










# Stool Chart

	<p><b>Type 1:</b> Stools appear in separate, hard lumps, similar to nuts. Type 1 stools have spent the longest amount of time in the intestinal tract and are generally much more difficult to pass. Type 1 stools are also a sure sign that you're constipated, dehydrated, full of toxins, and in need of an intestinal cleansing. These are the most common stools among individuals with an unhealthy lifestyle.</p>
	<p><b>Type 2:</b> These stools are "sausage-like" in appearance, but also very lumpy. Type 2 stools indicate you are constipated and dehydrated. You would benefit from an intestinal cleansing.</p>
	<p><b>Type 3 (Normal):</b> These stools are also "sausage-like," but also appear to have cracks in the surface. Type 3 stools are considered normal and healthy. More water intake would help make your stool softer, and have no "surface cracks".</p>
	<p><b>Type 4 (Normal):</b> Stools in this category are usually soft and smooth, and come out in the form of a snake. Type 4 stools are also considered normal and healthy.</p>
	<p><b>Type 5:</b> This category of stools form soft blobs with clear-cut edges, that are easily passed through the digestive system. Type 5 stools are classified as soft diarrhea and is also a possible risk for bowel disease. These stools also indicate you could benefit from an intestinal cleansing.</p>
	<p><b>Type 6:</b> Stools appear as fluffy pieces with ragged edges. Type 6 stools are considered mushy stools and indicates diarrhea. If you are experiencing this kind of bowel movement, you will benefit from an intestinal cleansing.</p>
	<p><b>Type 7:</b> This type of stool is mostly liquid with zero solid pieces. Type 7 stools have spent the least amount of time in the colon. This may be because of severe diarrhea due to cholera or a bacterial or viral infection. It would be wise for you to see a doctor as soon as possible.</p>