

Measure **Transit Time Tool** - From The **Mouth** To The **South**

1. Eat *any* of the following for *visual* targets, 1 hr after a meal, or on an *empty stomach*:

- a) Can whole corn - $\frac{1}{2}$ - $\frac{3}{4}$ of a can, not cream corn, think: visibility!
- b) Or, beets all in one portion - so you can see the beets!
- c) Or, your choice of *visible* vegetables: be creative...
- d) Or, *activated charcoal*, pharmacy - no prescription needed

2. Record the time you ate it - basic. PDF download: <http://corepsych.com/ttt>

3. Record the time when you see it pass. If a child: ask for stool reports. This process is really too easy.

4. Do the math: From Start to Finish = **Transit Time**, also “TT”

5. Objective for balance: **12-24 hr = *Normal Transit Time*** (per Mayo Clinic)

6. **Why** assess this GI speed/passage measurement?

- a) TT often documents *GI immune dysfunction - food sensitivities*
- b) **Both fast and slow** transit rates effect *liver turnover* = toxicity
- c) Both fast or slow compromise healthy bowel linings locally
- d) Both can therefore *create leaky gut* = more immune dysfunctions systemically, directly effecting brain function
- e) Both effect *nutritional status* & alter neurotransmitters
- f) Both create *unpredictable metabolic patterns* for psych meds
- g) Both cause *unpredictable reactions to psych medications*
- h) Correcting transit changes = improved psych prognosis over time
- i) Correcting **Transit Time** = improved longevity & lifespan

7. **Both** medications and supplements will work more effectively.

8. Monitor your **Transit Time** during treatment over time.

9. **Videos Explain Why:** <http://corepsych.com/immunity-1>

10. **Mayo Clinic Reference:** TT - How: www.ncbi.nlm.nih.gov/pmc/articles/PMC3270312/