

## **This simple item can make a huge difference to your long term bowel health and assist with regular and comfortable bowel evacuation.**

Squatting is a position that has been used for centuries for the process of emptying the bowel, and also for child birth.

Children instinctively squat to play and to have a bowel motion. We have introduced furniture into our societies and unfortunately, with this, have lost the art of normal movement and positions that our bodies are designed for.

Other societies use this position for talking in the market place, for preparing meals and cooking and for working in their gardens and for going to the toilet.

This stool is designed to enable us to use squatting safely for evacuation on the toilet.

We hope it will encourage you to use this position during your daily activities as well, to gain strength and comfort in the positions that our bodies are designed to use.

### **Advantages of squatting**

Good preparation for pregnant women towards child birth

Encourages us to use this position for other activities during the day, such as lifting, working at various levels/heights

Stretches and maintains muscle length and strength to reduce the possibility of back injuries

### **Advantages of squatting when we have a bowel motion are:**

Evacuation (having a bowel motion) is complete and easier

Nerves and organs of the pelvis (prostate, bladder, uterus, and rectum) are protected from stretching and damage

The valve between the colon and small intestine is sealed

The puborectalis muscle relaxes (this muscle loops around the anal canal and stays tight when we are not going to the toilet to keep us continent.)

The pressure of our thighs supports the colon and prevents straining

Reduction of the possibility of haemorrhoids and can help to prevent them getting worse



**We have designed this simple squatting stool to fit around your normal toilet.**

**It is safe and easy to use.**

The stool is easy to clean (it is varnished with polyurethane) and can be removed easily.

Wash with warm soapy water.

The foot platform is angled forward to enable comfortable positioning while squatting.

There are no extra fittings required to install this stool, it just slides around your toilet.

If you would like more information or wish to order a stool please contact :

**Linley Edmeades, Pelvic Health Physiotherapy (Hamilton)**

by phone or e mail. [linrose@xtra.co.nz](mailto:linrose@xtra.co.nz) (or via my website [pelvichealthphysio.co.nz](http://pelvichealthphysio.co.nz))

We can arrange delivery to anywhere in NZ.

Cost: \$80.00

Postage: Can arrange pick up or courier.

Phone: 07 8297939 to order or with any questions

