

Measure Transit Time - From The Mouth To The South

1. Eat *any* of the following for visual targets:
 - a) Can of corn - $\frac{1}{2}$ - $\frac{3}{4}$ of a can, not creamed corn, visibility!
 - b) Or, beets all in one portion - so you can see the beets!
 - c) Or, your choice of visible vegetables: be creative
 - d) Or, activated charcoal, pharmacy - no prescription needed
2. Record the time you ate it.
3. Record the time when you see it pass. If a child: ask for stool reports. This is really way too easy.
4. Do the math: From Start to Finish = Transit Time, also “TT”
5. Objective for balance: 18-24 hr = *Normal Transit Time*
6. Why assess this GI speed measurement?
 - a) TT most often directly reveals immune dysfunction
 - b) Both fast and slow transits affect liver turnover = toxicity
 - c) Both fast or slow compromise healthy bowel linings locally
 - d) Both can therefore create leaky gut = more immune dysfunctions systemically
 - e) Both affect nutritional status & alter neurotransmitters
 - f) Both can significantly alter hormones: estrogen, adrenal
 - g) Both can change metabolic patterns for psych medications
 - h) Both cause unpredictable reactions to psych medications
 - i) Correcting transit changes = improved prognosis over time
 - j) Correcting Transit Time = improved longevity
7. Both medications and supplements will work more effectively.
8. Monitor your Transit Time during treatment over time - if it's off expect unpredictable results.