



Stools

Here's a conversation we don't tend to have over dinner.. or at least not at any dinner party I've ever been to, yet it's an extremely important function and gives us a very good insight as to what's going on inside our body.

So generally there's a number of different types of stools and below, for your viewing pleasure, I've included some images for you.

Bristol Stool Chart

| | | |
|--------|---|---|
| Type 1 |  | Separate hard lumps, like nuts (hard to pass) |
| Type 2 |  | Sausage-shaped but lumpy |
| Type 3 |  | Like a sausage but with cracks on the surface |
| Type 4 |  | Like a sausage or snake, smooth and soft |
| Type 5 |  | Soft blobs with clear-cut edges |
| Type 6 |  | Fluffy pieces with ragged edges, a mushy stool |
| Type 7 |  | Watery, no solid pieces. Entirely Liquid |

Here you can see the different types of stools we tend to produce ranging from constipation through to diarrhoea. All of these give us an idea of just how your digestive system is working and how your body is reacting.



So when we're introducing probiotic foods into the diet for example there's ways to go about it depending on how our stools generally behave and they're also an indication on how we're liking different foods that are being added to our diet as we go.

It will obviously also depend on our ability to tolerate dairy.. if there's no tolerance then we avoid all fermented dairy and follow the steps for dairy introduction, otherwise if there is dairy tolerance then we look at the behaviour of the bowels.

Diarrhoea:

- If starting at the introduction diet we introduce both non dairy and dairy fermented foods, especially dairy such as whey, yogurt, sour cream and kefir.
- These tend to soothe and strengthen the gut lining and slow down the transit of food through the digestive system and firm up the stool
- Here we're assuming you've never had an issue with dairy, if this isn't the case then follow practitioner advice before introducing any dairy. When introducing the fermented dairy start with the whey and sour cream slowly and increase at a gradual pace
- To get the whey we drip our homemade yogurt through a cloth and collect the liquid underneath (this is the whey) and we slowly start with one teaspoon daily for 1-5 days and observe any reactions.
- If no reactions after 5 days we have another go with two teaspoons and wait for 1-5 days. Continue this process until it's being well tolerated at any amount.
- If the diarrhoea is profusely watery then it may be you need to remove all vegetables from the diet (when doing the introduction diet) and just drink the warm meat stock with the probiotic foods every hour.
- In the meat stock ensure you have some probiotic foods (including the dairy) unless you don't tolerate dairy then you would take it with just probiotic food from the vegetables.



Constipation:

- Often we don't start patients who are prone to / have significant constipation on the Introduction Diet.....BUT... in saying this, it often works on a case to case basis.
- Initially we introduce the juices from the fermented vegetables and sauerkraut and we tend to be more cautious with dairy.
- High fat dairy is the preferred option to begin with so do this slowly starting with ghee, then butter and then sour cream, you can follow the dairy introduction for this is you like.
- Try each dairy product individually and don't move onto the next one until the previous one has been well tolerated for 6 weeks
- Higher protein dairy such as yogurt, whey, kefir and cheese tend to aggravate constipation but as all gut flora is individual it may not always be the case
- If the constipation is chronic then best to start with the juices of sauerkraut and vegetables only and then slowly introduce the dairy as instructed after a minimum of 6 weeks.

In the cases of severe or long term constipation then you should definitely be including enemas as part of the treatment. These can be performed on both children and adults alike and have fabulous results in cleansing the bowels and supporting the regulation of bowel movements.

The important thing to remember is we should be using our bowels daily with a nice, easy, soft "S" shaped poo which is a mid brown colour and not a size in which we need to strain to get out. So don't be afraid, have a look and check your stools so you know what's going on in your body.