












Choose Your Poo.



TYPE	PICTURE	LOOKS LIKE	WHAT IT MAY MEAN
1		rabbit droppings Separate, hard lumps, like nuts (hard to pass)	Bacteria is missing and there is nothing to retain water.
2		bunch of grapes Sausage-shaped but lumpy	Waste is in the body for several weeks instead of the normal 72 hours.
3		black tar Gummy and sticky	There is bleeding in stomach.
4		corn on cob Like a sausage, but with cracks on its surface	Waste is in the body for one to two weeks instead of the normal 72 hours.
5		sausage Like a sausage or snake, smooth and soft	Normal. This indicates great health for someone who goes one time per day.
6		chicken nuggets Soft blobs with clear-cut edges (passed easily)	Normal. This indicates great health for someone who goes two times per day.
7		clay White- or clay-colored and mushy	There is a lack of bile, which may indicate duct blockage.
8		porridge Fluffy pieces with ragged edges, a mushy stool	Over-active colon, excess potassium, sudden dehydration, or a rapid rise in blood pressure due to stress.
9		bloody meat Watery with visible blood	Bleeding intestines, often from hemorrhoids.