

Instructions for use:**Description**

The toilet stool can help relieving constipation by enabling you to return to a natural squatting position. Human beings are meant to relieve themselves in a squatted position. Sitting upright might contribute to constipation and similar digestive ailments.

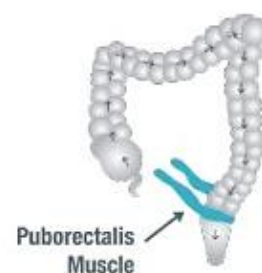
**ALIGNING THE COLON FOR FASTER, EASIER RELIEF**

Sitting upright forces the colon into an unnatural curve which can make it harder to pass stools. The toilet stool elevates your feet and lets you assume a squatted position which is more natural. Toilet stools are recommended by medical professionals to help relieve: constipation, bladder problems, pelvic floor issues, straining, irritable bowel syndrome (IBS), bloating, haemorrhoids.

The sitting upright posture partially relaxes the tight muscle around the colon, blocking the flow of waste.

Proper squatting toilet posture fully relaxes the muscle, allowing the colon to empty quickly and completely.

The alignment of the anorectal angle associated with squatting permits smooth bowel elimination. This prevents excessive straining with the potential for resultant damage to the recto-anal region and, possibly, to the colon and other organs. There is no evidence that habitual bowel elimination at a given time each day contributes to the final act of rectal emptying.



Puborectalis Muscle

The colon has a natural kink that helps maintain continence.



Open Colon

WORKS WITH ANY STANDARD TOILET

The toilet stool measures approx. 22.9 cm/9" and you can use it with any toilet – both standard toilets that measure 36.83cm/14.5" and comfort height toilets that measure 41.91cm/16.5". The stool withstands compression force up to 150kgs.

Allow some time to get used to the different feel of squatting on the toilet. Some users may be able to adjust from the start, while others may need a week or so to get used to it.

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INSTRUCTIONS:

1. Sit comfortably on your toilet with the toilet stool in front of you.
2. Slide the toilet stool to a comfortable distance from your toilet and place one foot after the other on the toilet stool.
3. Softly press your abdomen into your thighs for easing elimination.

CARE AND CLEANING INSTRUCTIONS:

- Wipe with a clean dry cloth.

DISPOSAL

- Dispose of all packaging, paper, cartons and plastic, plastic bags in accordance with your local recycling regulations.
- At the end of the product's lifespan please dispose of it at an authorised household waste recycling centre.

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