

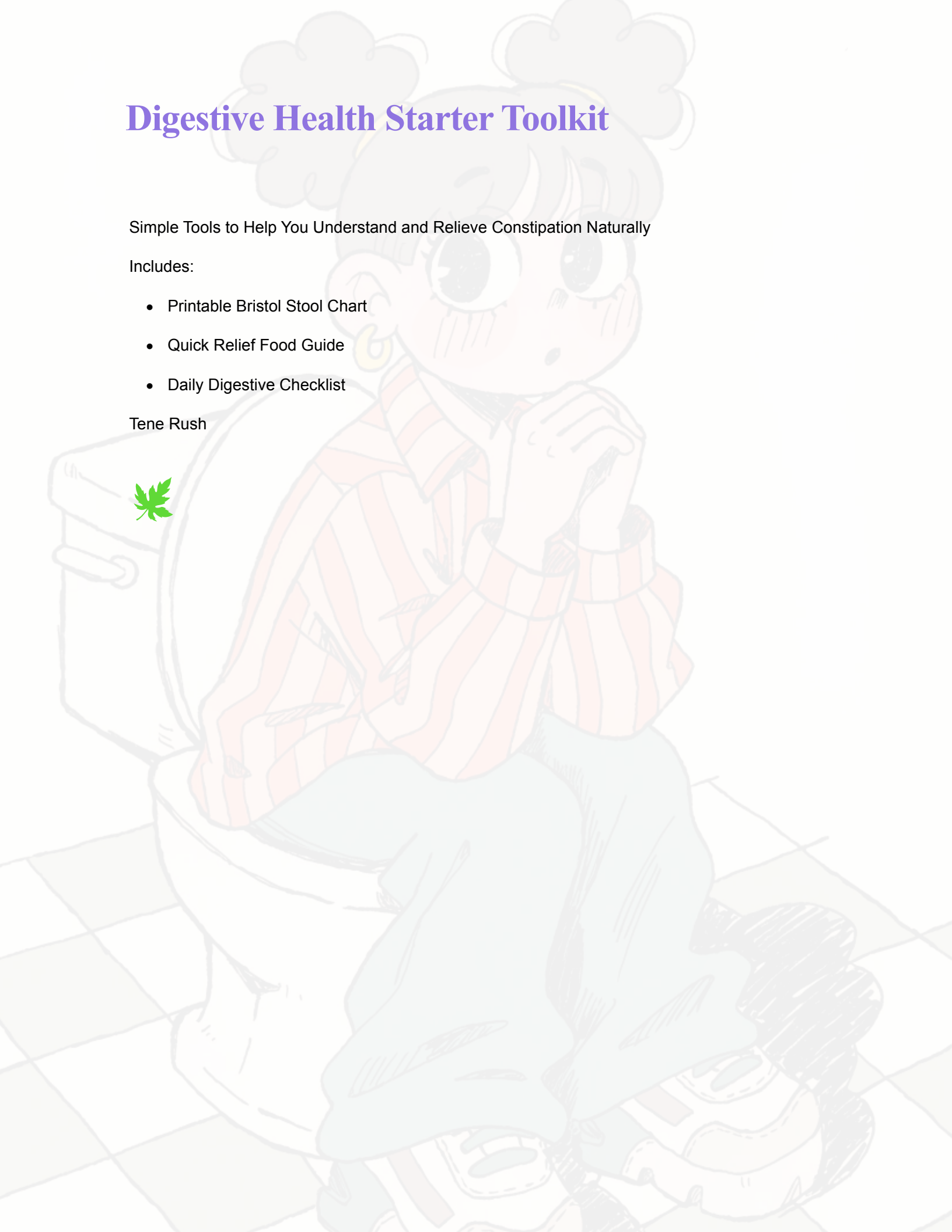
Digestive Health Starter Toolkit

Simple Tools to Help You Understand and Relieve Constipation Naturally

Includes:

- Printable Bristol Stool Chart
- Quick Relief Food Guide
- Daily Digestive Checklist

Tene Rush



Welcome - Let's Simplify Your Digestive Health

If you've ever wondered whether your digestion is "normal," you're not alone.

This simple toolkit is designed to help you better understand your body and take small, practical steps toward relief and regularity.

Start with the Bristol Stool Chart on the next page - it's one of the easiest ways to quickly assess your digestive health.



THE BRISTOL STOOL SCALE

A Scientific Guide to Digestive Health

TYPE 1: SEPARATE HARD LUMPS

These small, nut-like lumps are difficult to pass and are a primary indicator of constipation.

TYPE 2: LUMPY SAUSAGE-LIKE

A singular mass that is lumpy and hard in consistency, also signifying a constipated state.

TYPE 3: CRACKED SAUSAGE SHAPE

This stool is sausage-shaped with cracks on the surface; It is considered ideal and easy to pass for most people.

TYPE 4: SMOOTH & SOFT SAUSAGE

Sausage-shaped, smooth, and soft; this type indicates that the digestive system is functioning optimally.

TYPE 5: SOFT BLOBS WITH CLEAR EDGES

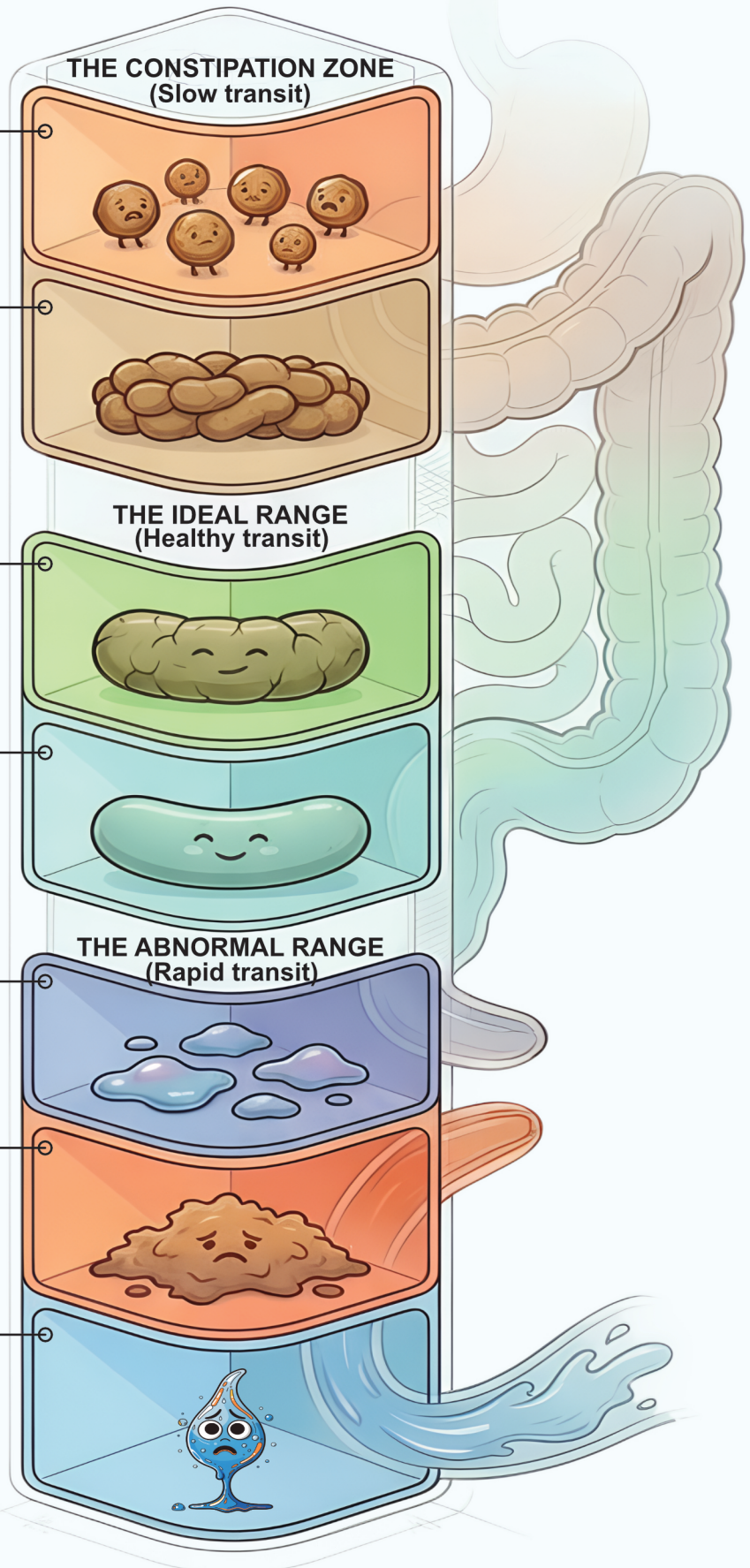
This is considered abnormal as it suggests a lack of moisture in the colon.

TYPE 6: FLUFFY MUSHY PIECES

Stool with ragged edges and a mushy consistency; this is abnormal and may indicate inflammation in the intestine.

TYPE 7: WATERY & LIQUID

Entirely liquid stool with no solid pieces, representing diarrhea.



What Your Stool Type Means

Type 1–2 (Constipation)

Your body may need more fiber, fluids, and movement. Focus on hydration and fiber-rich foods.

Type 3–4 (Healthy Range)

This is considered normal and healthy digestion. Maintain your current habits.

Type 5–7 (Loose Stools)

This may indicate your system is moving too quickly. Look at hydration, diet balance, and possible sensitivities.



5 Foods That Help Relieve Constipation

- Oats – gentle and fiber-rich
- Chia seeds – support regularity
- Leafy greens – natural digestive support
- Apples (with skin) – great fiber source
- Prunes – well-known natural aid

Tip:

Consistency matters more than quick fixes. Small daily habits make the biggest difference.



Your Daily Digestive Checklist

Drank enough water

Ate fiber-rich foods

Moved my body (walk or exercise)

Didn't ignore the urge to go



Simple Daily Routine for Better Digestion

Morning

- Drink a glass of warm water
- Light stretching or movement

Midday

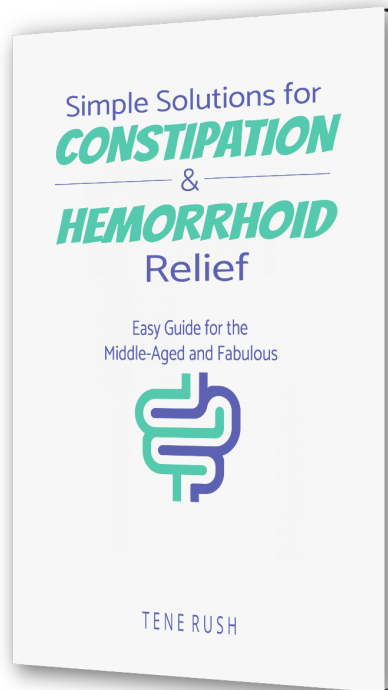
- Eat a fiber-rich meal
- Stay hydrated

Evening

- Light dinner
- Relax and unwind



For more natural remedies check out:



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