

HOW IS YOUR INTESTINAL FUNCTION?

Check off the following symptoms that apply to you:

What's normal:

- Little expansion of belly after meals
- No abdominal discomfort
- Bowel movements 2-3 times/day
- Bowel movements 2-3 feet length/day
- Diameter of quarter or half dollar
- Stools sink (unless lots of fiber)
- Little odor usually
- Brown color
- Mild sensation of need to evacuate
- Short time on the toilet
- No blood in stools or water
- No mucus, undigested food

What's abnormal:

- Bloating, loosening of belt
- Pain or cramps after eating
- Constipation/diarrhea
- Small, hard stools
- Thin, pencil like stools
- Stools float (undigested fat)
- Offensive odor & gas
- Yellow, gray, green, clay, black
- Pain, cramping, urgency
- Reading novels in the bathroom
- Bloody stools or water
- Mucus, food, pills visible

If this is an area you need to improve, track your progress on your food and activity diary. At the end of the book you can come back to this chapter and note which "abnormals" are now gone.