

What Does The Color Of Your Urine Say About You..

excerpt from DrColbert.com health tips...

The color of your urine is an indicator of your health. It lets you know if your body is hydrated, dehydrated or whether your organs are functioning well. The Cleveland Clinic in Ohio has created an infographic specifying what the color of your urine indicates about your health status. Dr. Daniel Shoskes, a urologist at the Cleveland Clinic, says that changes in the color of your urine are usually influenced by your body's hydration levels. If you are hydrated, you will pass clear urine. Yellow and dark yellow colored urine signify that your fluid intake is less than your body needs. However, if your urine has another strange color, then it is important to find out what is responsible. There are certain colors that are linked to specific organs. Blood in the urine is a sign that blood is coming from the urethra, urinary tract, kidneys, bladder or prostate. Shoskes says that if the color of your urine is more brownish, it can be linked to a liver dysfunction. Checking the color of your urine is only a preliminary examination. Your doctor may look at it under the microscope to learn more.

The following explains the various shades of urine and their relation to your health...

Transparent: If you pass clear or transparent urine, it signifies that you are drinking lots of water. This is a condition known as overhydration. Drinking excessive amounts of water is generally not harmful to your health. However, in rare cases it may dilute the amount of salt in your body. This generally won't put you at risk unless you are pushing yourself to drink more than the recommended amounts of water.

Pale Yellow To Amber or Honey: If you pass urine with a lighter shade of yellow, it indicates that you are well hydrated. However, if the color of the urine darkens, it means that your fluid intake is low and you need replenish your fluids.

Brown Ale or Syrup: According to Shoskes, brown-colored urine is usually a sign of dehydration. However, brown urine can also be an indication of liver dysfunction. People with severe liver disease often pass brown urine. This can be determined by a dip stick test of the urine. When you suffer from liver disease, your liver is unable to process and eliminate all the bile salts through the stools. A few of the bile salts that remain in the blood pass through the urine. If you are worried about the health of your liver, consult your doctor for an examination.

Pink To Reddish: A pink to reddish tinge in your urine can indicate something serious with your health. If you have not eaten foods such as beetroot, rhubarb or any other foods that may change the color of your urine, then most probably a red hue in your urine signifies blood. Traces of blood in your urine can be caused by various health issues such as a urinary tract infection, kidney disease, tumours, prostate problems or cancer in the kidneys or bladder. You should consult your doctor to find out the real cause of a red or pink hue in your urine.

Blue Or Green: Blue or green colored urine is a rare occurrence. Shoskes says that diseases like porphyria, which is an inherited enzyme condition, can cause a change in urine colour to blue or green. In some cases, green or blue urine can also occur after eating dyed foods. There are many dyes that are not effectively absorbed by the gut and make their way to the GI tract, and finally are excreted in the urine. Food dyes often change the color of the faeces as well. However, not everyone is affected by food dyes in this way. Other causes of blue or green urine are genetic factors and certain medications.

Other Factors...

Smell: There is nothing to worry about if your urine smells strange as it is not an indicator of your health. Odor in urine is usually caused by the foods and medications you may be eating.

Foamy Appearance: Usually foaminess in your urine occurs if you use strong force when urinating. However, foam can also indicate protein in your urine, which is a sign of a kidney problem. If you think that your urine looks foamy and you haven't been urinating with force, consult your doctor. Shoskes advises people to visit their doctor if they notice anything unusual about their urine. Your doctor will examine your urine to find out the reason for any changes. Shoskes says that an unusual urine color is only a preliminary finding and not a sole tool for final diagnosis.

Urinary Tract Infections (UTI)...(from various UTI excerpts)...

Symptoms of a UTI can include: Frequent urge to urinate, Passing small quantities of urine, Burning, painful feeling when urinating, Urine may look cloudy, milky, or red. If any of the following symptoms are present, it may be a sign that the UTI has spread to the kidneys: Constant pain or pressure in the abdomen, side, or low back, Fever, Nausea, Vomiting, Chills. If so, contact your Doctor asap as Immediate treatment with antibiotics is necessary to prevent kidney damage and other serious consequences. Note: AZOproducts.com offer an over counter UTI test kit, available at Amazon and many pharmacies, etc., along with their UTI supplemental products. Home remedies traditionally involve Cranberry Juice (preferably unsweetened). The effect of cranberry proanthocyanidins (PACs) is dependent on the dose. A study suggests at least 36 milligrams of PACs are needed to reduce the adhesion of E. coli bacteria to urinary tract walls. Higher doses such as 72 mg were significantly more effective at maintaining urinary health. Baking Soda has also been employed. Drink a glass of water with a half-teaspoon of baking soda at the first sign of a UTI. Sodium bicarbonate helps balance out the pH levels in your body and reduces the acidity of your urine. While this remedy is theoretically effective, studies on its efficacy are inconclusive. But there is a good discovery that has come from the cranberry juice-urinary tract connection. The active ingredient responsible for its urinary system benefit is D-mannose. It can be derived from berries, peaches, apples, and some other plants. Pure D-mannose is 10-50 times stronger than cranberry, non-toxic and safe, with no known adverse side effects, according to Dr. Joseph Mercola at mercola.com. He advises it can help cure more than 90 percent of all UTIs within 1 to 2 days. He offers a proprietary blend with 250 mg and 18 mg of probiotics. Visit his web site for further details and order information. Note: various reports using D-mannose to treat UTIs have posted in Amazon reviews (under several brands) that taking 2 caps every 2-4 hours during day resolved their UTI after usually 2 days.

The Scoop On Poop...

excerpts from EverydayHealth.com

The color, texture, and frequency of your bowel movements can offer important insight into your health. Talk to your doctor about any changes in your bowel movements, like blood or pain. Not just frequency, but also the color, odor and ease of your bowel movements offer clues about your overall health. Stool is more than just the waste product of digestion. It can tell you a lot about your digestive health. A bowel movement is the last stop in the digestive process. About two quarts of liquid and solid waste pass through your body each day. The solid waste is your stool. Healthy stool contains some fluids, undigested food — mostly in the form of fiber — and old cells that have shed from the linings of your intestines. However, Changes in its color, consistency, frequency, and even its smell can be important clues to digestive problems.

How Often Do You Go?

The normal number of bowel movements varies quite a bit from person to person. Anywhere from three bowel movements a day to three a week can be considered normal. The important thing to pay attention to is a change in what is normal for you. Stool frequency is usually regulated by how much fiber you eat, how much fluid you drink, and how much exercise you get. Constipation occurs when you have fewer bowel movements than usual. Your stool is usually harder and dryer than normal. If you go more than four days without a stool, you may be constipated. If constipation is left untreated, fecal impaction may develop, according to the National Cancer Institute (NCI). This is when you are unable to pass dry, hard stool. Pain in your back or belly is another possible sign of fecal impaction. This can develop if you are taking prescription painkillers, known as opioids, if you are sedentary for a long period of time, or if you frequently use high doses of laxatives. Fecal impaction is usually treated with an enema, the NCI notes. On the flip side, diarrhea stools are more loose and watery and more frequent than normal. Diarrhea is more likely to be caused by an infection. Prolonged belly pain, bloating, diarrhea, and constipation could also be warning signs for an underlying health issue, such as irritable bowel syndrome (IBS), according to the U.S. Department of Health and Human Services.

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What Color Is Your Poop?

A normal stool has a brown color that comes from the bile released by your liver changing colors as it travels through your intestines. Poop that appears to have a different color could be a sign of another health issue:

Black. It's common to have black stools if you are taking a vitamin that contains iron, or medications that contain bismuth subsalicylate, according to the American Academy of Family Physicians. However, sticky, foul smelling, black stools are a sign of bleeding in your upper-digestive tract — which is often a sign of a more serious problem.

Red. Certain foods, such as beets, could turn your poop red, reports the NCI. Red stool could also mean that blood is coming from the lower area of the colon, a sign of inflammatory bowel disease (IBD). Blood in your feces could also be caused by hemorrhoids, or tiny tears in your anal tissue. If you notice blood in your poop, it's important to let your doctor know.

Green. Usually, green stool is associated with eating green foods, such as leafy greens. Taking iron supplements can also turn your poop green. Having green stools, however, could also be a sign that your digestion is happening quickly. The digestive liquid, bile, is green, but usually gets darker as it passes through the large intestine. If it moves too quickly, it stays green along with your poop, according to the Gastrointestinal Society, the Canadian Society of Intestinal Research.

Gray. Very light-colored stool may be a warning of a liver or gallbladder problem. Possible causes for stool that appears pale, gray, or clay-colored include viral hepatitis, gallstones, or alcoholic hepatitis.

Does Your Poop Float?

If your food has been digested properly, your stool should sink to the bottom of the toilet. This is because the contents of feces are typically denser than water, the GI Society notes. Stool that floats can be a sign of an intestinal infection or a change in your diet that introduces more gas into your digestive system, such as a high-fiber or high-fat diet. People with GI conditions that affect fat absorption, such as celiac disease or Crohn's disease, often have floating stools, the GI Society adds.

How Does It Smell?

It's normal for poop to have an unpleasant odor. The smell comes from the bacteria in your colon that help break down your food. The important thing to pay attention to is a change in the way your poop usually smells. In most cases, this is just due to a change in your diet, but very foul-smelling feces can be a sign of a medical condition, like celiac disease, Crohn's disease, pancreatitis, ulcerative colitis, infection or malabsorption.

Does It Hurt When You Poop?

A healthy bowel movement should pass easily with little straining. There are some reasons why pooping could be uncomfortable, explains the GI Society. Anal fissures, or tears in the anus, as well as hemorrhoids can lead to painful stools. Crohn's disease, ulcerative colitis, or other conditions that cause inflammation along the GI tract can also lead to painful bowel movements, according to the National Institute of Diabetes and Digestive and Kidney Diseases. Severe pain can also be a sign that a tumor is blocking the anus or rectum, the GI Society adds.

It's important to let your doctor know if you have blood in your stool, black stool, pale stool, fever, cramps, mucus in your stool, pain, floating stool, or weight loss.

PS from FactorReady.com: Sufferers of IBS, IBD, food sensitivities, antibiotics, leaky gut and yeast overgrowths, etc., may wish to look into G.I. Heal. This special product combines 6 natural healing nutrients and 2 probiotics in a healthy powder that may be easily mixed with juice or filtered water and consumed daily to assist gut health on a cellular level. It was developed by John Boyce and is available at optimalhealthknowledge.com. We also like Bragg organic apple cider vinegar for a simple home remedy that can address various issues, help with candida, raise body pH, etc. Just mix 1-2 tsp. in 6-8 oz. filtered water 3-4 times daily (such as before meals). See our ACV Factors download pdf article at our web site with often updated health & emergency tips & resources. Check out the general health Earthing/Grounding concept for example to help eliminate inflammation related aches pains. Stay Well, Stay Prepared and Stay Prayed Up! Hosea 4:6 states "My People Perish From Lack of Knowledge..."