



# Bowel Transit Time Tracker





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## Purpose

This test is used to determine how long it takes food to travel through your digestive tract, from mouth to anus. Ideally, it should take between 18 and 24 hours for food to completely be moved through your digestive tract and undigested fiber to be eliminated.

This test uses charcoal, an inert substance that doesn't get absorbed, to measure the transit time. Charcoal will stain your stool black or gray, so it's easy to detect its presence in your stool.

## Materials

Charcoal capsules, available at your local health food store.

## Instructions

1. Swallow 4 charcoal capsules at your evening meal. Record the date and time in the chart below.
2. After each bowel movement, observe your stool for the first sign of black or grey. Observe in a brightly lit room.
3. Calculate the number of hours between "Time Charcoal Taken" to "Time/Date Color First Appears". Record in the "Transit Time" column.
4. Continue to observe every stool and note the time and date when the color has completely disappeared.
5. Wait 5 days to make sure all is completely disappeared and try again.
6. You can repeat this test with a variety of test meals to see if there is a difference between meals of different components, i.e. do higher fat meals take longer to pass through you. This can help determine where your digestive imbalance lies.

**Disclaimer:** The information in this document has not been evaluated by the FDA is not intended to diagnose, cure, prevent or treat any disease. The information presented is for educational purposes only with the intent of teaching you how to properly nourish and balance our body and trigger your innate self-healing mechanisms. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes, especially if you have any serious medical conditions or health concerns.





Bowel Transit Time Tracking						
Name						
Date	Time Charcoal Taken	Time/Date Color First Appears	Transit Time (# hours to first charcoal in stool)	Date/Time Charcoal Completely Cleared	Time Charcoal in System	# Bowel Movements





## Protocols for Improving Transit Time

If your bowel transit time is not in an ideal range, implement the following protocols:

- ☐ **Avoid irritants:** Avoid caffeine, alcohol, processed fats, chocolate, wheat/gluten, and dairy.
- ☐ **Avoid allergens:** Culprits are usually WHEAT, CORN, SOY, DAIRY, EGGS, and PEANUTS, but can be anything to which you have a sensitivity.
- ☐ **Relax before and during your meals:** Take a few deep breaths and avoid multitasking.
- ☐ **Eat enough fruit:** Sometimes just adding fruit and more water helps transit time.
- ☐ **Drink enough water** to keep things moving along.
- ☐ **Use demulcent (mucilaginous) herbs to lubricate stool:** chia and flax, slippery elm, etc.
- ☐ **Keep your gut critters balanced:** Use probiotics and anti-candida protocols.
- ☐ **Exercise** to keep the muscles in the large intestine working properly.