

# Transit Time

## The purpose of this test is to see how long food sits in your digestive tract.

We want to use a unique marking agent that will be seen in the stool at a predicted time and see how long it takes to come out. The agent could be corn, beets, or charcoal tablets that can be purchased from health food store. The choice is yours based on your food or convenience preference. Please don't use a food that you are allergic to as it will extend the transit time.

### Here's an example of how to eat the agents and what they will see:

- ¼ cup of corn mixed with scrambled eggs for breakfast – expect to see the yellow corn kernels.
- 3 or 4 whole red beets as a salad with some form of protein – expect to see a deep red in the stool.
- 5 - 10 grams of charcoal in capsules or tablets on an empty stomach – expect to see a black stool.

Note when the agent first appears and when it last appears. If the agent comes out in less than 12 hours, it means that the transit time is too short and that nutrients are not being absorbed.

12-24 hours is the optimal transit time.

More than 24 hours indicates that the transit time is too long, let's do the basics first and retake the test in 2 weeks and watch the progress. The beauty of the test is that it can be done at home and repeated in monthly intervals to evaluate progress

### What are the basics?

1. Drink more water.
2. Chew your food till it is a liquid. All digestion starts north to south. To fix a southern problem like a slow transit time, always start north and make sure the enzymes are present to turn on subsequent enzymes. But if you don't chew your food, the stomach will not release proper amounts of HCL to acidify the chyme.
3. Increase fiber foods that you know are not sensitive to: vegetables, fruits, whole grains, and legumes.
4. Decrease foods that will slow transit time, processed foods devoid of life and fiber. Things like hydrogenated oils that damage cell membranes or white floured noodles that act like glue in the gut. Step one for a healthy diet is "eat foods that will rot or spoil, but eat them before they do."
5. Increase movement... a combination of walking, dancing, bicycling, climbing stairs, or whatever brings life... to 30 minutes a day.
6. Make sure healthy bacteria are present to assure proper bowel function. In your case, we will use \_\_\_\_\_ use \_\_\_\_\_ at bedtime and or between meals.

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Remember, Americans are lucky if they get 12 grams of fiber a day. 100 years ago our forefathers got 35-50 grams of fiber per day. There are currently groups of people who live off the land and don't get cancer heart disease, high blood pressure, diabetes or many of the other 21<sup>st</sup> century diseases. They eat 65-75 grams of fiber per day. Don't be afraid to eat your vegetables, fruits, and whole foods.

Comments for the doctor \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Marking agent used \_\_\_\_\_

Date of ingestion \_\_\_\_\_ Time of ingestion \_\_\_\_\_

Number of hours before the marking agent is first seen \_\_\_\_\_

Number of hours before the marking agent is last seen \_\_\_\_\_

## **Follow up tests**

Marking agent used \_\_\_\_\_ Date of ingestion \_\_\_\_\_ Time of ingestion \_\_\_\_\_

Number of hours before the marking agent is first seen \_\_\_\_\_

Number of hours before the marking agent is last seen \_\_\_\_\_

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