



John Douillard's  
**LifeSpa™**

# The Perfect Poop

Read the full article at [www.lifespa.com/perfectpoop](http://www.lifespa.com/perfectpoop)

You can learn a lot about the health of your body by taking a quick peek at your poop before you flush. When you have the awareness of what is normal, you can take responsibility for your health by quickly pick up on imbalances in the stool before they become a problem.

## The Perfect Stool

*Some of the requirements for a perfect stool:*

- One complete elimination in the morning
- A brown color
- A banana shape
- Does not stick to the toilet
- Easy to wipe - no mess
- Minimal odor
- Almost always the same regardless of what foods are eaten

## Imbalanced Stools

*If you see any of these symptoms, please learn more at [www.lifespa.com/perfectpoop](http://www.lifespa.com/perfectpoop).*

- Mucus in the stool
- Green or yellow stool  
(not from eating excess green veggies)
- Black stool
- Greasy or shiny stool
- Clay colored stools
- Blood in the stool
- Undigested food in the stool

## Normal Stools by Body Type

(Discover your constitution at [www.lifespa.com/bodytype](http://www.lifespa.com/bodytype))

### Normal VATA Stools

- Once a day within the first 2-3 hours of waking
- Firm but regular
- Darker brown
- Complete elimination
- No gas
- Minimal odor

### Normal PITTA Stools

- Firm, but break up when flushed
- Brown-yellow color
- Two complete bowel movements a day. One within the first hour of waking and the second after lunch.
- Mild odor

### Normal KAPHA Stools

- Regular and complete
- Once a day within the first hour or two of waking
- Large in quantity and well-formed
- Less odor or even a sweet smell
- Brown color

### Imbalanced VATA Stools

- More dry or hard
- Scant, thin, pellets
- Less frequent - less than once day
- Not a complete elimination
- Both frequency and consistency changes a lot
- Darker in color
- Astringent foul odor
- More gas or flatulence

### Imbalanced PITTA Stools

- Loose or diarrhea
- More frequent - more than two a day means too much Pitta
- Yellow-brown color due to a fast transit time and increased bile flow
- Strong, unpleasant odor
- Bloating or belching
- Hot or burning stool when eliminating

### Imbalanced KAPHA Stools

- Mucus in stool due to excess Kapha
- Sticky stool - due to excess Kapha and incomplete intestinal absorption. Sticks to toilet bowl or hard to wipe clean.
- Pale brown or clay-colored due to liver congestion

### Support for VATA Elimination

- Take Triphala, Slippery Elm Tea Mixture and/or Elim I

### Support for PITTA Elimination

- Take Amalaki and/or Elim II

### Support for KAPHA Elimination

- Take Triphala