

The Squatty Potty: You™ve Been Pooping Wrong

Description

My thoughtful wife gave me [poop better](#) for [Christmas 2 years ago](#). For the first time ever on that glorious Christmas day, I upgraded my poop posture with this cool new tøy stool (ha ha, get it?) and, holy *crap*, I™ve never been so relieved!

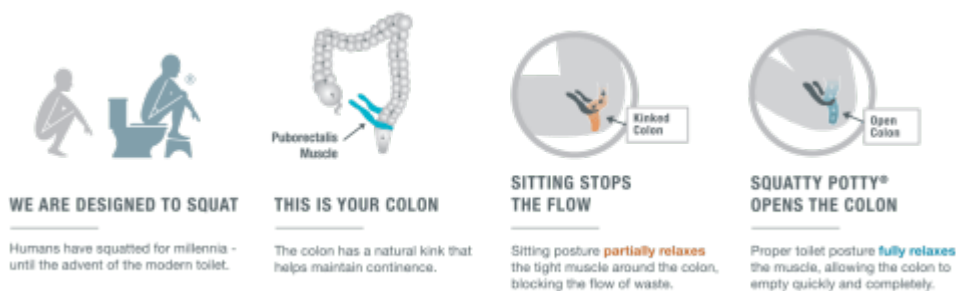


Figured I would spare you from a photo of it in use. ðŸ™,

[The Squatty Potty](#) has been providing every day relief since, with the only exception being when I travel. If I didn™t need to carry more items, I™d make it my carry-on item so I never had to go without it. They do, however, have an [inflatable Porta-Squatty](#) which I™ll have to look into.



The Squatty Potty is an ergonomic stool that elevates your lower half into a squatting position right over the toilet. [Squatting is the natural posture for humans to poop](#), and it allows you to either stand over the toilet in a full squat or mimic the posture while sitting on the pot.



Why not just find any old stool to do the same thing? You *could*, and I tried on vacation once, but there was a slight stability issue. The Squatty Potty is designed to allow natural squat posture while remaining sturdy so you donâ€™t slip, and it fits around your toilet for easy storage. A regular stool would get in the way and, if there are any boys in the house, become victim of tinkle sprinkle. *Hey, it happens!*

When we simply sit on the toilet, our colon becomes kinked. This is why you can sit there for 20 minutes playing on your smartphone and never feel fully relieved.



Sitting Posture = Kinked Colon

But, when you pop a squat, literally, the colon is free and open to rid your body of *all* collected waste. For me, this equals much less of a bloating feeling and a flatter stomach. This just might be the fastest way to safely lose weight!

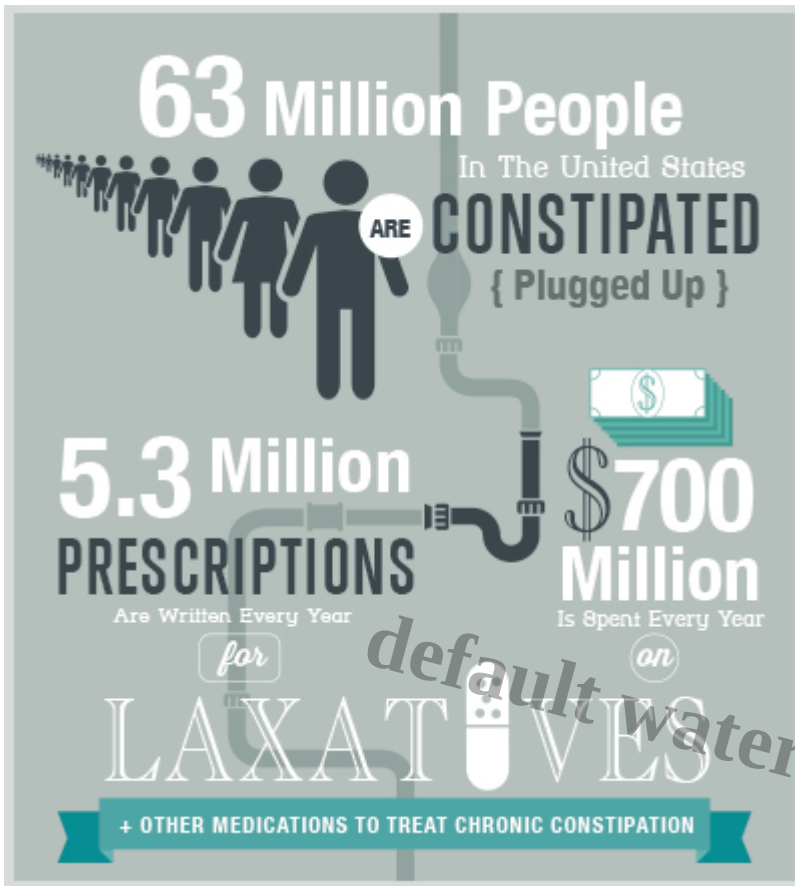
When I first started using it, I just raised my feet up on the platform and sat on the toilet. This alone proved quite effective at making me [poop better](#). But then I did a little research on their site and found that the intended method to get the full effect is to stand over the pot in a squatting position. Basically, keep your rear in the air.

Sure, there were a few balance issues at first (please note: tight-fitting shorts/pants are not recommended!), but once I figured out the correct positioning, I found even greater poop elimination than when I sat using the stool. If you don't already, keep a plunger nearby. Just saying.

TMI? Well, it *is* a post about a handy tool used to squat for a better poop, what do you expect? Plus, being a parenting site, I assume many parents read this; aren't we all pretty immune to poop talk? I mean, we discuss the day's *œcloggers* during dinner.

Other than getting used to performing the full stand and hover squat, or the awkwardness of having your kid coming in a staring, I can't find anything to complain about with the [Squatty Potty](#). It's simple, easy to clean, doesn't get in the way, and best of all, is the most natural cleansing method I can think of. You'll even end up using less toilet paper when squatting since things are more open.

With the Squatty Potty, you can get in and out of the bathroom with the feeling of full relief. No need for laxatives or other drugs to help move things along, which apparently is used by many Americans.



Have you heard of or tried the Squatty Potty before?

Does poop talk gross you out? If so, sorry, but it's a necessary part of everyday life, and now it's a less time-consuming part!

[Click Here to get your own non-laxative, completely natural cleansing product known as The Squatty Potty!](#)

Want something a little more classy to stand on as you poop? They also offer Squatty Potties in [Bamboo](#)!



â€¦or [Natural Wood](#). These are classy enough for the White House!



Full Disclosure: All opinions in this post are 100% my own. My wife purchased the [Squatty Potty](#) as a gift for me and I have not been compensated in any way. That said, there are affiliate links that, if you click on them, I might earn a few cents. So, please click them, I like cents!

Date Created

2016/03/18