

Measure Transit Time - From The Mouth To The South

1. Eat *any* of the following:
 - a) Can of corn - $\frac{1}{2}$ - $\frac{3}{4}$ of a can, not creamed corn
 - b) Or, beets all in one portion - so you can see it
 - 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.
4. Do the math: From Start to Finish = Transit Time.
5. Should be 18-24 hr *Normal Transit Time.*
6. Why take this measurement?
 - a) Both fast and slow transits effect liver turnover = toxicity
 - b) Both fast and slow can compromise healthy bowel linings
 - c) Both can create leaky gut = immune dysfunctions
 - d) Both effect nutritional status & alter neurotransmitters
 - e) Both can change metabolic patterns for psych medications
 - f) Both cause unpredictable reactions to psych medications
 - g) Both can significantly alter hormones: estrogen, adrenal
 - h) Correcting transit changes = improved prognosis over time
7. Both medications and supplements will work more effectively.

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