The Ultimate Guide to Poop

Separate, hard lumps

The Problem: You're constipated. It is probably dehydration, stress or a magnesium deficiency. It may be a thyroid issue.

How to Fix: Get plenty of water or discuss a magnesium supplement with your doctor.

Lumpy, dry, sausage-shaped

The Problem: You're mildly constipated.

How to Fix: Get plenty of water or discuss a magnesium supplement with your doctor. Try eating healthy high fiber foods like egg, avocado, tuna, or leafy greens like spinach or kale.

Solid, sausage-shaped with cracks on surface

The Problem: None! Your poop is in the green zone , and odds are your gut is in good shape , too. If you're pooping less frequently than you'd like, drink more water and eat more healthy fats.

Smooth, like a soft sausage or snake

The Problem: None! This is right where you want to be - it's a sign of strong digestion and a good diet. Well done! You've reached pooping perfection.

Soft blobs with defined edges

The Problem: Not enough fiber. Maybe not enough good gut bacteria.

How to Fix: Drink more water. Eat more veggies. Try yogurt.

Mushy, with ragged edges

The Problem: Loose stool is likely do to a suspect food. Possibly inflammation in the gut.

How to Fix: Drink more water. Eat more veggies. Avoid greasy, high-fat foods, sugar, caffeine and alcohol. Try eating a banana or sweet potato.

Liquid stool

The Problem: Severe inflammation and dehydration.

How to Fix: If this happens regularly (more than a few times a week) consider consulting with your doctor as this is a clear sign your body could use some support.

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