What your POO says about you!

TURD IS THE WORD
Turd Is the Word?

Get over the gross-out factor, and start letting your poo communicate with you. The way it looks back at you from the porcelain bowl is highly indicative of what’s going’ on in your body.

Here are the main indicators of what to pay attention to in your poo:

- Smell
- Color
- Shape
- Size
- Frequency

How often Should You Poop?

Our bowel movements are like very special snowflakes: completely unique to each one of us. The average (healthy) person poops about once a day, but a healthy pooper can go up to 3 times daily. On the other hand, some go once every couple days, and this is still within the accepted normal range. If you go 2-3 days and you have not had a deuce, you’re officially constipated. If you go more than three times a day, you might actually have diarrhea or some other digestive issue.
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<tr>
<th>Poop Formation</th>
<th>Description</th>
<th>Recommended Products</th>
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<tr>
<td>Thick, lumpy sausages that are pretty dry &amp; hard</td>
<td>You’re constipated, and need some fiber, water and a diet high in green cruciferous vegetables and legumes like Kale, Spinach, beans and lentils to get things moving along. These turds have been stuck in your colon for a while, most likely pressed into your intestinal wall. We highly recommend you begin using The TurDle regularly, to help stimulate blood-flow and peristaltic contractions in the colon. We also recommend BōKU Superfood and BōKU Super Cleanse.</td>
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<td>A cracked sausage.</td>
<td>In the medical community, this is the true Cadillac of poops. These are cracked at the surface and are usually moist. They evacuate the body peacefully, with ease. It shows good diet, and proper intake of water. They usually require very little wiping. If you regularly experience these movements then bravo!</td>
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<td>Surprisingly smooth and thin, like a snake.</td>
<td>This poopoo is smooth, soft, and slithers out like a snake. You want to pass poops like this on a regular basis - every 1-3 days. Although more often than this and it could be a sign that you have compacted waste still on the walls of your intestine that prevents the new stool from contacting your intestinal wall. If this is the case, you might try BōKU’s Super Fiber intestinal cleanse and BōKU Superfood, along with plenty of fresh fibrous foods like berries, fruits and vegetables.</td>
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<td>Chicken nuggets.</td>
<td>These soft, well-defined blobs usually come out quickly - perhaps even with urgency, sometimes followed by a larger and longer turd. This falls into the category of “diarrhea,” but it’s not much to worry about. By adding fiber and more root vegetables like sweet potatoes and carrots, it should go away in a couple of days. - Be sure you’re getting lots of veggies, regular probiotics and at least half your body weight in ounces of water. You should also consider using The TurDle regularly.</td>
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Fluffy, awkwardly lumpy poop. These pass through you like a baby going down a water-slide. In fact, they pass a little too easily, and are a further indication of mild diarrhea. You might eat more whole grains and fiber to plump them up and provide more shape and substance.

A chocolate river. We've all been there: distressed by a total liquid stream of faeces. Your food did not form into a mass on its way through your colon, and some insoluble fiber could help you add mass. You're going to need some water and electrolytes after this kind of a bowel movement to replenish your body of lost hydration.

If nothing is coming out at all, you are at the highest level of constipation, and it would behoove you to change your diet immediately. You are an absolute candidate for BōKU Superfood and BōKU Super Fiber Digestive cleanse. You should also begin using The TurDle on a regular basis to exercise and reinvigorate the colon. It is imperative that you consume at least half your body weight in ounces of water a day, include at least three servings of green cruciferous vegetables a day, at least 2 servings of fresh whole fruit a day and eat plenty of fiber rich foods. If nothing is coming out but food is going in, your body is not eliminating waste and this WILL eventually lead to disease.

The invisible poo.

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The 4 S’s that could save your life!

The average human will produce 9,000 lbs of poo in their life

SHAPE

SIZE

SMELL

SHADE
Many Colors of Poop

Medium-dark brown.
Normal!

Light brown.
Normal, but you could probably use some more vitamins, like the ones that show up in leafy greens and of course, BöKU Superfood.

Green.
Often normal. It might mean that you’re eating lots and lots of veggies, which is great! But, it can also mean that your food is passing through too quickly, and the green in your bile isn’t breaking down sufficiently. Remember to chew food vigorously and incorporate a digestive enzyme!

Red.
If your stool is red, it might just be food coloring. It might be beets. But, it needs to be paid attention to, because it could also point to internal bleeding. It might also just be from a scratch or hemorrhoid.

Black.
The rare occasion is typically nothing to worry about, and can come from eating a lot of iron, or from an over-the-counter supplement. However, repeated occurrence could mean internal bleeding (not good at all!) - Especially if it smells extra stinky.
Pretty unpleasant.

Yeah, poop is usually going to stink, even if you’re Beyoncé. The good bacteria and micro-organisms in our guts create sulphuric compounds, creating the oh-so-lovely fragrance of our regular poos.

Quite foul.

This happens to the best of us, and usually goes away after a couple of bowel movements. You may have gotten some bad bacteria in your body through something you ate, or it’s a reaction to antibiotics or medication (especially amphetamines like Adderall).

Horrifically foul.

This could mean malabsorption, in which case you should see a doctor. Malabsorption could indicate a gluten intolerance as severe as Celiac’s. If you have cramps along with stinky stool, you may have infection, which can lead to inflammation, and it’s important to seek medical care.

Odourless.

Yaaay! This points to a highly-fibrous diet, especially if it has no messy residue.
The revolutionary TurDle replicates the natural benefits of squatting to help relieve constipation by providing direct acupressure stimulation of the colon. Using the TurDle regularly can help restore healthy colon function, which is part of why we believe every bathroom should have one. www.turdle.com

BōKU’s Organic Super Fiber is a great source of daily plant-based fiber. The soluble and insoluble fiber offers a plethora of great health benefits and is an essential part of a healthy diet and may help with the relief of constipation. www.bokusuperfood.com
Benefits of Acupressure & The TurDle

Constipation

Relieving constipation can be easy with acupressure.

Constipation is defined as dry, hard to-pass stools or the absence of bowel movements for 3-4 days. This can become very uncomfortable! Defecation is one of the body’s most critical ways of eliminating waste and toxins from the body.

You’re less likely to experience hemorrhoids, painful fissures, leaky gut, vitamin deficiencies, poor immunity, and other risks of constipation, if you’re moving your bowels daily. Most medical doctors will advise you to drink more water, eat more fiber, and get more exercise in order to stay regular.

Getting enough Vitamin C, magnesium, and supplementing with a probiotic can also help prevent constipation. It may be just enough to get you over a brief episode of irregular bowel movements. However, for people with chronic constipation, further investigation is necessary. You don’t want to depend on laxatives, enemas, or purgative natural herbs, though they may be necessary to unblock the bowels initially. Quite often stress & tension can throw off the balance of beneficial gut flora and can negatively impact gut mobility. Or someone may have a hard time “letting go” emotionally, which translates as tension in the body when one tries to maintain control. That’s precisely what happens in the large intestine! It becomes tense and if we simply try to push and strain when peristalsis has slowed, we can only make matters worse (hemorrhoids).

This is where acupressure can be a savior since it relieves stress and treats emotional/energetic issues reliably. If you’re feeling backed-up, you may benefit greatly from trying the amazing TurDle device and the general acupressure sequence in this booklet. All of the points can have a direct impact on gut mobility and help move your vital energy downward.
Acupressure Points to Relieve Constipation

Find your ‘Poop Button’

Find your ‘Poop Button’ by putting 3 fingers below your belly button = Sea of Energy (CV6). Stimulate this point gradually using your fingertips or even better, The amazing TurDle!

Try to maintain the pressure for 30 seconds while breathing normally and with your eyes shut. Take a short break and repeat. The Poop Button pressure point does more than help you poop by triggering peristaltic contractions. It can also help to strengthen the body’s internal condition, especially the colon & immune system.

Centre of Power

(CV12) Conception Vessel 12 is another effective acupressure point that can provide quick relief from constipation. You can locate it on the mid-line of your body, midway between the belly button and base of your breastbone.

It is very important not to press this point for more than 2 minutes at a single stretch. You should also make sure to do it on an empty stomach.

Check with your doctor. Practicing this point could aggravate certain medical conditions...
Abdominal Massage

This can be done both sitting on the toilet with your TurDle, or while lying down. Proper abdominal massage can help stimulate bowel movements and aid in proper digestive function naturally. Start either lying on your back or sitting on the toilet. Using The TurDle (or your hand), start at the sigmoid colon near the rectum and apply gentle but firm pressure with the tip of your TurDle. Gently press in and out while rotating the handle (wide end) of the TurDle in a small and gradually larger circular motion. Slowly move your way up using this pattern along the descending colon, then across the transverse colon and finally down the ascending colon.

This is the opposite direction that waste travels through the colon but it is very important to work in this direction, going from the rectum – up, then over and down. Especially if you are experiencing chronic constipation. Think of your colon as a pastry filling bag that you would use to squeeze frosting out of and into a pastry. If the pastry filling bag was clogged at the bottom, you would want to clear the clog at the bottom, near the tip first. Otherwise, by squeezing at the wider part of the bag, you might just create extra pressure and burst the bag! Not that you will burst your colon, but better to work and clear the clog near the bottom first, so the filling can flow freely out of the bag! Regular use of the TurDle and this simple abdominal massage can help reduce digestive problems and treat constipation without medication.

Hand Reflexology for the Large Intestine

This hand reflexology point (Large Intestine 4) for constipation is one of the most popular acupressure points for many problems. It can be located between the index and the thumb figure. The fleshy webbing is what is known as the LI4 point. You can stimulate this point by squeezing the fleshy tissue using your fingertips for about 1 minute while taking deep breaths. Repeat the same on your other hand.

The LI4 point, also known as ‘Joining the Valley’ or ‘Hand Valley Point’ helps in relieving a wide variety of problems like chronic pain, toothache, allergies, eye problems and constipation. It’s also widely believed to boost immunity.
LI 4 Reflexology Poop Massage Spots

LI 4 Reflexology Poop Massage Spots on your feet are connected to other parts, organs and systems of your body. By stimulating these points you can effect other parts throughout the body. Using trigger point massage, gently start stimulating at the anus/rectum point, on the arch of the left foot bottom, then follow the path of poop backward, along the sigmoid colon, stimulating gently as you go, toward the outside of left foot sole, then follow up the descending colon, upward along left sole’s outside edge, then follow stimulating across the transverse colon to the arch of the left foot, then switch to the right sole where the transverse colon continues, to the outer edge of the right sole, then stimulate down the path of ascending colon down the outside of the right sole, stopping at the entry to the small intestine point. Use the tip of your thumb to lightly press inward against the sole of the foot. By stimulating the reflex points backwards along the path of the bowels from the anus, you are stimulating “peristaltic waves” to start moving the poo downwards. Like a suppository but without the chemical.

Note, this is the same procedure/direction you would follow when using The TurDle for abdominal massage.
Regular consumption of BōKU® super foods or other high quality certified organic superfood blends, will make an enormous difference to your over-all health and wellness.
Efficient and regular bowel movements are absolutely essential to good health. A proper diet of high fiber, nutrient dense, plant-based foods, lots of pure water and regular exercise will provide a solid foundation. Managing stress, along with limiting consumption of processed foods, GMOs and pharmaceutical drugs will also go a long way toward getting this vital process back on track and keeping it there.

Regular consumption of BōKU® super foods or other high quality certified organic superfood blends, will make an enormous difference. Not just for digestion, but in your over-all health and wellness. All of this combined with the one-two punch of BōKU® Super Fiber and regular use of the TurDle to exercise the muscular colon and help stimulate peristalsis may be the best thing a person could possibly do to achieve optimal digestive health and function.

FAQ’s:

How does dietary fiber affect digestion?

Dietary fiber is the term used to describe the combination of both insoluble and soluble fibers.

- **Soluble fiber** is the form of fiber that dissolves in water.  
  Examples of foods that contain soluble fiber include fruits, oats, legumes and barley.
- **Insoluble fiber** comes from plant cell walls and does not dissolve in water.  
  Examples of foods that contain insoluble fiber include wheat, vegetables, and seeds.

Fiber works by both bulking up the stool and retaining water. In addition, bacteria help digest the fiber which produces healthy ingredients for the colon such as short chain fatty acids. Fiber can be beneficial for both diarrhea and constipation depending how much fluid is also taken in with the fiber. Fiber can become a constipating agent if the ratio of fluid taken in is too low.

Does fiber help you poop?

Insoluble fiber adds bulk to your stool, helping the stool pass more quickly through the intestines. Most plant foods contain some of each kind of fiber. Much the way your esophagus contracts to
move food down into your stomach, your colon uses the same peristaltic contractions to move waste down, and out of the body. By bulking up your stool with fiber, the colon can more easily grip the stool to help squeeze and move the waste down and out of your body.

**When will I see results?**

Eating fiber doesn’t guarantee results in a certain time frame. **Fiber must be a part of our normal diets every day.** However, most people experience a bowel movement 24-72 hours after first taking a fiber supplement. Please consult your doctor for specific question in regard to your own body.

**How often should I take fiber?**

Fiber should be a regular part of your diet on a daily basis. If you eat a wholefood diet that is high in vegetables, fruit and beans.

**What can I mix it with?**

You can mix our **BōKU® Fiber Cleanse** with any liquid of your choice.

**How much water should I drink every day?**

You should drink at least half your body weight in ounces a day. If you are taking a lot of fiber you should drink 1 more cup of water per every serving of fiber.
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