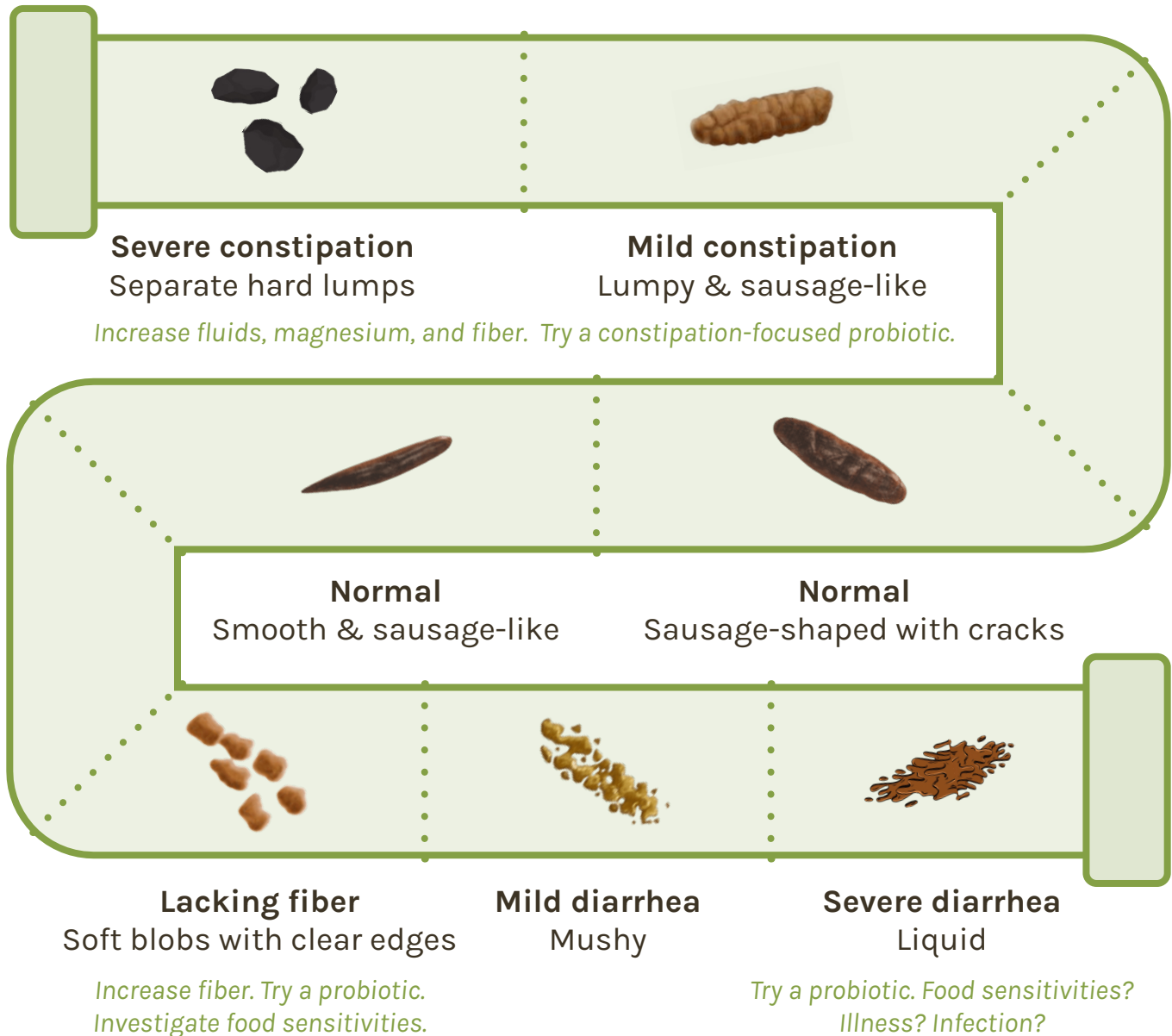


What is your poo telling you?



What contributes to the quality of your bowel movements?

What you eat and drink, how stressed you are, how well you're sleeping, how much you exercise, genetics, antibiotic use, and more.

There are many choices that can have a huge impact on the quality and frequency of your bowel

movements—specifically, increasing your dietary fiber intake, and introducing beneficial bacteria (AKA probiotics).

This bacteria produces neurotransmitters that stimulate muscle contractions for improved motility and ease of expulsion. Fiber and bacteria can even work together to strengthen your protective intestinal mucus layer.

Have any questions? Feel free to email me at courtney@rinehold.com