

Happy Bowels Like...

How to keep your bladder happy and healthy



1 Staying hydrated helps to keep the poop soft and moving through your "pipes".

2 A fiber rich diet helps to keep your "pipes moving". Fiber rich diets include plenty of whole grains, fruits, and vegetables.

3 Regular exercise helps keep your digestive system healthy and moving. Not convinced? What usually happens when you "walk the dog"? That's right- the dog usually poops!

4 Healthy pelvic floor muscles kink the rectum and wrap around the anus to keep them closed at the right times and to allow them to open at the right times. We need the rectal angle to straighten and the anus to open so poop can easily exit without straining or pushing.

5 Consistently ignoring the urge may diminish the strength of the signal overtime- kind of like your conscience!

6 Your muscles are designed to automatically coordinate to close the rectum and anus to keep you from leaking.

7 Squatting has been shown to be the most effective way to poop. Using a stool under your feet like a squatty potty is helpful for many people.

8 Hard, rabbit-like pellets are much more difficult to pass than soft, squishy, banana like poop.

9 Ideally, completely empty your bowels as least once a day.

10 Healthy bowels can sleep through the night and should rarely wake you up unless there is an issue.

11 The bowels are very sensitive to stress so keeping a healthy mindset is a big part of keeping the bowels happy and healthy.

12 The bowels are supported by ligaments, connective tissue, and pelvic floor muscles. If that support is compromised, it may contribute to problems like pelvic organ prolapse.

13 Confidence that you have control over when and where you choose to empty is an important part of keeping your bowels healthy.

14 Regular check-ups to discuss bowel health, screening, and any symptoms like pain, leaks, pressure, or difficulty emptying are important.