



**Emptying the Bowel**  
**Are you Going Ok?**  
**Without Straining?**  
**Without pain?**  
**Without effort?**  
**Constipated?**  
**Haemorrhoids?**  
**Anal fissure? Pelvic floor problems?**

If you have problems associated with evacuating the bowel, you are not making the correct consistency of stool or poop and not eliminating or evacuating using the correct posture.

This website is not about how food is digested by the human body but about the ability and efficiency of creating and eliminating waste matter-stools or faeces.

It provides information on how to achieve effortless, pain free elimination without straining by producing the perfectly formed stool and adopting the squat posture for evacuation of the bowel.

The specially designed SquattLooStool allows you to adopt the squat posture while you are seated comfortably on the conventional raised toilet fitted in your toilet or bathroom.

The SquattLooStool is an essential accessory in every bathroom and is promoted on this website.

The information provided may help you understand the problems associated with emptying the bowel; however, it is not intended to replace advice from your family Doctor. All issues relating to your health should be reported and discussed with your family Doctor.

### **The Specially designed SquattLooStool**

The SquattLooStool makes it EASIER to go by eliminating the need to STRAIN, aiding in creating an OPEN,CLEAR PATH between the RECTUM and ANUS for stool to slide out due to gentle COMPRESSION created by pressing your thighs against your abdomen AND the force of gravity.

NO STRAINING or PUSHING is required.

COMPLETE ELIMINATION every time without effort.

No feeling of a need to go again or “unfinished business”.

***“The only way to keep your health is to eat what you don't want, drink what you don't Like, and do what you'd rather not.”***

***Mark Twain.***

***I have finally cum to the konklusion that a***

***good reliable set ov bowels iz worth more to***

***a man than enny quantity of brains.***

**[Josh Billings \(Henry Wheeler Shaw,](#)**

**[American humorist, 1818–1885\)](#)**

**You can pat yourself on the back and congratulate yourself if you can honestly say that you have not experienced one or more of the following conditions:**

1. Pain or itching around the anus
2. Bleeding during or after a bowel motion
3. Constipation
4. Straining to open the bowel
5. A bout of Diarrhoea or loss of control of the bowels.

Problems with the process of defecation or emptying the bowels are so common that most of us would be able to relate our stories if embarrassment about this taboo subject did not prevent us from suffering in silence!

Not being able to discuss the problem can be a source of great anxiety and stress and can lead to irritable behaviour, frustration, loss of confidence and a life of misery.

The problems associated with the process of emptying the bowel are no laughing matter, as anyone who has suffered from the excruciating pain of an anal fissure, bleeding and inflamed haemorrhoids, anal itching, and constipation will agree.

The treatment and more importantly, prevention of these problems is often a very simple change in lifestyle and diet.

Making **stool of the correct consistency** and adopting the correct **posture for elimination** are the two most important factors you could address in order to eliminate all the problems associated with defecation.

Gentle exercise will help create forces within the body that can be transmitted to the colon to create mass movement of the faecal mass towards the exit. This can be as little as a ten minute walk.

The perfectly formed stool can be made by inclusion of plant based foods containing Soluble and insoluble fibre in the diet and keeping the body hydrated by drinking plenty of fluids.

The correct posture for elimination is the **Squat posture** and adopting this posture will help to eliminate the well formed stool without encountering any straining and the painful conditions mentioned above.

### How to heal and prevent Bowel disorders

Diet is not about what you should NOT eat, it's about what you should include in the diet that matters.

As long as your diet includes the correct balance of plant foods containing soluble fibre, insoluble fibre and resistant starch your colon will produce the perfectly formed stool. The important next step is to evacuate this stool without straining so that the body does not suffer from the pressures created each time the bowel is emptied.

In order to heal and prevent bowel disorders you need to make lifestyle changes that last the rest of your life time.

1. Include more fluids and plant food containing soluble fibre, insoluble fibre and resistant starch in the diet so that the perfectly formed stool will be made in the colon and beneficial bacteria will flourish and eliminate disease causing bacteria and fungi.

2. Evacuate the perfectly formed stool by adopting the squat posture to eliminate the need to strain during bowel movements.

It is not possible or safe to squat on the modern raised toilet seat installed in all western homes and it is impossible to squat for any length of time if you have not done this from childhood onwards. This makes the use of any raised platforms impossible to adapt to.

The SquattLooStool is designed to allow you to adopt the squat posture while seated comfortably on your raised toilet seat. The single best and easiest lifestyle change you will ever make, leading to a healthier body.