

## SYMPTOMS OF UNHEALTHY POOPING HABITS AND THEIR MEANING

SYMPTOM	MEANING FOR OUR HEALTH
<b>SKIPPING DAYS</b>	Sign of a weak or sluggish digestion, increased <b>Vata</b> and mild to severe constipation; or potential congestion in the colon due to increased <b>Kapha</b> or <b>toxins</b> .
<b>FOUL SMELL</b>	Indicator that <b>toxins</b> (ama) are present in the system and/or a malabsorption disorder such as Celiac Disease.
<b>YELLOW OR GREENISH COLOR</b>	Indicates increased <b>Pitta</b> (heat) in the digestion and can also be a sign of excessively quick transit time, excessive bile or excessive fats in the stools (spec for yellow).
<b>RED IN COLOR</b>	If this is not food related (i.e. beets, etc), this shows increased <b>Pitta</b> in the GI tract and may mean that blood is present in the lower intestines often due to straining ( <b>Vata</b> ) and/or bleeding hemorrhoids ( <b>Pitta</b> ).
<b>GREY OR BLACK IN COLOR</b>	Possible <b>Vata</b> imbalance in the digestion. Grey could be a sign of lack of bile; black may indicate excessive iron or bleeding from the upper GI tract (latter is more <b>Pitta</b> ).
<b>UNDIGESTED FOOD</b>	Weak digestion ( <b>Vata</b> ), excessively quick transit time ( <b>Pitta</b> ), possible <b>toxins</b> and/or the inability to properly digest a certain food type showing a food intolerance.
<b>STICKY STOOLS</b>	Increased amount of <b>Kapha</b> or <b>toxins</b> in the digestion.
<b>HARD OR DRY STOOLS</b>	Indicator of increased <b>Vata</b> in the colon, may be accompanied by lack of fulfillment, straining and gas.
<b>OILY OR MUCUS-Y STOOLS</b>	Indicates increased <b>Kapha</b> in the digestion; this could relate to a fatty liver, inability to process fats, congestion in the colon, <b>toxins</b> or excessive amount of fat intake.
<b>LACK OF FULFILLMENT AFTER ELIMINATION</b>	Sign of a weak digestion ( <b>Vata</b> ) or sluggish digestion ( <b>Kapha</b> ) and mild to severe constipation; or potential congestion-obstruction in the colon due to increased <b>Kapha</b> or <b>toxins</b> .
<b>SINKING STOOLS</b>	A sign of <b>toxins</b> (ama) present in the GI tract. Often correlates with excessively heavy food intake.
<b>LOOSE STOOLS</b>	Increased <b>Pitta</b> in the digestion, may be accompanied by excessive heat or inflammation in the GI tract. This may involve excessively quick transit times as well.
<b>5-6+ BOWEL MOVEMENTS DAILY</b>	Increased <b>Pitta</b> in the digestion, may be accompanied by excessive heat or inflammation in the GI tract. This may involve excessively quick transit times as well.
<b>GAS WHILE POOPING</b>	Sign of increased <b>Vata</b> in the colon.
<b>RANDOM OR IRREGULAR ELIMINATION TIMES</b>	Shows a <b>Vata</b> imbalance in the digestion or GI tract.
<b>NO MOVEMENT UNTIL LATE IN THE DAY</b>	Weakness in the digestion ( <b>Vata</b> ) or sluggish digestive fire ( <b>Kapha</b> ) and an overall slow transit time.

