

## Colon Transit Time

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Baseline: \_\_\_\_\_ Follow-up: \_\_\_\_\_

One of the most common health hazards and problems in Western civilization is chronic constipation and disease of the colon, e.g., hemorrhoids, diverticulitis, colitis, cancer of the colon, and auto-toxicity (self-poisoning) from chronic constipation.

Studies of other cultures have consistently shown the correlation between healthy colons, large stools, and normal colon transit time. African and Asian natives from rural communities who eat bulky, high-fiber diets with little or no meat and no refined foods have almost complete freedom from heart disease, atherosclerosis, cancer (especially of the colon and rectum), diabetes, appendicitis, mental disease, and hypoglycemia.

In addition to the consistency and frequency of bowel movements, a measure of colon health is the COLON TRANSIT TIME. This is done simply by eating a moderate serving of corn or beets or taking activated charcoal capsules and observing their appearance in the stool.

### DIRECTIONS:

**PLEASE USE THIS SHEET AS YOUR WORKSHEET, AND SUBMIT IT TO YOUR HEALTH PRACTITIONER WHEN COMPLETE.**

A. Consume a moderate serving (1/2 to 3/4 cup) of corn or beets or four charcoal capsules.

Date: \_\_\_\_\_ Exact Time: \_\_\_\_\_

B. Visually examine stool (bowel movements), and note when corn or beets or charcoal is first seen. (beets are seen as a redness in stool color, charcoal will turn the stool black and corn is seen as whole corn.)

Date: \_\_\_\_\_ Exact Time: \_\_\_\_\_

C. Note time when corn or beets or charcoal is last seen in stool.

Date: \_\_\_\_\_ Exact Time: \_\_\_\_\_

D. On a typical day, how often do you move your bowels and are they formed or loose or somewhere in between? Please describe.

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The time between when you ingested the corn, beets or charcoal to the time it first appears in your stool and stops appearing in your stool is your bowel transit time range. People living in rural African and Asian societies have a colon transit time of between 12 to 24 hours. In our culture, the average colon transit time is much longer. If a long transit time is found, it indicates suboptimal colon health. If a very rapid transit time is found, it may indicate poor absorption and assimilation of nutrients. Both conditions need treatment and correction.