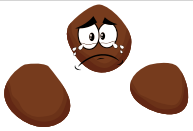
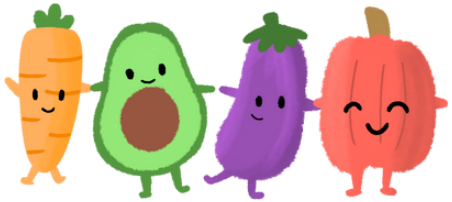
What is your poo telling you...

Add a tick in the box each time you have a poo

The Body Guard
Christine Barnes, M.Well.
Where science meets natural healing

A sneaky peak at your poo	M	T	W	T	F	S	S	What to do to help your poo...
Hard small pebbles 								 Drink more water to help soften your poo. Try to drink 8 glasses each day.
Hard, lumpy sausage 								
Sausage shape with cracks 								
Smooth sausage shaped poo. 								PERFECT
Soft blobs 								 Eat more vegetables and fibre. Keep notes of what you may have eaten that has upset your stomach.
Squishy & runny poo 								
Runny & watery poo