








Colon Health For Peak Performance

Most of us don't give our colon much thought until something goes awry, such as constipation, diarrhea, or other ailments. But if we only knew the importance of colon health before it causes us troubles, we'll be taking steps towards better general health and peak performance. In today's special Humpday Hustle episode, I'm joined by Julia Karantjas as we discuss colon health, tips, and strategies on taking care of it.

How many bowel movements do you have in a day? If you have no idea, well, most people tend to answer the same. It's an uncomfortable question and not easily a topic of conversation for many. But what if I tell you that you need to know all the basics of your bowel movement to check if your body is healthy inside or not? Are you going to monitor it from now on?

Our bowel movement should pass easily, quickly, and without any pain and strain. It should be a shape of banana, a color of the walnut, and consistency of toothpaste.

Bristol stool chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces, Entirely liquid

If we have trouble in our colon, some signs may include:

- Dark circle in the eyes
- Tiredness
- Bloating
- Liver function problem
- Constipation/Diarrhea
- Nausea
- Rectal Bleeding

Why do we have some troubles eliminating? A couple of reasons include:

- Stress
- Dehydration
- Lack of fiber (soluble and insoluble)
- Consumption of foods affected by pesticides

Quick Tips to keep your colon healthy:

There are many steps that you can do to keep your colon healthy. Actions, like eating fiber, avoiding smoking and alcohol, or performing regular exercise can work wonders to our colon. But this list is 2 tips recommended by Julia Karantjas of JKNutrition.ca to help keep your colon in its optimal health.

- Drink more water- 8-10 glasses of water. Inadequate hydration can lead to a buildup of toxins in the body
- Take Magnesium to help relax the colon to make bowel movement smoother