

# Introduction

Not unlike a snowflake, each bowel movement has a uniqueness that should be regarded with wondrous appreciation. Too often dismissed as useless and malodorous waste, poo has struggled since the dawn of time to receive the respect it deserves.

Even though everybody poos, societal norms dictate that issues pertaining to poo be kept private. The act of pooing is too often hastily and covertly performed. Rather than embracing its potential for catharsis, the world has rendered the act of pooing to be an undesirable inevitability of everyday life. Indeed, poo has long resided in society's outhouse.

Through discussion of poo's diversity of shapes, sizes, colors, and smells, we hope to elucidate the inner workings of the gastrointestinal tract and to highlight the essential role poo plays in our physical and emotional well-being. Consider, for example, the feeling of unbridled elation that results from unleashing the perfect poo. Although difficult to achieve,

this Poo-phoria lends a feeling of ecstasy, even invincibility, that some have likened to the perfect buzz. Athletes have learned to harness this power of poo and frequently employ the Pre-Game Poo as a safe and *legal* way to enhance on-field performance.

Like life, however, poo is not always a bed of roses. All of us have surely experienced the agonizing lack of fulfillment that can come from hard, pebble-like bowel movements or the anguish of incessant, torrential diarrhea.

In the process of helping the reader to understand the inner workings of his or her digestive tract, this book will unlock the many heretofore unsolved mysteries of human poo . . .

. . . why do the bathroom stalls at work always seem crowded after lunch?

. . . what causes poo to float?

. . . is it normal to go to the bathroom three times a day?

. . . what's the link between poo and toothbrushes?

. . . can normal poo really be green?

. . . what's the deal with corn, anyway?

While this book's primary aim is to liberate poo from its most undeserving position in the societal sewer, it also seeks to free those individuals who have until now been unable to share their love for poo with others. In addition, like any good book, we hope this treatise on poo will open up new worlds and offer new perspectives. So grab a seat (or squat) and get ready for the answers to the question "What's your poo telling you?"

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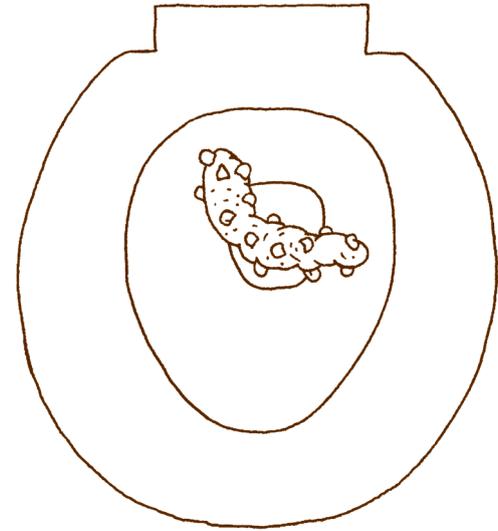
# Déjà Poo

**Synonyms:** *Veggie Burger, Leftovers, Corn-Backed Rattler, Sloppy Seconds*

“Haven’t I seen that somewhere before?” Most notoriously involving corn, Déjà Poo is perhaps the most renowned and befuddling of all poos. A Déjà Poo is a bowel movement that has remarkably familiar portions of a recent meal embedded in it. This poo can include a potpourri of colors, often containing pieces of vegetables and other items that look as though they do not belong among the mass of poo in which they are entrenched. When producing this kind of turd, you may wonder whether you chewed sufficiently or whether your body extracted any of the nutrients from the food you just ate. You may also wonder how your body can process heavy meats and pastas but not an innocuous kernel of corn.



**Dr. Stool says:** This “super-natural” experience is most often the result of consuming a meal loaded with insoluble fiber. While soluble fiber found in foods such as beans, nuts, and carrots forms a gel-like substance when



mixed with stomach secretions, the insoluble fiber contained in oat bran (and yes, corn on the cob) passes through the GI tract largely unchanged. Humans lack the necessary enzymes to digest certain components of plant cell walls. The presence of these indigestible remnants embedded in your feces is what gives rise to the sensation of Déjà Poo. Dr. Stool says consumption of high-fiber foods like corn and celery can soften the stool, thus yielding just as much enjoyment on the way out as on the way in.

# Monster Poo

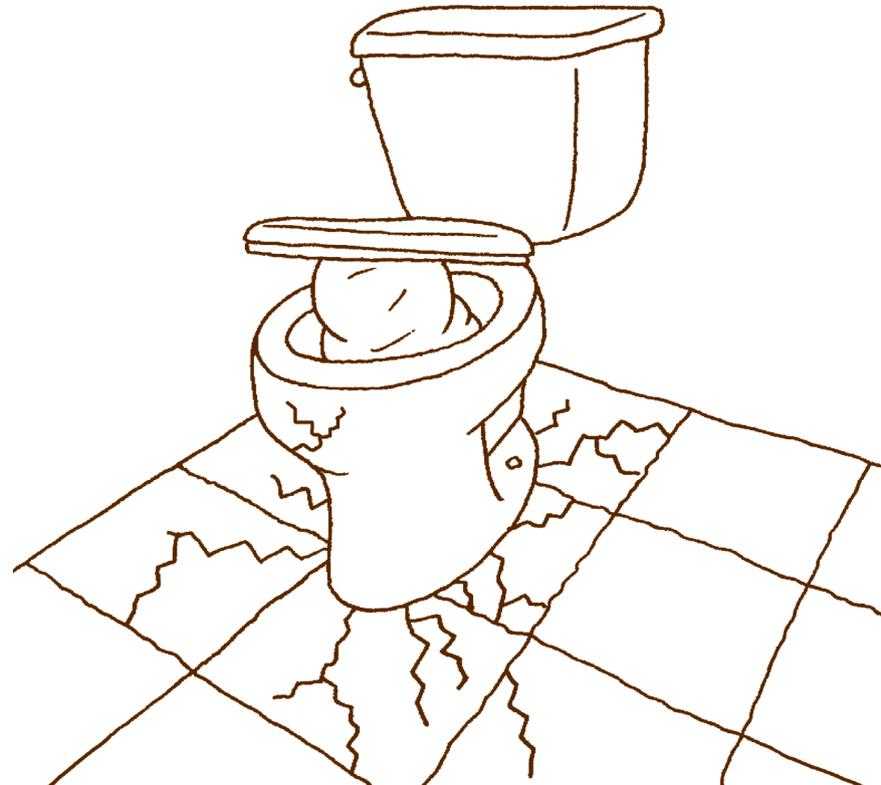
**Synonyms:** *Lincoln Log, The Crowd-Pleaser, Double Deuce, The Five-Minute Diet*

You may wonder, “How did something that large come out of me?” While sitting on the toilet and vigorously straining to discharge a poo of this size, you feel like the turd took a wrong turn in your intestines and is attempting to come out sideways. You may feel the swelling of veins in your forehead and the beading of perspiration as you toil to force this mass of poo out of your system. Despite the strain, this internal bodily struggle will continue until the last of the turd exits. After discharging this Double Deuce, it is not uncommon to feel as though you just lost five pounds. For a quick second, you may even consider summoning your friends to witness firsthand the greatness of your feat.

Despite the fact that these poos are not always the easiest to discharge, there is a great feeling of accomplishment and pride associated with the deposit of a Monster Poo. In addition to its massive girth, Monster Poo’s most characteristic

feature is its tendency to extend beyond the water surface. You may even fear flushing it without first using the toilet brush to break it up into smaller pieces. Despite the separation anxiety that may result, we recommend promptly flushing

*continued*



the toilet—after you have had a chance to bask in the glory of your poo.

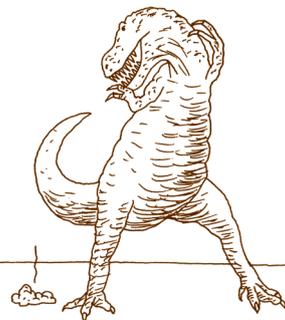


**Dr. Stool says:** Although studies have not correlated the degree of straining with the size of the bowel movement, several factors play a role in creating a glacier-size turd.

The “bulk” of the stool is directly related to the amount of fiber and water you consume. Picture the engorged appearance of your favorite legume after soaking it overnight in a bowl of water! A similar reaction takes place in the gut, where soluble fiber and water combine to form a swollen mass of turd.

## ANCIENT POO

The study of poo not only gives us valuable information about our current digestive health, but can yield valuable information about the behaviors of the animals that roamed the Earth millions of years ago. The study of coprolites, or fossilized poo, is widely used by paleontologists to better understand the dietary habits of dinosaurs. The largest dino poo ever excavated was found in Alberta, Canada, and measured  $25\frac{1}{5}$  inches in length. Not impressed?



Keep in mind that the *T. rex* turd has undergone considerable shrinkage (65 million years' worth).

# Poo-phoria

**Synonyms:** *Holy Crap, Mood Enhancer, The Tingler*

This poo can turn an atheist into a believer and is distinguished by the sense of euphoria and ecstasy that you feel throughout your body when this type of feces departs your system. The exhilaration from this defecation, large in volume but varying in form, is often accompanied by goose bumps and even a little lightheadedness as the discharge of the toxins is completed. You feel energized, as if you just woke up from a great nap. To some it may feel like a religious experience, to others like an orgasm, and to a lucky handful it may feel like both. This is the type of



poo that makes us all look forward to spending time on the toilet.



**Dr. Stool says:** This stool “high” is relatively safe, but can become an addiction for those who can willfully reproduce the sensation.

The distention of the rectum that occurs with the passing of a large mass of stool causes the vagus nerve to fire. The net effect of this is a drop in your heart rate and blood pressure, which in turn decreases blood flow to the brain. When mild, the lightheadedness can lend a sense of sublime relaxation (the “high”). A more significant drop in brain perfusion can cause “defecation syncope,” a dangerous syndrome that results in a transient loss of consciousness (the O.D., or Over-Doodie).

## Nuggets

*Ancient Egyptian tombs had special toilet chambers for the pharaohs to use on their way to the afterlife.*

# Performance-Enhancing Poo

**Synonyms:** *Anxiety Poo, Preparatory Poo, Running Runs, The Pre-Game Poo*

Sometimes intentional and other times triggered by nerves, the Pre-Game Poo is standard both for competitive athletes and for people with high-pressure presentations looming on the horizon.

You never want to have to take a break in the middle of a key proposal or sale, and it would be unheard of to call a time-out for a mid-game bathroom break. With empty bowels, you can run faster and jump higher. Similarly, the absence of stool in your colon will make your presentation



crisper and diminish fears of an unscheduled pit stop or a loud gaseous emission. Unplanned Performance-Enhancing Poos often take on a more liquid consistency than their planned counterparts. Although these poos may not have the grandeur of some, their timing is critically important.



**Dr. Stool says:** The effect of stress on the GI tract is widely known. What has only recently been discovered, however, is that this stress-induced abdominal cramping and urge to defecate is caused not solely by the brain's messaging, but by the intestines' release of hormones and neurotransmitters. The "enteric nervous system" is a complex array of nerve fibers that is remarkably independent in its ability to regulate the digestive system. Columbia professor Dr. Michael Gershon definitively demonstrated our "second brain's" autonomy when he performed a classic experiment on a guinea pig colon. After surgically removing the colon from the guinea pig, he showed how a pellet placed at one end caused coordinated colonic contractions that quickly resulted in expulsion of the pellet from the other end. This confirms the suspicion that your GI tract has a mind of its own!

However, the feeling of constantly needing to empty one's bowels, known as tenesmus, could be a sign of a serious underlying medical condition. When accompanied by rectal pain and bleeding, this most unpleasant sensation can be the first sign of an intestinal inflammation, most commonly a result of either ulcerative colitis or Crohn's disease.



### **Doo You Know**

The average person farts ten times per day, resulting in the release of 705 cc of gas into the atmosphere.

## **WORLD LEADERS AND THEIR THRONES**

In the late 1600s, King Louis XIV of France regularly held official meetings while sitting on his beloved "throne." Known for his absolute command of power, Louis was an impartial ruler when it came to poo, unabashedly relieving himself in front of royalty and peons alike. Perhaps Louis XIV's comfort level with defecation contributed to his record-setting seventy-two-year reign of power. After all, what opposing ruler could effectively negotiate with the king when faced with the constant threat of having to witness his majesty's next bowel movement?

Three hundred years later, this "open-door" poo policy has been replaced by secrecy and paranoia. On a trip to Vienna, the White House flew in a special presidential crapper so that President George W. Bush's feces could be collected and disposed of in a secure manner. Secret Service agents capture Presidential Poo in order to prevent foreign intelligence agencies from collecting information about the commander in chief's health. Governmental agencies, including the United States' C.I.A. and the Israeli Mossad, have used this approach to gain valuable information on the health status of world leaders such as Mikhail Gorbachev and former Syrian President Hafez al-Assad.