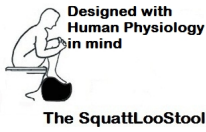


## How do you create a bowel habit?

Written by Ashwin Patel

Friday, 19 October 2012 11:36

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## How do you create a bowel habit?

### The ideal bowel habit should incorporate:

1. The ability to postpone an urge to open the bowel for a short period of time until it is convenient to proceed.  
Ignoring the urge to defecate should not cause any abdominal or rectal discomfort or pain.
2. If you have eaten the correct types of food to make a stool of perfect consistency, you should be able to exert total voluntary control over the exit of gases or FLATUS and stool from the rectum.
3. Evacuation of the bowel should be prompt once the correct posture for evacuation is adopted.
4. The passage of the perfectly formed stool through the recto anal canal should be smooth, without pain, bleeding or protrusion and should be completed in less than one or two minutes.
5. You should experience a feeling of complete rectal emptying and relief. There should be no sensation or feeling of the “need to go again”. Complete emptying of the Rectum and Sigmoid colon contents should be achieved.

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6. There should be no rectal or perianal skin symptoms such as itching or the need for repeated wiping between bowel actions

7. There should be no abdominal pain or bloating between bowel actions.

There should be no need for any assistance from any type of medication to achieve this bowel habit.

Most of the problems people experience with their bowels can be attributed to an interference with one or more of the principles that help create an ideal bowel habit.

Recognising and addressing the factors causing the problems usually leads to proper functioning of the bowels again.

The majority of Bowel problems are related to diet and elimination posture. Attempting to aim for the perfectly formed stool by consuming the correct types of food and adopting the squat posture for evacuation goes a long way to help prevent these bowel related problems that a large portion of the population struggle with everyday.

## 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.

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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.

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