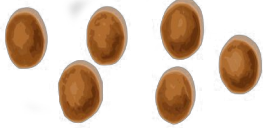



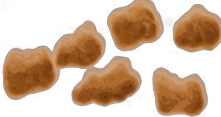
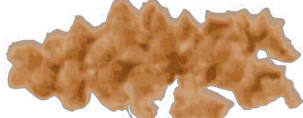



## Bowel Motion Chart

	<p><b>TYPE 1</b> Separate hard lumps, like nuts [VERY CONSTIPATED]</p>
	<p><b>TYPE 2</b> Sausage-like but lumpy [SLIGHTLY CONSTIPATED]</p>
	<p><b>TYPE 3</b> Like a sausage but with cracks in the surface [NORMAL]</p>
	<p><b>TYPE 4</b> Like a sausage or snake, smooth and soft [NORMAL]</p>
	<p><b>TYPE 5</b> Soft blobs with clear-cut edges [LACKING FIBRE]</p>
	<p><b>TYPE 6</b> Fluffy pieces with ragged edges, a mushy stool [INFLAMMATION]</p>
	<p><b>TYPE 7</b> Watery, no solid pieces [INFLAMMATION]</p>

FOR MORE INFORMATION GO TO: [BLOG ARTICLE](#)

If you would like to discuss your health with Sandy, please [CLICK THIS LINK HERE](#) & send email.

