



# CHECK YOUR POO!

	LOOKS LIKE	INDICATORS
TYPE 1		RABBIT DROPPINGS Severe constipation.
TYPE 2		BUNCH OF GRAPES Constipation.
TYPE 3		CORN COB Meat eaters diet.
TYPE 4		SAUSAGE <b>IDEAL</b> healthy digestive system that indicates high plant based diet.
TYPE 5		CHICKEN NUGGETS Inflammation, irritation, malabsorption, food intolerance.
TYPE 6		PORRIDGE Diarrhea—as above but more severe.
TYPE 7		GRAVY Severe diarrhea parasitic infection, inflammation.