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**The Beyond The Food Show
PODCAST TRANSCRIPT**



the
BEYOND THE FOOD
Show

WITH STEPHANIE DODIER

Podcast Transcript

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Stephanie: Welcome to episode 32 and today's episode we answer a community member's question about constipation. Yup folks, we're going to talk about constipation today. Now if some of you think this is gross and disgusting, well guess what? This is you who need to hear this podcast the most. You know why? Because you're not looking at your poop, likely if you find it gross and disgusting you ain't checking it out so you don't know if your poop is healthy or not. You're in complete denial.

So you got to hear this one, now if you're really interested and you really want to learn from this, you got to take a special step today. You have to go and download my poop chart, Stephanie's poop chart first before I get into the content because in the first half of the podcast I'm going to refer to this one piece of paper. Now it's totally free in the show note at www.stephaniedodier.com/032, there's a link you're going to download it, it's totally free, you got to print it or look at it while I'm talking so you know what I'm talking about.

So go ahead, put the podcast on pause and I'll be right here waiting when you come back. See? It's easy, now you've got your poop chart we're ready to go. Now, I came up with the Stephanie's poop chart years ago when I was working one on one with patient or right now I'm using it during my power hour or my group program which you can look it up in my website, but that's beyond the point, but the first step that I do with every single patient is to look at their poop and we talk about poop. I've seen all the reaction possible and that tells me a lot about their poop. How the way they react with regards to when I start asking very detailed questions about their poop and we're going to deep dive into all of these today, so have some fun with me please.

Now we have a topic that we usually talk about which is craving is an emotional eating and weight loss and that has a correlation to your poop. So it's very important that you're listening today because the state of your poop can actually be a cause of you not being able to achieve your health

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goal, your weight loss or could be the cause of your food craving or an indication of what's causing your food cravings so listen up.

Now before we move on, I want to review an iTunes reviews from Beth who left a review just after Christmas and she was talking about craving. So Beth says, "I stumble upon Stephanie's podcast and found them so helpful. I binge listen to all of them to catch up. Stephanie offers great information that can be use to get us more healthy. Her approach to craving is spot on and I have been successful in making it through Christmas without binge eating cookie and fudge."

Yey! Good for you Beth and thank you for taking the time to leave me a review. As I always say, your reviews are fuel for me so follow the link on the show note and please let me know how the podcast is helping you or how I can make it better for you. So you are ready to talk about poop and constipation? If so, let's do it.

Robin asked, "I listened to one of your Facebook live and you were talking about the importance of pooping everyday and how it can actually be a body message. Well that got me scared because I have a poop problem. I usually don't poop daily, sometimes only once or twice a week. I have to use magnesium nitrate everyday if I want to poop daily. What's up with that? Is there a way for me to poop daily?"

Well Robin, absolutely there is and your intuition was right to ask me this question and this is patient empowerment, health empowered women and full action and I love it. This is a difficult topic for most people to talk about because of the shame that society has put around poop so people keep their poop problem to themselves which is a big problem. Let me just put things in perspective for you. Do you have or does society have a problem with us talking about mucus? You know when you have a cold, you sneeze and you blow your nose and there's mucus coming out. There's no shame around that. Why is there shame around poop?

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Now in the same situation that if you're blowing your nose and your mucus would be green and pasty, what would you do? You would likely end up going to see your healthcare practitioner or doctor and saying there's something wrong with me because I'm blowing out green, heavy, pasty stuff, right? Now, do we look at our poop and do we know what's even normal and abnormal and we have something abnormal, do we take the steps to take care of it because in the same way as your green mucus would indicate that you probably have a bacterial or viral infection in your lungs, potentially having constipation is the signal that something else is going on in your body. We need to take that barrier down and today's episode is all about that. So we're going to deep dive into the basic of poop.

Before we get into how to resolve or relieve your constipation, what I need you to understand is what is normal and what is not normal when it comes to poop so you can self assess yourself, right? Empowerment and knowledge comes first. So that's when I got you to download, I'm holding it in my hand right now, spreading paper around, the Bristol stool chart or Stephanie's poop chart, right?

So we're going to talk about number one frequency. How many times should we be pooping in a day? Well the bare minimum is one per day. Optimally, two to three times a day. Not pooping everyday at least once a day is constipation, that's bottom line, that's how easy it is. Now let's talk about smell. What should your poop smell? Well, I'm going to surprise many of you but poop should have a very light smell. It should not be something that "toxify" the entire bathroom and you have to open the window to blow some fresh air in it or crack a match, that's not normal. And I'm a prime example of that. I used to smell badly when I poop, like I mean window opened, perfume, can of air freshener on the side of my bathroom, because it was neat. Today, not only do I poop one to three times a day, but you can't even tell I pooped because there's no more smell. So that's what it should smell like nothing.

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Now the third step of assessing your poop is how easy should it be for you to poop? Should you have to strain and put a lot of effort? The answer to this is no. You should feel the need for you to go to the bathroom for the number two and it shouldn't be an emergency and it shouldn't be something that you dread because you're going to sit on the toilet for minutes trying to push out your bowels. If that's the case, pushing out and straining, that's constipation even though you go everyday that is still a sign of constipation. And in the opposite way, if you as soon as you feel or you have to go because it's going to be a mess if you don't, that's not normal either.

Now the last part in assessing your poop is the look of it and that's why when I work one on one with people through my Power Hour, I go through what their poop look like and one of the tools I get is the Bristol stool chart. So in the Bristol stool chart that you should have in front of you right now, totally free in the show note as a reminder, you have seven different types of poop. We're going to go through them one by one.

Type number one is little balls of poop. That is the ultimate constipated poop. This is a sign of lack of hydration, lack of fiber, retention inside of the colon that could made worst by stress and we'll talk about emotion later, by medication, but this is the worst type of constipation, type number one.

Type number two is those little balls but they're actually stuck together and that's typically when the poop is very heavy, it falls right to the bottom of the toilet and has a lot of smell around it and a lot of strangles on with type number two. Type number two is constipation as well.

Type number three is although much healthier than type number one and type number two, it is still considered a type of constipation. It's kind of a sausage like, it has a lot of crack into it, almost like all those balls glued together in a semi sausage but it's very crack. It's not a uniform tune. That

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is also constipation. Now, healthier but still a sign of constipation and typically that has a lot of smell around it.

Type number four, type number four is what you want to look for, okay. for those that don't have the chart, remember it's totally free in the show note, it is a sausage like. It is about one diameter and it's uniform. There's no crack into it, it's all one tube, there's not pieces of it, there's no smell around it, it's a very, very light smell and it doesn't leave traces in the bottom of the toilet or you don't have to wipe a lot neither. This is a very clean poop. You literally sit on the toilet, poop, wipe, maybe two, three times max, one piece, flush it and we're done. That is the ultimate poop, so type number four.

Now when we move on to type number five, this is very common. This is something that I see probably in one out of two people, I call them blobs. It's soft, soft blobs of poop and there's probably six, seven pieces so kind of two but broken down into pieces and when people have to wipe, they wipe more. So when you poop like that you're likely to wipe like five, six, seven times before being completely cleaned because the stool is very greasy. And that is due to the type of fat you're consuming and greasy food like canola oil, fried type food and a lot of alcohol as well will give you type number five and that is diarrhea. That is the onset of diarrhea.

Type number six is definitely diarrhea that's when you got to go because you know you're going to have problem if you don't go right away. Typically type six like those little blobs but even softer and almost liquid. And that's typically when we find on digested food. That's when people will report to me seeing green leafy vegetables and tomatoes and corn, food that literally went through your mouth, through your colon without being digested and that is extremely irritating to your digestive system and end up getting diarrhea so seeing food in your stool never ever a good thing.

Type number seven, it's water. That is like, I don't think there's any need for explanation there, you know you have diarrhea, you can hear, you can see it, you can feel it, you have cramps and that requires an immediate

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consultation to your healthcare practitioner because there's really an invasion of something in your tummy. It could be bacterial, it could be viral, it could be a parasite, it could be due to antibiotic, but you need to do something right away because you're losing a lot of your water that produce the diarrhea.

So recap, one, two and three, type one, two and three on your Bristol stool chart is constipation. Type number five, six and seven is diarrhea and you should be aiming to type number four. Now the next part of the podcast, we're going to talk about solution to constipation so type one, two and three.

Now before we do this, I want to thank our sponsor for today's show because this is how we are able to have a show today, it's because of FBomb and FBomb is literally a bomb, it is a product, it is the bomb because it allows each one of us that buy this product to have healthy snacks on the go. It's actually fat bombs, it's literally healthy fat in a little plastic pouch that you can carry in your purse, in your gym bag, in your school bag, in the car, and when you need to eat you can just grab one of those little pouch, crack it open and have your healthy fat. It's coming from MCT oil, coconut oil, nut butter, the macadamia and sea salt nut butter is by far my favorite. So go check them out at www.dropanfbomb.com using the coupon code "Beyond the Food", you will get 10% off your first order.

So coming back now to the show, we're going to recap the first part where we look at Stephanie's poop chart or the Bristol stool chart which I'm holding in my hand right now. You have downloaded that from the show note, type one, two and three is constipation, five, six and seven is diarrhea and today we're going to talk about constipation. Now we're to move on to solution to constipation.

The number one element you need to look at is actually your mood and your emotion. Research has shown that mood disorder and emotional distress aka stress and holding on to emotion change the nerve pathway that helps control gut function. Therefore, a psychological factor directly

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influences your digestive system. We're going to talk about this with a great guest, we're going to have on show number 47 so if you're watching -- you're listening to that and you're late, you can go directly to show 47, Dr. David Perlmutter is going to come to talk about gut brain access so after the show you can fast forward 47 if you're listening to this in the month of February, then you're going to wait until 47 but enough to say that there is connection between your gut and your brain and scientifically demonstrated in show note, today you will have the link to the science behind that if you're doubting me.

So as a result of this, if you suffer depression, anxiety, stress, you're holding on to anger, jealousy or fear towards an event or towards people and you're not expressing those emotions, those emotions will affect the ability for you to release the garbage in your body. Think of those emotions as garbage. The emotion of fear for example comes through you, protects you, right? It's supposed to be a signal to kick in defense mechanism in your body and it should leave you. You shouldn't be in the state of fear all the time, and if you are in a state of anger all the time it provokes that, I want to say that closure of your colon, your colon is going to retain and not release easily the garbage because you're holding on and you're not releasing negative emotion. Is that crazy?

Now this is something I see all the time but 90% of the people aren't aware of that. Now the digestive system does this in a mean of protection because when you are stress, depress, anxious, holding onto anger, you are in a state of stress. The body does not know why you're stress, it just know, okay we're stress, we're going to go and fight the flight mode, we're going to produce cortisol, and we're going to stop the digestion process because right now we need to save our lives. That's how the body thinks. So it's not releasing garbage because you're supposed to be protecting your life and if you're in the life of that situation, you don't have time to go poop, you know what I'm saying?

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That is why emotion is the number one area you need to look at when it comes to constipation. You need to find a way of releasing the anger, the jealousy, worry type of emotion and going to stress management technique, right, breathing, mind body movement, meditation, go check out ZivaMind meditation which is a partner on the show to learn to meditate, to learn to let go of those emotions. And very often, just doing that, just letting go of those emotions will allow you to go back in a normal state of bowel movement. That's the number one area to look at.

Number two, hydration. To produce a soft bowel, you need to have water otherwise, if you're not hydrated the body will use the water in your stool and then recycle it into your body to nourish yourself. So literally, pull out poop water and put it back into recycling into your body to nourish yourself. I know it's gross but that's the way it works, so we got to drink two to three liters of water a day.

Third cause, gluten. Now I know the gluten train and gluten free diet but it is a fact of life. Today's type of gluten that we have in our diet is something called GMO is not something that our body does well with at all. It create a ton of food intolerance so if you've tried number one and number two and it's still not resolving your constipation, you got to have to try the gluten free way of living. You can go and check the Keto Connector program which will give you a list of real food because most gluten free diet is terrible. Like I want you to move from eating toast every morning to eating gluten free bread because it's like it will not going to resolve your problem because you're not eating real food, you're eating processed food full of sugar and preservative and so forth so you've got to move to a real food way of life.

Tip number four which links to tip number three, eat whole food. Get rid of the processed food because of all the chemical agent first added to the food, number one, number two there is not enough vitamins and minerals in processed food so you're going to be nutrient deficient and you will not get the right fiber to help you produce bowel movement because let's face

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it, your bowel movement, your poop is three things: it's fiber plus water, plus all the garbage from your body. All the metabolic garbage, toxin from your body is grabbed by the fiber mixed in with some water and then create your poop. So if you don't eat the right type of fiber, don't have enough water as we said earlier, you will have a difficult time creating a healthy poop or even pooping at all.

Tip number five is sugar particularly artificial sweetener of any kind. Artificial sweetener is creating constipation. Now the sugar alcohol often found into a low carb in Ketogenic diet will create the opposite. It will actually create diarrhea. So if you're a diarrhea type of person and you're eating a lot of sugar alcohol you may have to pull that out. If you're eating a lot of artificial sweetener then you may have to take that out.

Now all the additives I was talking about earlier in processed food can fall into that category as well so go on a 30-day real food eating challenge, removing all those chemical additive, sugar, alcohol or even artificial sweetener and see how your poop is doing, that might be the secret for you.

Area number six or tip number six, gut bacteria. Your little bacteria, your intestinal flora, your micro biome actually help digest the food to prepare it for a healthy bowel. If you're lacking good gut bacteria or you have too much of the bad one it may result to constipation or diarrhea. Quick way for you to resolve that is to add fermented food to your diet. Things such as sauerkraut, pickles and kombucha will easily add on or even a probiotic supplement with a lot of one string called bifido bacteria. That can make a change, reinoculate your good bacteria and allow you to have a healthy bowel movement.

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Tip number seven, we talked about earlier fiber. It's important to get the right type of fiber but it's important to have enough. If you don't have enough fiber, you won't have enough raw materials to create a healthy sized bowel movement. Remember there are three ingredients in a bowel: water, fiber and toxin or garbage. So if there's one missing, how can you have healthy sized bowel if you don't eat the fiber to make the bowel? You see what I'm saying? So you need to have a great quantity of fiber, my recommendation is six cups of green vegetables or colored vegetables in a day, six cups. I'm not talking about fruit, I'm talking about vegetables. You need to get yourself up to that level and that could be the solution for you to have non-constipated bowel movement.

Tip number eight, movement. Yup, movement or a lack thereof often is a cause of constipation because when we have non-energize bowel like the tone of the muscle of your colon is lax, there's not enough strength in the bowel, it's often need the movement of the body to give the energy to your colon to push out the bowel. So lack of movement completely sedentary can actually trigger constipation. The bowels are ready to be pushed out and evacuated however you don't have the strength in your colon, on the muscle tone to push it out. It stays in your colon and then it stay there for days and it becomes harder and harder for you to push it out. So moving every day, 15, 20 minutes of walk could be curing your constipation.

Tip number nine, drugs like I'm talking pharmaceutical prescription drugs often have a side effect on constipation and if you want to know that, go in the instruction manual like many pages that usually comes with your drug or if your pharmacist hasn't provided you that, go ask your pharmacist if constipation is a side effect of your drug or ask to have the print out given to you so you can read your own side effect. That's another thing that I do with my patients that are on medication. I always provide them with links to read their manual to their drugs so they understand what they're taking and what could be the side effect because 99% of the time when the doctor prescribes you a medication, they do not inform you of the side effect. So empowered patient is very important in this element for you to

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understand what the consequence of you taking a prescribed medication is.

Tip number ten, that's where it gets funny. Tip number ten is actually how you sit to poop. Forever as a human being, we poop in a squatted position over the last two to 300 years we started to sit with the hot houses back in the days to poop and now we have the toilet bowl into which we actually sit. The body, the human body was never created to poop from a seated position. Internally when you look at how the bowel movement happens, we need to relax a specific muscle called the Puborectalis to open the colon, because otherwise we wouldn't have poop all the time, that muscle the Puborectalis holds the colon and prevents it from opening at any given time. The squatting position is what actually relax this muscle and allow your poop to drop. So there's actually a tool that's been created called the Squatty Potty, it's literally a little stool that you put in front of your toilet, you put your seat on it, elevating your knees above your hip bone creating a squatted position to allow you to release your Puborectalis muscle.

So I've put a link to this in the show note and I highly recommend that you go watch that little video that Squatty Potty company created to explain this whole muscle relaxation and you can create your own Squatty Potty at home and you can go buy a little tote container that you leave in your bathroom and we go to number two, the poop you just drag it in front of your toilet and you put your knees on it and it creates a squatting position for like three or \$5 but if you want I have the tool at home and I love it because it insert around the toilet and makes it look cleaner, so something to invest in.

So those were the ten tips to help you relieve yourself from constipation. So I hope that this episode was interesting, shall I say and got you over your fear talking about poop and in the case of Robin, I hope one of those ten tips is your solution and I would love to hear from you Robin in the community, if that resolved your problem in which one. For anyone else of

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you, you can join the community to ask questions for upcoming shows but also to share your thoughts on constipation.

So there you have it, everything you need to know about poop and constipation. I hope you had fun with me. All the links to the studies, to the poop chart, to the Squatty Potty and even to blog post that I've written in the past about poop and constipation are in the show note at stephaniedodier.com/032. That's where you can also pick up the transcript of the show and the link to join the community and ask questions for an upcoming show in the future. You can also check out the Keto Connector program which by the way will help you achieve ten elements of healthy poops, which is my unique program, my basic program that will allow you to move forward from worrying about food and moving on to healing your mind and your body.