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6 Gross Things Your Body Does That Mean You've Got A Healthy Gut

By Carolyn Steber | November 1, 2018



While you may not jump to talk about the goings on of your digestive tract, it sure can come in handy to know the signs of a healthy gut, including all the "gross" things that mean it's working properly. And that's because, when it comes to your overall health, gut really is everything.

"Having a healthy gut is extremely important for a myriad of reasons, including reducing inflammation in the body, which can otherwise be associated with a number of ... diseases such as heart disease, diabetes, depression, and more," Kara Landau, a NYC-based registered dietitian and founder at Uplift Food, tells Bustle. "A healthy gut lining also leads to enhanced nutrient absorption from the foods that you eat, leading to proper hormone production and overall wellbeing."

A healthy gut can also mean a healthier mind. "With 90 percent of your mood calming serotonin found within your gut, it has been shown that a healthy gut can support a good mood, both via its anti-inflammatory effects, as well as its stimulation of serotonin release," Landau says. So really, the healthier your gut, the healthier you'll feel.

With all of that said, here are a few "gross" things your body might do if you have good gut health, according to experts.

3. Having Long "Snake-Like" Bowel Movements



Ashley Batz/Bustle

If your bowel movements are long and snake-like, congratulations. This is one of the "best" types of poops to have, as it's a sign of good digestion.

"This tells me that [the] gut is appropriately digesting and absorbing the nutrients from [your] food and that [your] immune system is happy with the content of [your] gut micro-environment," **functional medicine pioneer, Elroy Vojdani, MD, IFMCP** tells Bustle. "Having a large daily bowel movement is the ultimate sign of good gut health."

6. Passing Gas



Ashley Batz/Bustle



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While passing gas can definitely be "gross," doing so throughout the day is a good thing — especially if it doesn't have a foul odor.

"This tells us that the bacteria inside the gut are happy and healthy and are getting the food that they need to thrive," Dr. Vojdani says. "We have somewhere between a pound or two of those little guys living in all of us, so we want them to be happy too." If you're passing gas frequently, though, or if it has a foul odor, check with your doctor.

The body can do some pretty gross things. But often, it's all a sign of good health. If you're pooping twice a day, passing gas, or feeling bloating, you're in good company! Do, however, let your doctor know if anything feels out of the ordinary, so they can double check and ensure you have good gut health.

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