

Download Are You Normal About Food

MICROBES AND YOU: NORMAL FLORA by davidoliver (August 2003) Microbes are everywhere. They populate the air, the water, the soil, and have even evolved intimate relationships with plants and animals. What Is a Normal Poop? Poop (feces) is defined as waste matter that is discharged/excreted from the bowels after food has been digested. In simplest terms, poop is the body's natural way of expelling the leftover waste and toxins that it doesn't need once it's absorbed all of the usable nutrients you consume from the foods you eat. Who says phobias have to be weird? Everyone's scared. 1. Anuptaphobia The fear of being or staying single. You know, like, forever. 2. Athazagoraphobia The fear of being forgotten, ignored, or ... Your digestive process can be as individual as your personality, and a number of factors depend on how food passes from your mouth to your esophagus, stomach, intestines and outside your body. If you are concerned you may not be digesting food as efficiently, understanding the typical time frame for ...