

Chapter 1 : Here's the straight poop on birds - www.nxgvision.com

Welcome! The Straight Poop is your free email and web guide to the Best of the Web about Dogs. Browse past issues using the pop up menu at the top right, or click through all of our articles on this site.

But as fecal transplants become more medically accepted, questions of access and quality control are indeed arising. The infection is usually acquired in a health care facility. The procedure may become frontline treatment for CDI, not just a last resort when antibiotics have failed to control the terrifying torrents of watery stool. Results of a study reported in the *Annals of Internal Medicine* found that cases of multiply recurrent CDI “more than two bouts in a short time period” are increasing at more than four times the rate of the infection in general. The numbers are daunting: Drug resistant strains are arising and new drugs are coming on the market, but a fecal transplant may be the way to go from the get-go. Some medical organizations and insurers including Medicare cover fecal transplants for CDI. The rest is undigested nutrients, electrolytes, and mucus, with color from bile pigments and odor from bacterial compounds phenols, indole, skatole, ammonia, and hydrogen sulfide. But stool composition varies daily in individuals, which will complicate standardizing transplants. It also presents an obstacle to using a microbiome profile as a form of identification. One bioethicist mentioned checking stool at airports to see whether travelers have come from countries banned from immigration. Would a passport from a Swede be accepted if her feces harbor bacteria native to Somalia? Fecal transplants may conjure mental images of turkey basters, but the material is delivered via enema, colonoscope, nasogastric tube a nose hose , or capsule. The technology is at least 1, years old. Reductionists attempting to drill down to the good stuff in a turd and then recreate it note that just part of a microbiome need be transferred, akin to a keystone organism in an ecosystem. Researchers are hard at work describing the optimal feces donor. Will we one day have poop centers much like frozen yogurt shops where a hopeful recipient can order up a particular fecal microbiome? Or even mix flavors? Should people pay for poop, like they do for sperm? Should we patent exceptionally healing donations? Once feces donations are standardized, how will they be prepared and shipped? Dried out like sea monkeys? Would a transplant from a person who ate pork be like implanting pig heart valves into an orthodox Jewish person? Might a recipient request a vegan donor? Fecal transplantation may have unexpected effects , especially since standardizing it as a medical substance is so challenging. The first noted was obesity, which is sort of obvious, but one man who had alopecia since age 6 had a transplant to treat CDI and grew so much hair that he had to shave! Those willing to sell their excrement must be between the ages of 18 and 65, have a BMI under 35, provide a medical history, and have a blood test for infections, including cholera, E. Presumably the donation must score a healthy type 3 or 4 on the Bristol Stool Chart. Scatological jokes aside, fecal transplantation is a valid medical procedure that will likely continue to find new niches. Ricki Lewis has a PhD in genetics and is a genetics counselor, science writer and author of *Human Genetics*: Follow her at her website or Twitter [rickilewis](https://twitter.com/rickilewis).

Chapter 2 : The Straight Poop: Part 2 | Dachshund Rescue List

Other shows have done it when you flash back and discuss the show. Now "Moonlighting" after too long with no new episode Rona Barrett, an 80's reporter goes in to get "The Straight Poop" See full summary.

The Digestive Process Your digestive system breaks down food so it can be absorbed into the bloodstream and delivered to the various parts of your body. A bowel movement, properly considered, actually starts with your first bite. When you swallow your food, it goes down the esophagus and into your stomach. Here your food churns around for two to four hours until it is broken down into a soupy mush called chyme. The chyme is then gradually squeezed out of the stomach and through a long, coiled tube—the small intestine. In the colon, the body gets a last chance to absorb water and some minerals into the blood. Then the leftovers are combined in your colon, packed together, and partially dehydrated. What remains—our feces—consists of water, indigestible fiber, undigested food such as small seeds, sloughed-off dead cells, living and dead bacteria, intestinal secretions, and bile. **How to Determine if Your Stool is Healthy?** To determine whether your bowel movement is healthy, we look at its color, smell, and the difficulty of evacuation and degree of hardness. Worn-out red blood cells in bile give human excrement its distinctive brown color. Healthy stool should be medium to light brown. It should be well formed, cylindrical, fairly bulky, somewhat textured and easy to pass. At the very least, you should find no strong, pungent odor. The stool is one, long smooth evacuation if the colon is not spastic, impacted, constipated or dehydrated. Each bowel movement should be in one piece, about the shape of a well-formed log, tapered at the end. Some websites say it should be of the size of a banana. From my experience, the product of a good, cleansing bowel movement is much longer, almost as long as two bananas end by end. This makes perfect sense because the stool should be an exact replica of the internal space of your colon. Strive for a soft, smooth snake-like stool between one to two feet long. Passed stool tends to break at these segment junctures. So your stool should be at least 1 foot long. A person 6 to 7 feet tall might have colon about 6 feet in length. What, then, if your stool is much shorter? A shorter stool usually indicates the colon is unable to process food properly and that the stool produced lacks the right moisture balance. A smaller diameter indicates constriction, perhaps due to a deformed colon or to accumulated layers of incrustated mucoid matter. A larger diameter indicates poor colon muscle tone—likely from a lack of fiber in the diet. Some experts say buoyancy is a sign the body has absorbed the minerals in the food and that these nutrients are not contained in the waste. Another camp believes healthy bowel movements should touch bottom because of their bulk and fiber content. In my experience, a healthy stool half-floats and half-sinks. Stool that floats high, right on the surface, is usually filled with undigested fat or gas from fermentation. Stool that sinks fully usually includes undigested minerals or is compacted from lack of moisture. **When Should you "Go"?** Your first bowel movement should take place in the morning when you wake up or soon after you have had breakfast. Typically, you should experience the urge for a bowel movement minutes after you eat. The other bowel movements should be during the day. If you eat two or three meals a day and have one bowel movement, then the second and third meal are backing up in your colon, staying there too long and, over the long haul, inviting disaster from toxicity. It might be years before you have your ideal bowel movement. Just take my word for it: It is worth striving for. When you begin to eat mostly raw foods and the detox effect kicks in, you might see the most awful things in your stool. If your colon is toxic, you might temporarily see loose, clumpy, mucous-covered stool or even the most weird stuff leaving your body. This should be temporary. Your colon is cleansing itself, thanks to an ever-improving raw foods diet.

Chapter 3 : Poop: What's Normal, What's Not + 7 Steps to Healthy Poop - Dr. Axe

The Straight Poop After eating % raw foods for more than 10 years now, I believe I have a perfectly working digestive system. Here I'm going to tell you about the ideal bowel movement.

Well, this is somewhat of a follow-up to that post because we have recently upgraded our methods of disposing of the doggy delights. Yes, a diaper pail. They actually make products similar to diaper pails for cat litter disposal, such as the Litter Locker, Litter Champ, Litter Genie, etc. So I thought, why not use something like this for dogs? But for small dogs, it should do the trick. Why am I discussing this like dealing with dog poo disposal is a new dilemma? I grew up with dachshunds, but was very lucky to not really be in charge of their waste disposal. I met my husband in , and we still lived in an apartment when we adopted LittleBear in . When we would walk him around the apartment complex, we would pick up his doodads in a baggie and throw it conveniently in the apartment dumpsters. When we first bought our home in late , we still only had just LittleBear at the time. It would dot the backyard like landmines, little brown frozen landmines. But you know things just happen sometimesâ€¦ and happen, they did. We ended up adopting Austin in December, right before Christmas. But really, more like three and a half. Austin is large for a dachshund â€” he is 18 pounds and is not overweight. He has a classic dachshund body, but his legs are much taller than average. And he makes a lot of poo. It really seems like his output is much more than he takes in. At first, we thought he might have digestion or malabsorption issues. But we had our vet run blood and stool tests and nothing was amiss. Nevertheless, he still gets added enzymes and probiotics with every meal, just in case. So our challenge has always been where to keep it in between picking it up and trash day. But even inside the bags, it would stink enough to attract flies. Something about being too lazy to dig the hole for it, probably. Just not ready to bury one of these. So looking at other optionsâ€¦ I find flushable poo bags! These seem like the perfect solution! Something about bringing poo INTO the house just hits me wrong. I applaud your ability to carry poo into and through your house to flush it. Letting the municipal wastewater system handle the business is probably the ideal thing to do. Probably even the most environmentally friendly. Bags goodâ€¦ just not ready to tote them through the house and flush them. I kind of want to hug this thingâ€¦ kind of. I first looked at and compared all the cat litter disposal products I mentioned earlier, then I researched and compared diaper pails. My poo problems are solved! But I wasâ€¦ and I really hesitate to admit thisâ€¦ I was anxious for the dogs to poop next so I could try it out. If it begins to rain, we simply pull a trash bag over it to protect it from getting water inside. Below is a video to show how it works. But this video gives you the idea without having to see me mess with actual dog poo. About the baking soda: In summary, while our method of poo disposal and temporary storage until trash day is essentially the same as before: It really just feels more sanitary, whether it truly is or not. Do you throw it away with the garbage? Where do you put it all until then? Do you have a Doggie Dooley? Do you use the flushable bags? There are a few affiliate links in this post. If you make a purchase through those links, we may receive a small commission. This post has been included in the Saturday Pet Blogger Hop! Barks That Sound Similar:

Chapter 4 : "Moonlighting" The Straight Poop (TV Episode) - IMDb

The Straight Poop. Sp S on S so S red S Â· March 3, Â· OK guys, here it is! The big, bodacious, boobtacular Star Wars Birthday Giveaway!!! All you have to do is.

Leave a Comment One of your most important jobs as a puppy parent is to properly socialize your new little bundle of joy. Good, early, and consistent socialization can prevent a number of problems as the puppy grows older. For example, socialization can help curb stranger anxiety, fear biting, and aggression. Socialization can be done formally, informally, or both. An example of formal socialization is a puppy class, where your baby will be given the opportunity to meet and play with other young dogs. Informal socialization includes taking your puppy with you wherever you possibly can. Going to the market? Buttercup is looking forward to the car ride. Just remember to take a friend along so you can leave the air conditioner or heater running while you are in the store. Keys to a Good Socialization Experience The biggest thing to remember about socialization is that you want to expose your puppy to various stimuli only when you can control his or her experience. Remember that crowds are unpredictable, so you will want to start your puppy off with small groups of your trusted friends and family members. Make sure you show the puppy how fun it is to meet new people and see new things by your own demeanor and voice tone. When you first get your puppy spend some time figuring out which rewards mean the most. Some dogs are driven by play, others by food. To find out which type of puppy you have, place some treats at one side of his or her play area, and various types of toys at the other end. See which one the dog wants to partake of first. After a few minutes, bring the dog back into the fun and praise him or her for a better reaction. Obedience Training Although they are often mentioned in the same breath, socialization is not quite the same as obedience training. Obedience training involves teaching your dog to perform a limited set of actions based on the commands you give, such as sit, stay, and heel. Socialization, on the other hand, teaches your dog to react appropriately to unexpected situations. You want your dog to be able to remain calm when children run past your yard or when you have company over. The easiest and best way to get your puppy to accomplish this amazing feat is to expose him or her to as many different situations as possible while the dog is young and knows no fear. As your dog grows older, he or she begins to realize that there are many things in this world that could harm the hairs on his or her little head. With that realization comes the beginning of fear, and with fear comes many unacceptable behaviors. A fearful dog may lose control of his or her bowels and bladder, or the dog may bite people, chase cars, or become aggressive toward other dogs. By exposing a puppy to as many different experiences as possible before these behaviors begin, you will help the animal learn to feel comfortable whether he or she is challenged by loud noises, other dogs, crowds of people, or small children. Some of the important things your puppy should learn are: Fear imprinting generally runs from about 8 to 12 weeks of age. This period is the most important time to socialize. The best time to begin socialization is the day you bring your puppy home from the breeder or from the shelter. Keep the sessions short at first because puppies have notoriously short attention spans. Work with your puppy consistently every single day. The more regularly you train, the better your dog will be socialized. Dog parks and doggie day cares are wonderful opportunities for your dog to get used to having other dogs around. However, they are also sometimes a great place to catch a disease. Most dog parks have one area for large dogs and one area for small dogs. Keep your puppy in the area designated for small dogs to prevent injuries. Before you spend the money to sign up for a doggie day care, ask about any special facilities they may have for puppies. At a minimum, they should have a separate area for small dogs. Another consideration may be shorter climbing structures built to prevent puppies from falling or jumping off the sides. If you have an interest in dog sports such as dock diving, flyball, agility, or lure coursing, check out the web sites of the sanctioning groups listed below to find out the minimum age for participation.

Chapter 5 : The Straight Poop | Beautiful on Raw

Honestly, after being in the toy industry for so long, and seeing people going ga-ga over shitty toys, I felt it was time someone gave you the straight shit.

People with neurological diseases who sustain spinal nerve damage can suffer a loss of sensation and function in the lower parts of the bowel. In this case, we can miss the signals that tell us our bowels are full and need to be evacuated. A spastic sphincter, located near the anus, can keep stools from leaving the body despite our best efforts to go, just as a spastic leg muscle might stay tight and cause problems. There are lifestyle changes we can try to help alleviate constipation and reduce its recurrence. For example, sitting for too long can cause a number of problems in the hind end, including hemorrhoids. Just popping up from our chairs at least twice every hour can alleviate a number of ails besides activating our lower digestive tracts. Eat regularly for regular bowel movements. The less I eat, the fewer bowel movements I have. But I get constipated when I eat times a day, too. Sustaining regularity can be more complicated for people with MS. After trying other methods, my final solution to constipation is taking a laxative. It can take up to three days to work. We need to drink quarts of fluid and eat grams of fiber to stay regular. If you have a spastic bladder like I do, drinking that much fluid can be a real challenge to your peeing habits. I take Vesicare to reduce frequent urges and improve emptying, and it works pretty darn well. Drinking 64 ounces cancels out the benefits of Vesicare, as I once found out the hard way. Dietary fiber is a huge challenge, too. Bowel incontinence is probably the most stressful, worrisome symptom we can have in our lower halves. The fear of having an accident in public makes a lot of people stick close to home. Experts advise us to leave the house prepared with a change of underwear and clothes, moist wipes, and a product that removes the odor of feces. While it is helpful that such products are available, it does little to assuage our anxiety over losing control of our bodily functions. Using the methods suggested by experts to better control our bowels can go a long way to improving our quality of life and our health in general. Though it does seem tiresome to see a doctor for one more thing while we have so many other symptoms to manage, digestive health is a key component in managing autoimmune diseases. Sign up for emails from MultipleSclerosis. Subscribe By providing your email address, you are agreeing to our privacy policy. We never sell or share your email address. Let us know at [contact MultipleSclerosis](#). Try again or let us know at [contact MultipleSclerosis](#). This article represents the opinions, thoughts, and experiences of the author; none of this content has been paid for by any advertiser. Learn more about how we maintain editorial integrity [here](#).

Chapter 6 : 15 facts about fecal transplants – The straight poop | Genetic Literacy Project

Give me the straight poop." A: "Just look at, em! They all have really short hair, wear dangley earrings, and the parking lot's full of Prius's with " Coexist " stickers on them."

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usually painful poops that are caused by slow colonic transit or dysfunction in the pelvic floor. It can be caused by many different factors depending on the individual, which we will go over in more detail in the next section. How bad is it to hold in your poop? Holding in your poop can put added pressure on your bowels and colon, potentially even leading them to change shape slightly if you do this often enough. It may also contribute to constipation and straining when you do finally poop because it causes your stools to further bulk up. Over time, if you regularly ignore your urge to poop, you might stop responding to the urge as well. The muscles that control your bowels may stop working properly, leading to more constipation. Try to honor your body and poop when you need to, avoiding holding it in for more than several minutes if possible. Stool color is determined by what you eat and the amount of bile enzymes you produce. Bile is a yellow-green fluid that mostly helps you digest fats in your diet. It can change the color of your poop during the digestive process due to how enzymes impact pigments in your stool. However, occasionally having green poop is also common and not a problem. Experiencing poops that are black, gray, yellow, white or red in color can be a sign that something deeper is wrong. If you have green poop along with other symptoms like stomach aches and diarrhea, this is also problematic. Green poop can sometimes be a common problem among both children and, to a lesser extent, adults. Why is your poop green, and what health problems can cause green poop? What foods can give you green poop? These include green leafy vegetables like spinach or kale, vegetable juices, blueberries, pistachios, green food powders, foods that contain green food coloring, and also sometimes iron supplements. In infants, the color and consistency of stool differs according to the type of formula they are given, or if they are breast-fed. Other than green poops, there are also other reasons you might develop abnormal stool colors. For example, you may have blood in your stool or mucus in your poop. Black poops usually a sign that you may be internally bleeding, so if this persists for more than 2-3 poops, you will want to consult a physician. Red or purple poop can be somewhat common if you eat a lot of deeply colored vegetables like beets, but if you experience colors like this that you cannot associate with any food you recently ate, you will want to keep an eye on how many days it lasts and possibly see a doctor. Blood in stool can result in black poop or bright red blood in poop, which may be a symptom of bleeding from the anus also called rectal bleeding. Blood in stool is also referred to medically as hematochezia, which can be caused by: A small amount of mucus in your poop is not a big deal or a sign of a problem, but a lot is not normal. If you notice mucus in your poop, blood, abdominal pain, and diarrhea happening at the same time, head to your doctor for an evaluation. Facts About Poop Smell: Although it may sound unpleasant, your poop smelling is actually not a bad thing or an indication of poor health. Poop smells because of the toxins it is helping to draw out of your body and because of the bacteria involved in the gut lining. If the smell continues for several days, you may want to consult your doctor, who may recommend a colonoscopy if needed. High levels of stress According to a report published in the World Journal of Gastroenterology, Psychological stress is an important factor for the development of irritable bowel syndrome IBS. Psychological stresses have marked impact on intestinal sensitivity, motility, secretion and permeability, and the underlying mechanism has a close correlation with mucosal immune activation, alterations in central nervous system, peripheral neurons and gastrointestinal microbiota. When we are feeling stressed, our brain communicates these uneasy feelings to our digestive tract, making it very common for the gut wall to either constrict and tense up causing constipation or to work overtime and cramp up causing diarrhea. While you may not be able to control things like a busy schedule, you can prioritize reducing your stress by making sure you get good sleep each night and by regularly exercising, both of which help to bring down stress hormones levels. Diet Low in Fiber Fiber is extremely important when it comes to healthy poops; fiber is the binding substance that gives poop its form and helps it to move through the digestive tract. There are two kinds of fiber, both of which play a role in creating healthy poops: The difference between the two is their ability to dissolve in water; soluble fiber is able to dissolve in water while insoluble fiber is not. If you struggle with ongoing constipation, pay close attention to how much fiber you are consuming daily. For example, some people experience an increased need and ability to poop after having caffeine, while others have the opposite problem. Caffeine and alcohol can also both dehydrate the colon, and as you learned, a well hydrated digestive tract is crucial for creating healthy, normal poops. Hormonal Changes Women typically report dealing with more constipation, IBS and

digestive issues than men do. Underlying Illnesses As explained above, there are many health conditions that affect stool color and cause abnormal bowel movements. Other health conditions to rule out with your doctor include: Increase Your Fiber Intake A common cause of constipation is not eating enough dietary fiber. Fiber acts like a natural laxative in many ways because it add bulks to your stool and helps sweep your intestines clean. Vegetables, fruits and beans are some of the best sources of both soluble and insoluble fiber, which will increase your ability to properly poop. However, each person reacts to these foods differently, and some have trouble digesting certain kinds of beans and fibrous vegetables that can actually worsen the problem. So always be mindful about how you react to foods and try to zero-in on any that specifically may cause you digestive distress so you can avoid them.

Chapter 7 : Moonlighting - Season 3, Episode 9: The Straight Poop - www.nxgvision.com

The Straight Poop on Bookstores Posted on November 22, by Tom Bentley There's a lot of buzz (with stings) in the air on the topic of bookstores closing because of the ascendance of electronic books, and the inability of the publishing world to react with much other than fear to changes in their old-school model.

Chapter 8 : The Straight Poop on Bookstores | The Write Word

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Chapter 9 : The Straight Poop | Slog | The Stranger | Seattle's Only Newspaper

One of your most important jobs as a puppy parent is to properly socialize your new little bundle of joy. Good, early, and consistent socialization can prevent a number of problems as the puppy grows older.