

# A BETTER WAY TO POOP

## 6 Common Mistakes & How to Correct Them

### MISTAKE

Straining or holding your breath



### CORRECT

Open your mouth, take a deep breath, and say "Grrr"

### MISTAKE

Ignoring the urge or putting it off until later



### CORRECT

Go when the urge signals, ideally daily

### MISTAKE

Hard poop or rabbit pellets



### CORRECT

Poop like a squishy banana

*Type III and IV on the Bristol Stool Scale*

### MISTAKE

Eating processed and constipating foods



### CORRECT

Eating whole foods with plenty of fiber

*Cleveland clinic recommends 14g/1000 calories per day*

### MISTAKE

Clenching pelvic floor muscles, anus, or knees



### CORRECT

Release pelvic floor muscles, open anus, widen knees

### MISTAKE

Straight, erect posture



### CORRECT

Squatting helps poop exit easier