

CHICHESTER OBSERVER

MARIA GRIFFITHS LIFESTYLE COLUMN

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Dear Maria, Do I really have to pass a stool daily?

A great question. The answer is a definite Yes. I know that many of us don't do so, and we are told it's normal not to go for a day or two but you know, just because many people don't go, does not make it the normal thing to do, it just makes it accepted that they don't go. My question would be why don't they go daily?

The interesting thing about stool is that it is hugely indicative of what is going on in the gut. By this I am referring to the gut flora which is nowadays referred to as the microbiome, the collective genomes of all the organisms residing in our gut. These microorganisms that we depend on in order to stay alive,

I call it the human compost heap. It's the big engine that powers the breakdown of food to release energy, protects us against many different species of germs, parasites and even produces some vitamins. This needs to be working in good working order all the time.

A diet rich in fruit and vegetables of all kinds will bring to the gut the materials it needs to sustain a healthy gut population, just like a healthy compost heap. As food goes in one end, the digestion left overs with the dead cells of microorganisms should pass out the other end. Think of baby. They go nearly after every feed. We can't do that but going once every day is very good practice. This keeps the internal plumbing unblocked, clean and flowing. Otherwise we get a stagnant crowded colon with putrefying waste material which allows metabolites to flow through the colon wall back into the blood stream.

So don't stint the loo paper, make sure you go daily.

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