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~~Calendar~~ Christmas Songs for Kids |  
Super Simple Songs 12 Things  
Your Stool Says About Your  
Health *Coraline* \u0026 *The  
Black Moon Lilith in  
Astrology* ~~Consults Over  
Coffee: Irritable Bowel  
Syndrome~~ ~~Usborne~~ ~~What is~~

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~~Calendar? HOW DOES POO MOVE YOU?~~

*Whats Your Poo Telling You*

It tells you everything you want to know about what your poo is telling you! What color/texture/ and smell are telling you about what you ate, what you did, and what

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**Calendar** your body needs :) Seriously  
great buy!

*What's Your Poo Telling  
You?: (Funny Bathroom Books*

...

The Complete What's Your Poo  
Telling You hardcover

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**Calendar** is printed in two-color with a new author introduction. Flush with poo knowledge backed by real professionals, it is not just entertaining to browse—The Complete What's Your Poo Telling You

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**Calendar** contains relevant information for you to keep stored away.

*The Complete What's Your Poo  
Telling You (Funny Bathroom*

*...*

*5 Signs of Bowel Trouble.*

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**Calendar** Blood in your stool. If you see even a small amount of blood in your feces on a recurring basis, see a doctor. Blood can be a sign of hemorrhoids or ... Change in stool consistency. Everyone has bouts of

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diarrhea from time to time.  
But if you used to have  
solid bowel ...

*What Your Poop Is Telling  
You | Everyday Health*

The hue, the flow, the form  
and the feeling generated by

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**Calendar** tells a story about what you've put in your mouth and down your digestive tract – more than what's right below the toilet waterline. So sit back and relax because it's time for a mini session of



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Calendar  
what your is poo telling  
you!

*The Rules on Stools: What is  
Your Poop Telling You? - Oh  
Lardy*

In addition to the  
infographic below, you can

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Consult the Bristol Stool Chart, a science-based scale outlining different "types" of poop (from Type 1 to Type 7) based on shape and texture, and what they indicate: Types 1 and 2 indicate constipation, Types

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3 and 4 are considered normal, and Types 5 to 7 indicate diarrhea and urgency.

*What Your Poop Is Telling  
You About Your Body,  
According ...*

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**Calendar** Just like everything in life, your poop {bowel movements if you rather} is a biofeedback signal in your body. It is telling you something. Something about your digestive processes including how well you're

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**Calendar**  
chewing your food, how your stomach is digesting and how your gut bacteria are responding.

*What Your Poop Is Telling  
You & How To Fix It - Simple  
Roots*

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However, if floaters become more common for you or you spot an oil-slick appearance, it could mean something is preventing your body's ability to absorb fats from food. For instance, inflammation...

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*7 Things Your Poop Says  
About You - Prevention*

The color of your stool depends on a couple of things: your diet and how much bile is in it. Bile is a yellow-green fluid that

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helps digest fats. A healthy stool, then, should reflect a mixture of...

*Poop Appearance: What Stool  
Shape, Size, & Smell Can  
Tell You*

Having a bowel movement is a



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**Calendar** critical part of digesting the food we eat. Stool formed by the large intestine is the body's way of getting rid of waste. While you should talk to your doctor about any concerns, changes in poop

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**Calendar** and consistency could show what is happening inside your digestive system.

*5 Things Your Poop Can Tell  
You About Your Health |  
Johns ...*

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Paying attention to your poop with a poop chart can help you build a stronger gut, check your organ function and boost nutrient absorption from the foods you eat. The color, shape, texture, and consistency of

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**Calendar** your poop can tell you whether your diet needs adjusting. (Just take a glance in the toilet. This is not a hands-on exercise.)

*This Poop Chart Tells You  
What's Happening in Your Gut*

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“If your stool is a color besides brown, it’s typically due to whatever you recently ate,” says Massarat Zutshi, M.D., a colorectal surgeon with Cleveland Clinic. “Leafy

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greens, red fruits and...

*What Your Poop Says About  
Your Health | SELF*

What's your poo tell you is  
a very well written and  
humorous approach to a not  
often spoken about topic.

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**Calendar** This book has excellent information on medical reasons for each poo who know you might learn something. For an all-around useful review of the medicine of poo, I definitely would recommend

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*What's Your Poo Telling  
You?: by Josh Richman*

Poop, also known as stool or feces, is a normal part of the digestive process. Poop consists of waste products



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that are being eliminated from the body. It may include undigested food particles, ...

*Types of poop: Appearance, color, and what is normal*  
The color is the result of

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what you eat and how much  
bile is in your stool. Bile  
is a fluid your liver makes  
to digest fats. It starts  
out as a yellowish green  
color. But as the pigments  
that give...

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*Calendar* *What Do Different Poop  
Colors Mean?*

If your poop is a chalky light shade, it probably means you're lacking bile. Bile is a digestive fluid that comes from your liver and gallbladder, so if

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you're producing white  
stool, it probably...

*Types of Poop: Appearance,  
Color, Consistency, Time*

What's Your Poo Telling You?  
is a book for adults  
describing different aspects

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of human flatulence,  
defecation, diarrhea, and  
various feces -related  
phenomena. The book sold  
well upon its release and in  
2009 the book was reported  
to have sold over 400,000  
copies. It was authored by

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Josh Richman and  
gastroenterologist Anish  
Sheth, M.D.

*What's Your Poo Telling You?*  
- *Wikipedia*

What's Your Poo Telling  
You?: (Funny Bathroom Books,  
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Calendar (Health Books, Humor Books,  
Funny Gift Books) by Josh  
Richman, Anish Sheth MD,  
Peter Arkle, Hardcover |  
Barnes & Noble®. Like a  
snowflake, each poo has a  
wondrous uniqueness. But  
what does it mean?

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*What's Your Poo Telling  
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*What's Your Poo Telling  
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Health Books, Humor Books,  
Funny Gift Books): Sheth*



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