

Living Tissue Samples

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What if I could tell you a way to get a living tissue sample every day that reflects our health in a very visual way? You'd be interested wouldn't you? Well every day our bodies give us a reflection of our bowel health as we have a bowel movement. If you think about it, our bowels are the ID cards of our bodies. The frequency, shape, size, color and odor give us valuable clues about the current health of our bodies with phenomenal accuracy.

My thanks to Dr. Cindy Howard who presented much of this material at a lecture sponsored by the DABCI group in St. Louis. I have created a form below you can use with your patients to get a little personal in a nonthreatening way, but first let's look at a few facts.

According to Rose George, author of "The Big Necessity: The Unmentionable World of Human Waste and



Why It Matters", a gram of feces can contain; 10 million viruses, 1 million bacteria, 1,000 parasite cysts and 100 worm eggs. Over 70 percent of the human body's immune cells are found in the gut's mucosal lining. A healthy gut means better immunity, and a healthy gut is a gut in which good bacteria outnumber bad. When you consider this, every patient needs a stool evaluation.

First, how often should your patient have a bowel movement? Opinions vary

but common sense tells you, that one's bowels should empty at least every day. If food stays in the bowel too long it turns rancid and ferments creating all kinds of byproducts. Don't be surprised to hear some patients have a bowel movement every week.

The next question; how long did it percolate in their colon? Have your patient mix 1/4 cup of corn in some scrambled eggs for breakfast and watch to see how long it takes for them

to see it in their stool. If you are concerned about using corn, consider a tablespoon of shredded beets or 5 -10 charcoal tablets as a marking agent. Food should be evacuated in 18 - 24 hours. If the marking agent comes out in less than 12 hours it means that the transit time is too short and nutrients are not being absorbed properly. We would suspect food allergies or some form of dysbiosis causing rapid expulsion. More than 24 hours indicates that the transit time is too long. If the patient has transit time problems have them do some of the basics fixes first and then retake the test in 2 weeks.

Basic recommendations for better transit times include chewing food until it becomes a liquid and drinking 1/2 of your weight in ounces of water daily. After a few days, increase fiber from plants. If the bowels are still constipated increase either vitamin C or magnesium to bowel tolerance.

Let's examine color. Normal stools should be brown. If patients report red, suspect lower GI bleeding or consumption of red foods like beets. Green represents undigested bile, Crohn's disease, antibiotics or an over abundance of leafy greens. Yellow signals gall bladder problems or Giardia. White can tip you off to antacids liver disease and pancreatic disorders. Black can mean upper GI bleeding, excess meat consumption or iron supplementation. Undigested food other than corn can signal rapid transit time which can occur with food allergies, dysbiosis or pancreatic enzyme insufficiency.

Size also matters. Small marbles, large marbles, tooth paste shaped, diarrhea, or just mush all tell a story of dysfunction. If

the stool floats there is probably too much fat in the stool.

And finally the most awkward part of the conversation, is there an odor? A healthy stool should have an earthy odor. If there is a strong odor, it's another sign that fats are not digesting.

Dr. Bill Ellis, one of my mentors taught me a valuable lesson, 25 years ago, about flatulence. If gas occurs with little odor it's a sign that carbohydrates are not digesting. If the odor is stronger that probably means proteins are not digesting. But if the smell is strong enough to clear a room, those are fats and oils rancidifying in the colon. This means we want to address digestion and make sure that healthy bacteria are present to assure proper bowel function.

I like BioDoph-7 Plus which supplies over 20 billion healthy bacteria per capsule. BioDoph-7 Plus contains live strains of seven probiotics and prebiotics like inulin, arabinogalactans and marshmallow root to nourish bacteria as they reproduce and help create healthy mucus.

Please remind your patients that people don't just get cancer or heart disease overnight, it's a multiyear process and that's why we are always looking for ways to detect and prevent as early as possible. Order lab kits and be prepared to order comprehensive stool digestive panels recommended below. Consider using the forms below and start a conversation with every patient. Ask your patients to pay attention. Every day those living tissue samples are trying to tell you a story.

Thanks for reading this week's edition. I'll see you next Tuesday.