

## Living Tissue Sample Evaluation:

Initials \_\_\_\_\_

Date \_\_\_\_\_

People just don't get cancer or heart disease overnight, it's a process and that's why we are always looking for ways to detect and prevent as early as possible. Blood pressure, assessing pH, blood, urine, physical exams as well as functional tests are all ways we attempt to measure our health or wellness. What if I could tell you a way to get a living tissue sample every day that reflects your health in a very visual way. 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. Consider the following:** A gram of feces can contain: 10 million viruses, one million bacteria, 1,000 parasite cysts and 100 worm eggs asserts Rose George, author of *The Big Necessity: The Unmentionable World of Human Waste and Why It Matters* (Metropolitan, 2008). Over 70 percent of the human body's immune cells are found in the gut's mucosal lining. A healthy gut means more immunity and a healthy gut is a gut in which good bacteria outnumber bad. This is why everyone needs to pay attention to what your bodies is telling them. Why wait until we see the toilet filled with blood or someone has to call 911. Let's investigate and optimize an experience that the human race has been sharing since the beginning of time.

### Circle the following:

**Frequency** - daily (once, twice, three each day), every 2 days , every three days , every 4 days, 2 times a week, once a week, every 2 weeks, other \_\_\_\_\_

**Color** - white, yellow, brown, tan, red, other \_\_\_\_\_

**Size** - banana, small marbles, large marbles, tooth paste, mush, diarrhea, other \_\_\_\_\_

**Formed or unformed?** \_\_\_\_\_

**Is there straining involved?** yes / no.... if yes, how often \_\_\_\_\_

**Do you ever see blood or red in the stool?** (except if you eat beets) yes / no / sometimes  
how often \_\_\_\_\_

**Do you ever see undigested food?** yes / no

**Swimming ability** - sinks, floats, floats then sinks

**Odor** - earthy, mild, strong, very offensive,

**How many 8 ounce glasses of pure water do you drink every day?** \_\_\_\_\_ City water? \_\_\_\_\_

**Other daily beverages, discuss** \_\_\_\_\_

**Other Notes or Comments:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_