

# METHODS TO ASSESS YOUR COLON HEALTH



# COLON HEALTH TEST

Base your answers on the last 30 days:

- 1) Do you run out of energy in the afternoon?
- 2) Do you suffer from occasional (one to two per week) headaches?
- 3) Are you having fewer than two to three normal bowel movements daily?
- 4) Do you have problems concentrating from time to time?
- 5) Do you experience gas or bloating one or more times weekly?
- 6) Do you get irritable from time to time?
- 7) Do you have difficulty getting a good night's rest?
- 8) Do you have muscle aches and/or stiffness?
- 9) Do you eat red meat more than twice per week?
- 10) Do you eat fried foods more than twice per week?
- 11) Do you drink less than 8 pints of filtered / spring / distilled water daily?
- 12) Do you have problems controlling your weight?
- 13) Do you exercise fewer than three times weekly?
- 14) Do you suffer from allergies or sinus problems?
- 15) Do you have bad breath or body odour?
- 16) Are you unhappy with your current health?

# COLON HEALTH TEST

- 17) Are you currently suffering from any health problems?
- 18) Do you have hemorrhoids?
- 19) Is your skin dry, broken, spotted, or blemished in any way?
- 20) Do you have occasional abdominal pain?
- 21) Do you have to strain to have a bowel movement?
- 22) Do your bowel movements have a foul odour?
- 23) Do you have hard, small, or dry stools one to two times weekly?
- 24) Do you notice bright red blood on the toilet paper one or more times per month?
- 25) Do you have painful bowel movements?
- 26) Do you use a microwave to cook more than two meals per week?
- 27) Do you drink coffee, soft drinks, alcohol or milk more than two times per week?
- 28) Are you currently taking any prescription medications?

If you answered “Yes” to eight or more questions, your bowel is unlikely to be functioning optimally and you likely exceed your daily toxic threshold.

# The 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  
its surface

Type 4



Like a sausage or snake, smooth  
and soft

Type 5



Soft blobs with clear-cut edges  
(passed easily)

Type 6



Fluffy pieces with ragged edges, a  
mushy stool

Type 7



Watery, no solid pieces. Entirely  
liquid.

Dr. Group has added this category to the original seven

Type 8



Foul-smelling, mucus-like with  
bubbles (sprayed out)

# Analyzing Your Stool<sup>32</sup>

---

**Type 1:** Stools appear in separate, hard lumps, similar to nuts. Type 1 stools have spent the longest amount of time in the colon and are generally difficult to pass. Type 1 stools are a sure sign that you're constipated, dehydrated, full of toxins, and in need of regular intestinal cleansing. These are the most common stools among individuals.

---

**Type 2:** Stools are sausage-like in appearance but lumpy. These stools also indicate you are constipated, toxic, and need regular intestinal cleansing.

---

**Type 3 (Normal):** Stools come out similar to a sausage but with cracks in the surface. Type 3 stools are considered normal.

---

**Type 4 (Normal):** Stools are smooth and soft in the form of a sausage or snake. Type 4 stools are also considered normal.

---

**Type 5:** Stools form soft blobs with clear-cut edges that are easily passed through the digestive system. Type 5 stools are classified as soft diarrhea and are a possible risk for bowel disease. These stools also indicate you are toxic and need regular intestinal cleansing.

---

**Type 6:** Stools have fluffy pieces with ragged edges. These are considered mushy stools, and indicate diarrhea. These stools also indicate that you are toxic and need regular intestinal cleansing.

---

**Type 7:** Stool is mostly liquid with no solid pieces. This type of stool has spent the least amount of time in the colon. This indicates severe diarrhea due to cholera or a bacterial or viral infection. See a doctor as soon as possible.

---

*The following is an addition and not part of the original Bristol Stool Scale.*

**Type 8:** Stool has foul odor and is mucous-like with bubbles (sprayed out). This indicates excessive intake of alcohol and/or recreational drugs. Seek help for removing alcohol and/or drugs from your life.

# SHADES OF POOP



## **Brown:**

You're fine. Poop is naturally brown due to the bile produced in your liver.



## **Green:**

Food may be moving through your large intestine too quickly. Or you could have eaten lots of green leafy veggies, or green food coloring.



## **Yellow:**

Greasy, foul-smelling yellow poop indicates excess fat, which could be due to a malabsorption disorder like celiac disease.



## **Black:**

It could mean that you're bleeding internally due to ulcer or cancer. Some vitamins containing iron or bismuth subsalicylate could cause black poop too. Pay attention if it's stinky, and see a doc if you're worried.



## **Light-colored, white, or clay-colored:**

If it's not what you're normally seeing. It could mean a bile duct obstruction. Some meds could cause this too. See a doc.



## **Blood-stained or Red:**

Blood in your poop could be a symptom of cancer. Always see a doc right away if you find blood in your stool.

DRJOCKERS.COM  
YOUR GUT. YOUR HEALTH.

If your stool is not optimal, then it's time to work on improving the health of your gut. Refer to the Nutrition and Bowel Support categories for further methods to cleanse and heal.