electrolysis reveals tap water has bits of toilet paper, bits of female napkins tampons and other pollutants; Bidet wash reduces toilet paper in drinking water; if newspaper is wetted to wash it does not shred, but flushing hard newspaper clogs pipes, so put wet newspaper in garbage, keep toilet paper for guests.

Posted On 02/14/2013

Yes, this is the most important topic we should discuss and yet, it's still in the closet. However, in order to have an intelligent conversation on this topic, the first thing we must do is NOT Shut Down our Frontal Lobe and face the reality that we humans are like every other animal on this planet and all of us have about a dozen anatomical characteristics that clearly put us in a particular class of Eaters. The most important anatomical characteristic is the length of our Intestines and when we understand this characteristic, we understand why so many people have formed BMs and why they sink and why we have so many problems as a Species.

Can you say DENIAL? That's that happens when we Shut Down our Frontal Lobe as scientists illustrated in an online study published 10-9-2011 called Unrealistic Optimism.

A Healthy BM should be SOFT, MOIST and NOT FORMED and to prove my point for all of you guys who have formed BMs and think you are Healthy, do what Joe did in Fat, Sick and Nearly Dead. Drink a gallon of Vegetable Juices every day and I'm willing to bet any amount of Money that most of you guys with formed BMs will still be pooping for several months even though you stopped eating solid food. Why do you think Joe lost so much weight?

I know this to be true because this is what I do - I am a Wellness Consultant and I have coached thousands of people and 99% of the people I coach drink nothing but freshly made Juices for several months just like Joe did! Personally, I have Juice Fasted/Feasted for 1005 days on 136 different occasions in the last 20 years.

So I know from both personal and professional experience that most of us are Eating FOODS that we are NOT Biologically Adapted to Eat, which is why they take too long to go through our 30 Foot Food Tube and explains why they come out Formed instead of Not Formed like they're supposed to be. For a much better description for what your poop should look like, read Robert Grey's "The Colon Health Handbook."

Posted On 02/14/2013

Horsea

Well, lots of mammals have formed feces and they are healthy. We were not in my judgment intended to be like cows, who produce soft, liquidy patties. If we eat solid or (some) cooked food, that is natural for us because we have adapted to it over countless millennia. Right or wrong, that's what we have adapted to; we can't go back. I know that eating a lot of raw food is good for most of us (I enjoy it, anyway, in the summer) but some people don't do well on such a diet and I can't stand it in the winter. Some people are more adapted to cooked and solid food and their issues improve a lot when eating that way.

I read The Colon Health Handbook and most of Gray's advice is really good. He knows a lot - but not everything.

Posted On 11/27/2014

ThomasT

Living in Thailand, most of the year, and being health conscious, I noticed that whenever hi- chili foods are eaten, not anywhere near what the locals can consume, the bowel movement speeds up and 2 days worth of stool is passed at a single 'sitting'. The stool amount and the 2 day pause to the next stool attain to this fact. My question now... is whether this rapid transit prevents absorption of any vital class of nutrients. I also note that most locals pass before the age of 50, so maybe this rapid transit creates a deficiency in some class of vital nutrient.. Any GI tract experts on Dr Merc?? (My Human Physiology textbook, Vanders, Sherman and Luciano, is not with me).

Posted On 02/14/2013

stevens903

Hi Thomas, I live in Chiang Mai. A creeping vine, ivy gourd in English, grows in my back yard. Put it in boiling water, immediately turn off the flame, and you've got an extremely effective laxative. It used to clean me out amazingly, like your chili experience, but now when I eat it I don't notice any difference in volume because I eat homemade sauerkraut every day. I'm always cleaned out now! I used to think Thai food was healthy but I know now that much of street food and restaurant food is loaded with formaldehyde and msg, not to mention sugar. Middle class, educated Thais like those in my neighborhood are much more savvy about diet and exercise and live long lives. Almost every time my Thai wife and I go out to eat now she gets dizzy an hour or two later because of the msg in the food, even at a fancy hotel buffet, so we seldom eat out anymore.

Posted On 02/14/2013

doctom

oh how life is always changing, good idea except water is becoming more precious and expensive than paper = OMG if everyone was using an xtra 300ml every poop (thats nearly a litre daily 4 me using Bidet) where would that lead? Best dig a HOLE (deep) and SQUAT if eatin well 2 sheets is enough (must have "clingy" water here in Oz coz using Bidet I need 5+ sheets to dry)

Posted On 02/14/2013

whitebirch11

Does anyone know what it means when you stool, no matter what color always has a bit of a green tint to it? I read somewhere that it has something to do with the liver, and bile, but have no idea what... anyone?

Posted On 02/14/2013

bchristine

I think the green you are referring to is just veggies and greens you've eaten....

Posted On 02/14/2013

Shasha

Bacteria may help color and bile is green. Green vegetables may look more green in the stool.

Posted On 02/14/2013

Pat Ormsby

Very very rural where I live--only pit johns. I see what I produce maybe once a month on average, but you get a feeling for what is normal. A bidet can be arranged by getting a large syringe and a jar of water (change it daily). Use a single sheet of toilet paper (or corn cob, or newspaper, or leaf) first, then spray well, then use the fingers of your left hand while spraying to get it good and clean. Then use a clean cloth to dry. This practice also encourages careful hand washing.

Regarding squatting, squat potties (that look like a small sink set into the floor) are still common in Japan, but anyone with enough money gets a potty to sit on, and also a seat warmer and a bidet. When I had hemorrhoids years ago, Japanese doctors warned me against using squat potties. I use them out of necessity some times, but I have an awful hard time eliminating while squatting--the opposite of what Dr. Mercola has said. I can squat flat on my heels (that took years to accomplish), so balancing isn't the issue. I really have to strain to eliminate when squatting.

Posted On 02/14/2013

malijo789

Has anyone here ever read "The Poopy List?" You'll laugh so hard, you'll cry.

www.funnyjunk.com/.../poopie.htm

Posted On 02/14/2013

One_Angel

This might sound a little odd, but I actually like those organic baby wipes with the aloe. I figure if they are gentle enough for babies.....

Posted On 02/14/2013

lochner

I like the organic baby wipes with aloe, too. It says 'flushable' on the box. Then one day the local waterworks people knocked on my door and told me I was clogging up the local sewer system and to stop it. barbara lochner

Posted On 02/14/2013

Wheatski

We have a very nice bidet in our home. You say "Whenever I travel it is one of the items that I miss most from my home." There are many portable battery powered units available for travel at reasonable cost.

Posted On 02/14/2013

marosub53

You say: "There are many portable battery powered units available for travel at reasonable cost." Why making it so complicated? Millions of people in India and Asia are using just a bucket filled with water and a small container to flush - easy, quick, and cheap!

Posted On 02/14/2013

spbyoga9

Long time ago i had read in a naturopathy book that well formed floating poo means well digested and fresh poo while sinking poo means it is stale and not properly digested. Is it true doctor?

Posted On 02/14/2013

Shasha

Floating...lighter color may have fat in it..due to Celiac or gas. Heavier maybe better digested...maybe heavier if less water in it due to constipation also.

Posted On 02/14/2013

ryzaminelli

Dr. Mercola, You said that -- Black stools can also come from certain medications, it's best to be evaluated by your healthcare provider: Who's the healthcare provider? Doctor? Why the necessity of going to Doctor again where in fact the causes of my unhealthy stools came from the medications that doctor had given me? Little confusion, pls. Clarify? Gilbert's syndrome – if you see this, call your doctor. Again confusing. If I will call a Doctor, He will give me again some allopathic treatment (medicine) and may cause again another symptom like having a black stools. Pls. Clarify?

Posted On 02/14/2013

bodyman47

Most ingested causes of black stool will usually pass. Constant black stools is an indication of internal bleeding and should be checked. Putting your feet on a small stool to raise the knees to your chest is nearly as effective as squatting and can be done by the obese....God bless

Posted On 02/14/2013

culveracademy

Bodyman - if I drink red wine - it affects the - er - "outcome." (This is so hard to discuss!) I dont want people who drink red wine frequently to think something is wrong with them.....God bless you back!

Posted On 02/14/2013

LittleBrightFeather

Things sure change over the years. We once were told our poo should be like that of goats and deer. Tiny dark round pellets that floated. Those were the healthy eliminations. Now 40 years later we are told the opposite. Has our diet really changed that much that what comes from it is now so different then it use to be to be considered healthy ?

Posted On 02/14/2013

airtobreathe

I don't think they've changed much. Whenever the stool is similar to that of goats/sheep/deer, it comes out with difficulty and even pain. Our diet has changed since we eat so many processed foods. And the vegetables are not the same, all grown with pesticides and other chemicals. I noticed how I feel so much better when I don't eat meat. I feel lighter and more energetic.

I remember when living with my grandparents in the countryside how they rarely killed any chicken or veal - it was a celebration to have meat at the table. Nowadays we have mountains of chicken and beef and pork in supermarkets and we forget how unpleasant it is to see a chicken killed and then gutted and then the feathers picked off... With this picture in mind the consumption of meat could go back to a normal quantity..

Posted On 02/14/2013

severach

I don't like #1 pellet poo either. It's irregular, painful, and can be messy because some liquid fecal matter may not be bound up in the pellets. I prefer poo poo #3 which for me goes fast and leaves little to clean up. On good days I can poo almost as fast as an average pee. What makes poo easy to pass is a thin layer of mucous on the poo and in the intestines. If the intestines are working well this mucous makes any poo move easily.

#3 is perfect because it has just enough stiffness to hold the anus open so the stool is the same size it was while waiting in the rectum. When squatting the stool, with a little bump to get the valve open, simply drops out. The anus closes behind leaving nothing inside and an easy cleanup job.

#4 is too soft which allows the anus to be lazy and not open fully. The stool gets size reduced and the extrusion stresses the anus. Then the valve closes early and traps a bit inside leaving a nasty cleanup job.

Posted On 02/15/2013
