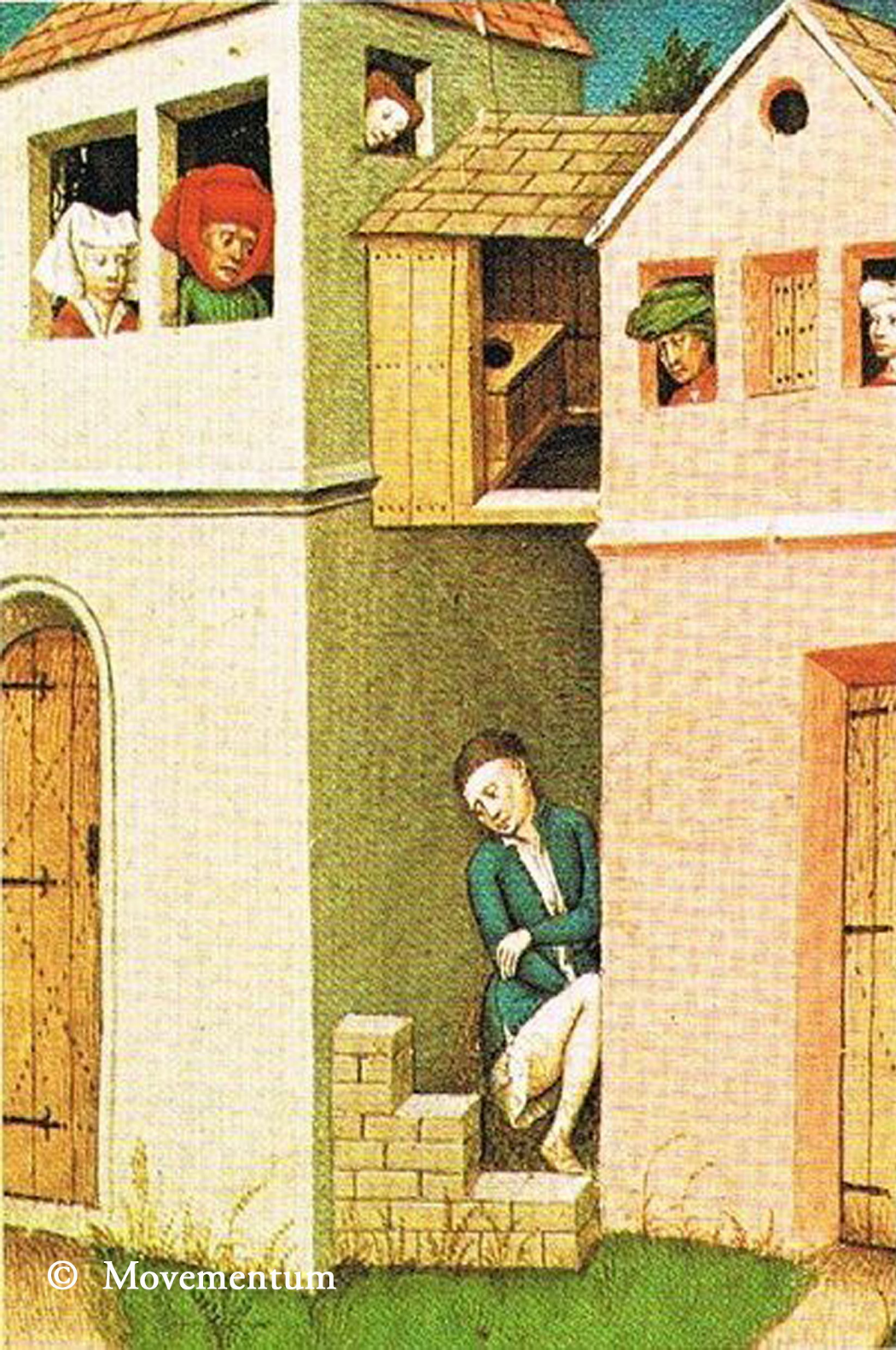


**A BRIEF GUIDE TO  
THE BENEFITS  
OF A SQUAT TOILET**





# To Squat Or Not?

There are many reasons to return to toilet-ing the way nature intended including :

- Constipation
- Pelvic Floor Issues
- Colon Health
- Haemorrhoids
- Urinary Infections
- Digestive Issues

In the squatting position, gravity does the work for you so you don't have to strain unnecessarily or wait an age for your business to be done.



# How To

- i. Decide if you take off your trousers completely.  
If not, take valuables out of your pockets
- ii. Keep your centre of gravity over the balls of your feet - lean slightly forwards
- iii. The wider your legs are, the easier it is to balance and get low
- iv. To keep your balance rest your forearms or hands on your knees
- v. If you have limited range of motion the wider your knees are the easier it is
- vi. Ideally, your feet face forwards and are parallel.  
Don't worry if you need to turn your feet out as you will develop ankle mobility over time
- vii. If this isn't possible, you can balance on the balls of your feet
- viii. You're ready to begin

# Tips To Transition

You've taken the plunge; now here are some pointers to get you going:

- Develop a good deep squat
- Use wedges to raise your heels if you are struggling to squat
- Use your squat toilet every day
- Wear appropriate footwear; high heels are not advised
- If they get in the way, you can remove your trousers
- Place an arm between your trousers and push outwards to avoid unwanted splashes
- Accept it might take time to develop a comfortable deep squat. It's unwise to push through into pain or to load your body beyond your tissue's current capacity.



# Fundamental Movement

Think of a squat not as an exercise but as a basic human movement that we used to do all the time (in other countries they still do).

Squatting is a complex whole body movement that requires both stability and mobility.

The ability to successfully deep squat is a good indicator of overall movement quality and a well-developed full range of motion.

Activity habits are movement habits and sometimes movements that feel completely unnatural are ones we've not accessed in a long time.

Moving effectively and efficiently, being more aware of your body and what it's capable of doing is one of the ultimate goals of natural movement training.

Incorporate a few deep squats into your everyday life when you go to the toilet and you'll reap the rewards of maximum gain for minimum effort!