

Design description

My design is a dialogue between you and your poop on the toilet paper. People can read the poop knowledge through it when they when using the toilet. This knowledge can help people understand what is poop want to express silently.

Interlocutor: you and your poop.
Topic: composition of digestive system, the relationship between food mood and poop, and how to block diarrhea and prevent constipation etc..

Production: dialogue, printing direction is Consistent with talking direction. With the use of paper, the dialogue continues, new topics will appear randomly.

If you scan the two-dimensional code, you can read more about poo information online.

Food Poop Food Poop Food Poop Food Poop Food Poop

I want to digest food better.
We are Artichokes, chili peppers, Flax seed, honey, Mangous, Peaches, and wheat germs. You can eat us to aids digestion.

I'm constipated...
We are Wheat Germ, wheat Bran, Peach, Oats, Cabbage, Blue Berries, Bananas, Carrots, Beans, and Apples. You can eat us to prevent constipation.

I've got diarrhea...
We are Apples, Bananas, and pineapples. You can eat us to block diarrhea.

Mood Poop Mood Poop Mood Poop Mood Poop Mood Poop

Hormones can affect your poop.
How to balance my hormones for better mood and poop?


Firstly, avoid these foods for happy hormones. Coffee, Alcohol, Dairy consumption, Toxins from pesticides.

Take bath, go for walks, practice meditation, breathing methods or take yoga classes.

EXERCISE is very important for overall health and balancing. Move your body! For even 10 minutes.


How about 3-5 times exercise a week?
That will be very helpful.

Mood Poop Mood Poop Mood Poop Mood Poop Mood Poop


Poop color is often reflects what you eat. Usually brown poop is considered normal, some colours like black or red are not.
What's  means?


It could indicate bleeding in the stomach or the first part of the small intestine.

What's  means?
Bright red poop usually suggests that bloods is coming from the lower part of the digestive system, such as the large intestine, rectum or anus.

What's  means?
Yellow poop or ~~the~~ pale white poop also can mean a problem.

Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop

What's  mean?
Iron supplements can darken the stool to more of a dark green. Taking bismuth-containing medicines, such as Pepto-Bismol, or eating black licorice or blueberries also may cause black poop.

Why normal  is brown?
The reason why poop is brown is because of our normal production of bile. If there's a problem with bile flow, that may mean a problem like cancer of the bile ducts, or pancreatic cancer or hepatitis.

Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop

What is normal poop?
The stuff our body can not digest
Living → Bacteria → Dead → fat → fiber → 75% water

Your poop can say a lot about your health.
How can I understand what my poop says?
It tells you by its colour, shape, and smell.

Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop

How about shape of poop?
There is a chart of poop shape call the "Bristol Stool Chart".
Type 1 | Type 2 | Type 3 | Type 4 | Type 5 | Type 6 | Type 7

Type 1 and 2 mean you've got constipation.
Type 3 and 4 mean you do a good work! Nicely formed sausage and smooth and silky snake-like poops are the ideal turds we all to achieve. If you've pooping these little daily miracles, you're doing something right.

Type 5, 6, and 7: Blobs, fluff, and brown "Pee", is on its way to becoming—or actually is a lot of reasons. Sometimes you just ate something that didn't necessarily agree with your stomach. Sometimes you might be really sick. This chart can't tell you which it is, so talk to your doctor if you're concerned.

Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop

Why my poop smells bad sometimes?
It's because of the  and  bacteria parasites in your poop.
If you have blood in your poop, that Comes with a particular strange odor. Also, stool with a lot of fat can smell particularly bad.
Reason for a foul smell could include certain medications, having food that's been stuck in the colon for too long, or having an infection.

How to block Diarrhea?



Read more online

Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop Poop

How to prevent Constipation?



Read more online

