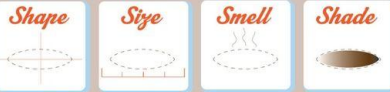


What YOUR POOP + PEE

Hey... listen up!

Are Telling You About Your Body

The four **S**s that could save your life:



The scoop on poop...

It has to travel through about **30 FEET** of intestinal tract.

The avg human will produce **9,000 LBS** of poo over the course of his/her life.

WOAH!

A healthy turd should look like a torpedo and be easy to pass.

Whole Grains + Peppermint Tea = Poop Super Foods!

Medical assessment starts absorbed by our bodies, and that goes into the venous system to be removed.

Colors + Causes

NORMAL	Lower GI bleeding	Undigested bile	Gallbladder problems	Antacids	Upper GI bleeding
	• Red foods (beets)	• Crohn's Disease	(aluminum hydroxide)	• Black	• Iron supplements
		• Antibiotics	• Giardia (parasite)	• Liver disease	• Pancreatic disorder
		• Leafy greens			

A closer look at #2...

Little Lumps

It's staying in the intestines too long, so water is being reabsorbed. A lack of dietary fiber can lead to these hard, pellet-like little lumps.

Too Liquid

It's moving through the intestines too quickly, so water is not being absorbed, due to an increase in fiber, a disease, or an infection.

Pencil Thin

A mass in the colon could be constricting the stool. May be an indicator of colon cancer or polyps.

Floats... & stinks!

Your body is not properly absorbing fats. Could be the result of a malabsorption condition, weight loss drugs, or Celiac.

Hard and Dry

It's staying in your intestines too long, so water is being reabsorbed. Could be due to dehydration, constipation, medications.

Non-existent!

If you're not going, you're constipated! Drinking more water and increasing your fiber intake will help. Only plant foods contain fiber.

And now for #1

You've gonna do **WAWT** to my wool?!

Harris Tweed is made by dyeing the wool in fitches... that has been soaked in human urine.

Urine has been used as a form of toothpaste. It was believed the high ammonia content would whiten chompers.

The average adult bladder holds 16oz.

You feel the urge to empty it at around 8oz.

8oz → Gotta go!

IF YOU FEEL OR SEE

BURNING BLOOD

SEE YOUR DOCTOR!

Shades of Pee

Pale pee means you're drinking lots of water... and probably running to the toilet a lot.

Dark pee is a sign that you're not drinking enough water, but it could also be the result of serious kidney problems.

Pee pH

A very low pH, or acidic urine, could result from lung diseases, diabetes, or starvation.

The theory of increased health paralleled with a slightly alkaline pH would indicate that a pH of 7 and slightly above is the most ideal.

A very high pH, or alkaline urine, could be a sign of kidney disease or infection.

Some pee problems identified

Bright Yellow

This is probably the result of a vitamin or supplement. B vitamins and beta carotene in particular are likely culprits.

Murky

Urine that appears cloudy could be a symptom of UTI or possibly even kidney stones.

Red or Pink

Food is often the reason for red urine, but it could indicate the presence of blood, which is a sign of a serious problem.

Foamy

No cause for alarm here. Foamy urine is usually caused by a large amount of protein in your diet.

Orange

Everything from blackberries to rhubarb to medication can cause this. It could also indicate jaundice or dehydration.

Green or Blue

This is likely due to something you ate, be it asparagus, something with blue dye, or certain medications and supplements.

The nose knows...

We all know about asparagus' rather interesting effect on the smell of our pee, and other foods can produce some strange results, too. But, if your urine has a sweet smell to it, there could be a problem. Sugar in the urine could be a sign of diabetes.

See you soon!