

HOW TO TAKE A GREAT POOP.

Everybody does it. Almost nobody gets coached.
Seven small habits for a calmer, quicker, better sit.
Written by Grok Bot, live, and approved by a human
who also poops.



FIBRE • WATER • TIMING • POSTURE • NO SCROLLING

THE MOST IGNORED DAILY HABIT

You have probably spent more time choosing a phone case than thinking about how you poop. Fair. It is not a dinner-party topic.

But it is something you do every day for the rest of your life, so a few small upgrades go a long way. None of this needs a gadget, a subscription or a cleanse. It is mostly plants, water, a footstool and leaving your phone in the other room.

Read it in two minutes. Use it for the next sixty years.

THE FINE PRINT

This is a friendly guide, not medical advice. Everybody's gut is a little different. If something feels off, or you see anything on the "see a doctor" page, talk to a real healthcare professional. They have heard it all, we promise.

EAT YOUR PLANTS.

Fibre is the stuff that gives your poop some shape and helps it keep moving. Most of us eat less of it than we think.

- 1 Pick a few easy wins.** Oats, beans, lentils, berries, pears and apples with the skin on, whole grain bread, chia or ground flax, and basically any vegetable you will actually eat.
- 2 Add it slowly.** Going from zero to a bucket of lentils overnight is how you learn a lot about gas. Add a little more each week.
- 3 Spread it out.** Some at breakfast, some at lunch, some at dinner tends to be easier on your belly than one giant salad of redemption.
- 4 Real food first.** Fibre supplements exist and can help some people. Ask a pharmacist or doctor before you make them a daily thing.

"Breakfast is the cheat code."

EASY START Oatmeal with berries and a spoon of chia. That is three fibre sources before you have checked your email.

FIBRE NEEDS A DRINK.

Fibre works best with water. Think of it like mixing concrete: skip the water and you get a pile of dry gravel and regret.

- 1 Start the day with a glass.** Before coffee, before the phone. Your gut wakes up, and you have already won one thing today.
- 2 Keep a bottle in sight.** You drink more of what you can see. A bottle on the desk or in the truck beats good intentions.
- 3 Check the colour.** A lot of people use pale yellow pee as a simple sign they are drinking enough. Dark and you are probably behind.
- 4 Eat some of it too.** Soups, fruit, cucumbers and watermelon all count toward the total.

"Hydrated in, smooth out."

WATCH FOR Adding fibre without adding water. That combo can make things slower, not faster.

WHEN IT KNOCKS, ANSWER.

Your body sends a signal when it is ready. The trick is to listen to it and to give it a routine it can count on.

- 1 Don't hold it.** Ignoring the urge again and again can make things harder later. When it knocks, go.
- 2 Use the after-breakfast window.** Eating and warm drinks wake up the gut, so for a lot of people the half hour after breakfast is prime time.
- 3 Same time, most days.** Bodies like routine. Give yourself a few calm minutes at roughly the same time each day.
- 4 No rushing.** Rushing out the door is the enemy. Five relaxed minutes beats two panicked ones.

"Your gut likes a schedule more than you do."

TRY THIS Get up ten minutes earlier for one week. Coffee or warm water, breakfast, then a calm sit with no phone.

GET YOUR KNEES UP.

Modern toilets are built for sitting, but your body was built for squatting. A small footstool gets you most of the way there.

- 1 Put your feet on a stool.** A toilet stool, a step stool or a stack of sturdy books. You want your knees a little higher than your hips.
- 2 Lean forward.** Elbows on knees, back straight-ish. Think 'reading a newspaper on a park bench', minus the newspaper.
- 3 Relax your belly.** Let your stomach loosen. A clenched belly is a closed door.
- 4 Breathe slow.** Slow breaths in through the nose, long breaths out. It helps everything let go.

"Knees above hips. That's the whole trick."

CHEAP UPGRADE The best bathroom gadget costs about as much as a sandwich. It is a stool. Put it in front of the toilet and forget about it.

THE TOILET IS NOT AN OFFICE.

Phones turn a four-minute visit into a twenty-minute sit. Long sits and lots of pushing are not your bottom's friends.

- 1 Leave the phone outside.** Your group chat can survive four minutes without you.
- 2 Set a soft limit.** If nothing is happening after a few minutes, get up, walk around and try again later.
- 3 Don't make it your hiding spot.** If the bathroom is the only quiet place in your life, that is a real problem. Fix it somewhere else.
- 4 Bonus: less gross.** Phones that go to the bathroom come back with souvenirs. Enough said.

"If you're scrolling, you're not pooping. You're camping."

RULE OF THUMB Go in, do the job, get out. Like a good contractor.

THIS IS NOT A PR ATTEMPT.

Pushing hard like you are deadlifting a fridge is not the move. Relaxed and patient wins.

- 1 Breathe out, don't hold it in.** Holding your breath and bearing down adds pressure where you don't want it.
- 2 Let gravity help.** Stool under your feet, lean forward, relax. Let the setup do the work.
- 3 Give up gracefully.** Nothing happening? That's fine. Get up and come back when your body asks.
- 4 Look upstream.** Regular straining usually means you need more fibre, water or movement, not more effort.

"Effort is great at the gym. Not here."

REMEMBER If you are straining most days, that is worth a conversation with a doctor.

WALK IT OUT.

Your gut likes it when you move. A body that sits all day tends to have a gut that sits all day too.

- 1 Walk after meals.** Even ten minutes around the block after lunch or dinner can help keep things moving.
- 2 Move every day.** Walking, cycling, yoga, hauling lumber. It all counts.
- 3 Stretch your core.** Gentle twists and knees-to-chest stretches feel good and help some people.
- 4 Sleep and stress matter.** Poor sleep and a lot of stress can mess with your gut. Look after both.

"Move your feet, move your..."

SIMPLE PLAN A walk after dinner, every night, for two weeks. Notice what changes.

CLEAN UP LIKE A PRO

- 1 Wipe front to back.** It keeps germs heading away from places they don't belong. Pat, don't scrub.
- 2 Lid down, then flush.** Flushing with the lid up sends a fine mist further than you'd like to know.
- 3 Wash your hands properly.** Soap, all the fingers, about twenty seconds. Humming optional.

SEE A DOCTOR IF...

- You see blood in the toilet or on the paper, or your poop is black and tarry.
- Your habits change a lot and it lasts more than a couple of weeks.
- You have belly pain that is strong, or keeps coming back.
- Constipation or diarrhea just won't quit, or you're losing weight without trying.
- Anything worries you. Doctors would much rather see you early. It's literally their job.

This guide is for general information and a few laughs. It is not medical advice.

THE 60-SECOND VERSION

- ☐ **PLANTS.** Oats, beans, berries, veg. Add a little more each week.
- ☐ **WATER.** A glass when you wake up, a bottle in sight all day.
- ☐ **ROUTINE.** When it knocks, answer. After breakfast is prime time.
- ☐ **STOOL.** Feet up, knees above hips, lean forward, relax.
- ☐ **NO PHONE.** If nothing's happening in a few minutes, get up and try later.
- ☐ **NO STRAINING.** Breathe out. Patience beats pushing.
- ☐ **MOVE.** A walk after dinner does more than you think.
- ☐ **WATCH FOR CHANGES.** Blood, black stools, pain or big changes: see a doctor.

MADE LIVE WITH GROK BOT.

One message in, one branded guide out. It was built live in the AntiHero AI group to show what one AI teammate can do with a weird idea. The group teaches you to use AI yourself, so you don't pay for wrapped apps. It's free, and it sells nothing.

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