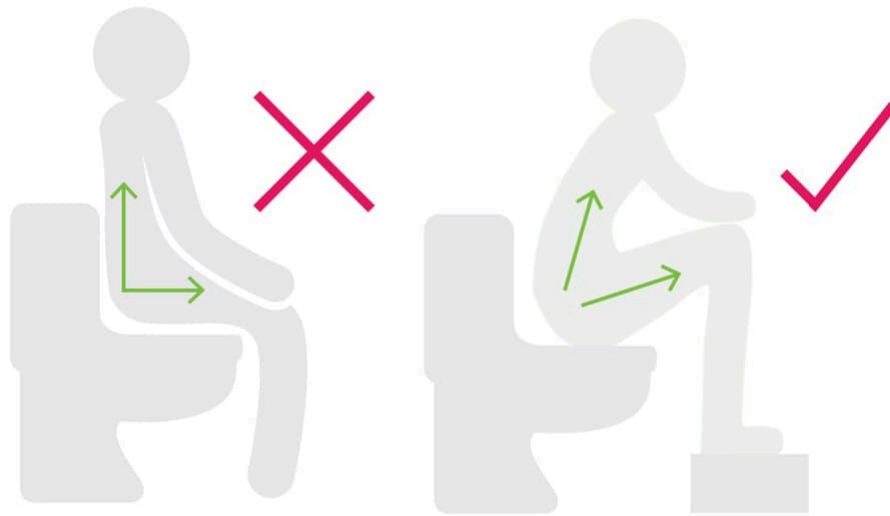


Correct Pooping Position

Did you know that the human body was designed to poop in the squatting position? It’s a fact seemingly overlooked by the masterminds behind the sitting toilet. It may also be no coincidence that countries with sitting toilets (much of the Western world) have an increased risk of pooped issues. But don’t worry: You don’t need to let your elevated toilet define you. Here’s how you can get your pooping position just right.



1. **WHEN SITTING ON THE TOILET, ENSURE YOUR KNEES ARE SLIGHTLY HIGHER THAN YOUR HIPS.** For this, you can utilize an old phone book or shoe box, or invest in a foot stool to place under your feet.
2. **LEANING FORWARD, PROP YOUR ELBOWS ON TOP OF YOUR KNEES.**
3. **ENSURE YOUR SPINE IS STRAIGHT AND BULGE OUT YOUR TUMMY.** (everything below the belly button.
4. **RELAX AND LOWER YOUR SHOULDERS.**

There you have it: the toilet position that straightens out the bottom of the intestine and the anus, the exit point, allowing for a smooth departure.

How to Be a Good Pooper

Pooping is rather like dancing: Everyone can do it, but for some of us it requires a little more effort and concentration to master the moves. How good a pooper you are is not just down to your inherent ability to coordinate the muscles but also determined by learned behaviors from as far back as your toilet - training days.

For those struggling with constipation or incomplete evacuation (where you don't feel like you've emptied your bowels properly), follow the steps below to help ensure the appropriate coordination of your pooping muscles.

1. **ONCE IN THE CORRECT POOPING POSITION**, move your hands around the sides of your waist and cough. Feel your waist widen. These are the muscles to use when pooping.
2. **MAKE YOURSELF AS WIDE AS POSSIBLE BY BROADENING AT THE WAIST** and bulging out the tummy. Bear down to create pressure and propulsion for two to three seconds, as if you are trying to force out gas. Relax a while, then repeat. Do this a few times to initiate and complete emptying.

Many people strain from their chest, which is counterproductive. Why? This can cause tightening of your outer pooping sphincter and pelvic floor muscles, blocking the “exit” pathway.

If you're suffering from constipation and feel like you'd benefit from more training, talk to your doctor about seeing a biofeedback specialist.

BIOFEEDBACK

Is a type of mind - body technique you use to control some of your body's functions, such as your heart rate, breathing patterns and muscle responses. During biofeedback, you're connected to electrical pads that help you get information about your body. Biofeedback can give you the skills to practice new ways to control your body. This can improve a health problem or help make daily activities easier.

Biofeedback types include: breathing, brain waves, heart rate, muscle activity, sweat gland activity and temperature.