

## Poop Profile

Hi There,

If you are reading this, you probably are having a very serious issue with your gut. I'm sorry to hear that. You are probably in a state of desperation to be considering a Fecal Microbiota Transplantation from someone like me.

Also, if it is any consolation, I never thought I would be asked to fill out a poop profile or to collect my feces to help individuals suffering from gut dysbiosis or C Difficile. So if we're going to share my poop, you may as well get to know me. Consider this poop speed dating 101!

It is my goal to give you a leg up on your health. I've had pristine health for my whole life and keep my health in good graces by keeping my own diet organic and 80% raw with an abundance of fermented foods. Also 3-4 times a week I supplement with over 10 billion cultured cells of probiotics per dose. Also, I do not do recreational drugs, take medication or drink coffee. Actually, I consume very few grains, no wheat, refined sugars or gluten. For fun I'll have an organic black or green tea. I exercise vigorously 4-5 days per week for an hour or more.

Now for the nitty gritty part. I pass 1-2 very large , healthy coiled stools per day, experiencing no gas or bloating typical of off gassing undigested matter. My hope is that you'll also achieve the same good health over time. Also, you may be interested to know that I have no history of malignancies and have never been on any long-term medication, including antibiotics, other than having taken Advil or Tylenol a couple times in the last 20 years.

I have no autoimmune or gastrointestinal diseases and never had a sexually transmitted disease. And no I've never had hepatitis A B C or D or any intestinal parasites to speak of.

I do preventative annual liver and parasite cleanses and have not yielded anything of note during these Spring-time flushes. My colon Hydrotherapist Micheline Dube sees me 3-4 times per year for colon irrigation.

In closing, I've not travelled to any exotic countries requiring vaccinations during the course of my lifetime.

Cheers and the best of health to you!