

BRIDGE TO HEALTH STOOL TRANSIT TIME TEST

Constipation is defined by transit time, not how many times you pass stool per day.

You may have a bowel movement everyday, but if what's coming out went in 3, 4, 7 days ago you are CONSTIPATED.

That means bacteria laden stool is sitting in your colon for an excessive amount of time. The blood absorbs much of those toxin and passes them onto the liver to be cleared, they are then excreted in the bile and go back into the sluggish colon.

The result of this vicious cycle is reduced energy, impaired immunity, autoimmune disorders, sleep disturbances, and more. Most truly naturopathic practitioners agree internal toxemia is the root of most illness.

Test Your Transit Time:

- *Eat a bowl of warmed up frozen corn.*
- *Mark the date and time you ate it.*
- *Post a note in your bathroom with that info.*
- *Check each bowel movement until you see the corn come out, note the day and time.*
- *This is your transit time, if it's less than 24 - 48 hours you are constipated.*