

# STOOL CHART



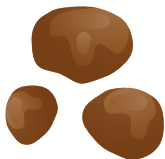
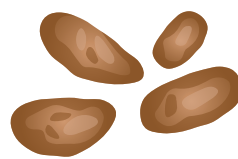
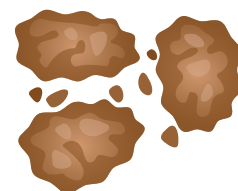
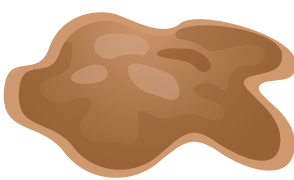
## BEFORE YOU FLUSH

*What your poop says about your health—and why it matters.*

## Not feeling your best? Your poop might know why.

Bloating, fatigue, brain fog—these signs often show up in your stool first.

Use this chart to spot what's normal, what's not, and what your gut's really trying to tell you.

|                                                                                                                                                                      |                                                                                                                                                                                   |                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>TYPE 1</b></p> <p>Separate hard lumps<br/>(Severe constipation)</p>          |  <p><b>TYPE 2</b></p> <p>Lumpy and sausage-like<br/>(Mild constipation)</p>                      |  <p><b>TYPE 3</b></p> <p>Sausage shape with cracks<br/>(Normal)</p>                       |
|  <p><b>TYPE 4</b></p> <p>Like a smooth soft<br/>sausage or snake<br/>(Normal)</p> |  <p><b>TYPE 5</b></p> <p>Soft blob with<br/>clean-cut edges<br/>(Lacking Fiber)</p>             |  <p><b>TYPE 6</b></p> <p>Mushy consistency<br/>with ragged edges<br/>(Lacking Fiber)</p> |
|                                                                                                                                                                      |  <p><b>TYPE 7</b></p> <p>Liquid consistency with<br/>no solid pieces<br/>(Severe diarrhea)</p> |                                                                                                                                                                              |

CONTINUED...

*Adapted from Heaton KW, Lewis SJ. Bristol Stool Form Scale. Scand J Gastroenterol. 1997.*



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FOR MORE SUPPORT AND TOOLS TO RESET YOUR GUT.





## WHAT TO DO IF THINGS LOOK...OFF

### CONSTIPATED?

- ✓ Hydrate well
- ✓ Add daily insoluble fiber (veggies, chia, pea fiber)
- ✓ Walk it out
- ✓ Try gentle support with magnesium hydroxide + herbs (like aloe, rhubarb, slippery elm)
- ✗ Avoid harsh laxatives like psyllium, senna, or cascara

### TOO LOOSE OR MUSHY?

- ✗ Cut sugar, caffeine, and processed foods
- ✗ Try removing dairy or gluten
- ✓ Take a high-potency, high-diversity probiotic
- ✓ Keep fiber in! (It's not a laxative—it's essential)

### OILY OR FLOATING?

- ✓ Add bitter foods: dandelion greens, lemon water
- ✓ Support liver + bile with milk thistle, NAC, artichoke, ALA
- ✓ Consider a fat-specific digestive enzyme

### WORRIED ABOUT STOOL COLOR?

- Brown = normal
- Green, yellow, or black? Sometimes food-related
- Red, white, black (long-lasting)? Talk to your doctor



**HEALTHY POOP = BETTER HEALTH.  
IT'S NOT WASTE—IT'S INTEL.**



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