



HealthyBodyHealthyLife
with *Melissa Koerner*

Colon Transit and Retention Test



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Colon Transit and Retention Test

Constipation and diseases of the colon like hemorrhoids, colitis, cancer and auto-toxicity (self-poisoning) are very common in our culture. Many of these problems are associated with the consumption of poor-quality food. Studies of primitive cultures have shown a correlation between healthy colons and good overall health to large stools and a normal transit time.

A normal transit time is between 12-24 hours. That is, when you eat something you should be eliminating it 12-24 hours after eating it. Unfortunately, for most people in our culture their transit time is much longer. A longer transit time indicates sub-optimal colon health. A shorter transit time indicates poor absorption and assimilation of food and nutrients. Both conditions are problematic and need to be corrected.

A normal retention time is between 48-55 hours. That means that after eating food, in a healthy digestive system, it should take 48-55 hours to leave the body completely.

A good way to assess your colon health is to do a colon transit and retention test. Follow these three easy steps below:

Step 1: Eat beets with a meal, preferably breakfast. Write down the date and time.

Date (day/month/year)	Time (hour: minutes)

Step 2: Look at your stools each time you have a bowel movement. Document when you **first** see the beets in your stools.

Date (day/month/year)	Time (hour: minutes)

Step 3: Continue to look at your stools each time you have a bowel movement. Document when you **last** see the beets in your stools.

Date (day/month/year)	Time (hour: minutes)