



Transit Time: Digestion Evaluation

Transit time is the interval between consumption and elimination; between food ingestion and excretion of digested waste. To determine transit time, we recommend the use of charcoal capsules. These are also sometimes used for the symptomatic treatment of intestinal gas.

Suggested Dosage:

Take 6-12 capsules (1.5-3 grams of charcoal) with 8 ounces of water between meals (*see dosage recommendations below*). Choose a high quality brand of activated charcoal capsules. For the most accurate result, ingest the capsules just after a bowel movement.

Dosage According to Weight

<150 lbs = 6 capsules

150-200 lbs = 8 capsules

200-250 lbs = 10 capsules

>250 lbs = 12 capsules

Record the Time:

Note the time you ingest the charcoal to begin the transit time test. When you first notice the black, crumbly, charcoal looking output, record the finish time. You may examine the consistency of your excreted stool. Note anything unusual or changed about the quality, such as texture, color and composition. For example, does it float or sink? Does it have a strong odor? Is it solid or liquid? Is it homogeneous or marked by particles? Is it brown, black, tan or chalky white? This marks the completion of the test.

Start Time	Finish Time	Texture, Color, Composition, Consistency
_____	_____	_____

Interpretation:

12-18 hours is considered a healthy transition time. Too many Americans have a 36-96 hour or longer transit time. Long periods of distress and xenotoxins can allow digestive toxins to be absorbed. Low dietary fiber intake requires the body to work harder to “push” wastes along. The longer the transit time, the greater the possibility that putrefaction will lead to unhealthy waste products that are too often reabsorbed and interfere with proper metabolism. The result is a predisposition towards or amplification of many chronic intestinal or systemic illnesses. On the other hand, very short transit times may not provide adequate time to digest and assimilate what is eaten. Consult with your nutritionist to determine the importance of your results. It is recommended that the transit time be rechecked twice a month until a healthy transit time is achieved.

These protocols have been adapted from The Joy of Food: The Alkaline Way Guide Book, Russell Jaffe, MD, PhD, CCN

Questions? Don’t hesitate to contact your nutritionist at 302.454.1200 or email nutritionist@firststatehealth.com