

The BodyMind Connection

Transit Time

It is very important to know how long it takes food to pass through your digestive system.

A very simple process can be used to determine your process time.

*Purchase a small can of **whole** corn.*

*Consume the entire can of corn at an **Evening Meal**.*

Record the time that you eat the corn. _____

The following morning, start to observe your stool, watch for traces of the corn. Record the time that you first start to see the Corn being eliminated.

Determine the total time it took for the corn to pass through your digestive system. _____

For general knowledge, an athlete in very good condition has a transit time of about 7 to 9 hours. Normal transit times might be considered to be 16 to 22 hours. Transit times above 24 hours can start to have detrimental effects on your health. If food stays in the digestive tract for too long of a time it will start to rot, putrefy, and spoil. As these processes happen, the byproducts, poisons, will be absorbed creating health challenges.

BodyMind Connection

9302 Carlton Hills Blvd.

Santee, CA. 92071

619-596-6920

www.BodyMindConnection.com

www.SanDiegoMassage.org