

Free Sample Chapter: How to Shit

Have a Great
SH*T

The Best Bathroom Book



Foreword by Dr. Charles Hamori, M.D.

Written & Illustrated by Jesse Karras

HAVE A GREAT SHIT

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Dr. Charles Hamori, M.D.



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Disclaimer

While it is my sincere hope that you achieve optimal success in the bathroom and in your life, this book is not intended as a medical guide.

The material presented should not be construed as medical advice or instruction. No action or inaction should be taken based on the contents of this book; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

Acknowledgements

I wish to warmly thank my family and friends
who helped make this book a reality.

I truly appreciate your enthusiasm,
encouragement, and creative input!

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Foreword

By Dr. Charles Hamori, M.D.

When Jesse asked me to write a brief foreword for his book 'Have a Great Shit – The Best Bathroom Book' I was more than happy to do so. While the writing is both funny and pun-filled, there is little doubt that the research and approach are well-presented and informative. The book's recommendations have a good evidence base, and reflect the current thinking in the field.

As a practicing internist, I find myself discussing issues related to bowel health several times a day with patients. Since most people find the topic to be taboo, they often only feel comfortable bringing it up with their doctors or specialists like myself when issues arise. Sometimes I literally have to pry it out of them. That is why I was delighted to see that Jesse had so cleverly blended helpful knowledge on the subject with a playful style of humor that both entertains and educates.

I feel that the book does an excellent job of covering a wide range of relevant information pertaining to bathroom health and habits. It humorously takes readers through every step of the pooping process

from the first bite to the final wipe, all the while providing helpful tips for a successful experience. It is for that reason I am excited to recommend this book as a fun and informative read. In the opinion of this doctor this is a must-have book for every bathroom!

Dr. Charles Hamori, MD is an internist in San Diego.

Introduction

Back in 2016, I was watching part of Jim Jeffries' comedy special, *Freedumb*, where he hilariously shares about teaching his son Hank to shit. At that moment I had a copy of ThicNhat Hanh's little Zen book titled 'How to Sit' on my coffee table. That was when I had the silly idea for a guide on how to shit.

At that point I didn't know shit about shit, so I started doing some research. Six months later I had amassed a shitload of interesting information on the subject. I learned that shitting is arguably one of our most important routines, since the health of our shits is a good indicator of our physical and mental well-being. And as we all know, a good shit can leave you feeling great, a bad shit can throw off your whole day, and not shitting at all can leave you feeling like you're full of shit.

I hope that by the end of this book you will have a new appreciation for this under-appreciated subject. So whether you are curled up on the sofa or pinching a loaf on the can, settle in as we explore the vastly interesting topic of shit.

Chapter 1

How to Shit

Shitting is one of those necessities you learned early on in life and have probably never really bothered to think about since. Unlike other areas of your health, such as oral hygiene, where your dentist instructed you on how to better scrub or floss your pearly whites, no one has likely ever observed you during a shit and offered any suggestions for improvement. That is not to say that you have been doing it wrong, but as I have found during my research, there are plenty of ways to make shitting more pleasant and effective—even if you already take world-class shits.

Pre-Poop Checklist

Before we get into the nitty-gritty of how to make your shits less shitty, let's take a moment to discuss the importance of the Pre-Poop Checklist. Just as any responsible pilot always performs a pre-flight checklist to avoid catastrophic errors, the same advice applies to taking a shit. Pausing for a brief moment to review

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this short list can save you from possible hassle or humiliation. As is true with any important safety campaign, I have distilled it down to three simple action items: Look, Lock & Run.

Look

The first essential step is to check and make sure that the toilet paper dispenser has an ample supply to meet your wiping needs. There is nothing worse than finishing your business—only to find that you now have to go on a tactical mission with your pants down to find something to wipe your butt with.

Lock

The next step is to lock the bathroom door. This will prevent any unwanted intrusions from spouses, kids, friends, roommates, pets, or strangers during your moment of Zen.

Run

The final step is to run the fan (or open the window) if the facility has one. This does two important things. First, it cuts down on the odors of your creation, second is that the fan usually serves to hopefully drown out any offensive sounds that may happen to accompany your performance.

Nature Calls



When nature calls, and the urge to poop is upon you, you are advised to find a toilet and do your deed. Not heeding the call and holding it in could result in your wily turd deciding to retreat back into hiding—known as reverse peristalsis—for what could be a number of hours or even days, depending on its mood. If you have to shit but need a few moments to reach a facility, and are fearful of a retreat, you can try a mild abdominal squeezing while partially relaxing your butthole—to keep it in the queue so to speak. But do so at your own risk as I don't want to be responsible for anyone accidentally crapping their pants. If the urge passes, let bygones be bygones and go do something else in the meantime. Try relaxing with a warm beverage and the poop fairy might be kind enough to make another house call sooner rather than later.

Holding The Call

You should always try to answer when Mother Nature is calling. Sure, there are times when a bathroom is not readily available and you have to hold it until you can locate a safe-house. But some of you may be routinely holding your turds captive for several hours or even days because of restroom phobias or the fear of being outed as someone who actually shits to your friends, loved ones, or co-workers. It might help to keep in mind that just about everyone shits and no one gives a shit if you shit except you.

There are some good reasons why you don't want to frequently hold in your turds when they are trying to escape. The first is that forcing a retreat for a long time will cause your poop to dry out, and it will literally become a pain in the ass in the form of constipation. Another reason to shit when you have to is that over time you can end up screwing up your rectum shape and the muscles that control your ability to poop easily. So resist the urge to resist the urge and take a dump when you have to go.

The Big Act

After heeding the call and reporting for doodie duty, you are now ready to get started on what will hopefully turn out to be a lavatory success story. The

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following sections offer some strategies to increase the odds of having a pleasant experience on the can.

Poositions

How you sit during your shit can affect how easily, and thoroughly, you complete your mission. When you sit at a right-angle, with your back straight and your feet on the ground, your internal puborectalis muscle ends up pinching your rectum, which blocks the flow of your poops. This causes you to strain more, and you end up emptying less of your load. By slightly adjusting your position you may find it easier to go like a pro.

Squat

Squatting is considered to be one of the most ergonomic positions for both sitting and shitting. People have been squatting for most of human history and it is still very common in many parts of the world. Squatting to poop, as you would imagine, involves squatting all the way down and keeping your butt off the ground—kind of like the umpire in a baseball game. Keep your knees and feet spread apart while you lean forward to better keep your balance. You then aim your butt over a hole and enjoy the most thorough poop you've ever had. Squatting is also an excellent resting position to sit in for relieving back pain.

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There are usually no good places to easily do a squat poop in a western bathroom, unless you stand on the toilet or poop in the shower—which are both dangerous and gross. But there are a couple of ways to get close to the ideal position—short of digging a hole and shitting in the yard.

Lean Over

The first and easiest position to try—especially if you are constipated—is to just lean forward as much as is comfortable while sitting on the toilet.



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You can do a mild lean by putting your hands on your knees and keeping your arms straight, or go for a more extreme lean and put your chest closer to your legs. Often this simple adjustment will make it is easier to let one go.

Poop Stools

The second position to try is to elevate your feet off the ground a few inches. There are specialized toilet stools that will help you do this. You can also grab a step stool to get a similar 5-7" elevation and see if it helps before you run out and get one. Arching your feet when you shit also raises your legs a few inches and can help achieve a more optimal position. Even if you do elevate your feet, you will still likely find it beneficial to lean forward a bit.

The Samurai

If you are game for quirky pooping variation that might just increase your flow, you can try the Samurai. In this position you keep your back straight and cross one leg over the other, so your foot is resting on your other knee, just as you might while sitting comfortably in a chair. This position supposedly gets its name from a combat scenario where you only need take one leg out of your pants when you shit so you can easily launch up to attack someone if needed.

Strain Refrain

When it comes time for launching your torpedo you should only have to apply a gentle abdominal squeezing to get things moving. If you find that you have to excessively strain or hold your breath to take a crap, you can try one of the previously mentioned ergonomic positions and see if you achieve better results. If that doesn't help, you are likely either forcing a poop before its time or you have constipation, which we cover in Chapter 3.

When you have a difficult shit and you have to hold your breath to squeeze it out—known as the Valsalva maneuver—you run the risk of injury or even death. Straining reduces blood flow into your thoracic cavity which can cause you to faint and hit your head on the way down.

Instead, try using your breathing to assist in dropping your load. Inhale with a slow deep breath and then slowly exhale, while at the same time applying a mild abdominal pressure. Continue this rhythm until you are finished. Just remember to mildly push, and don't strain, or you may be pushing up daisies before your time.

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Relax

Pooping is literally an act of letting go, and relaxing your ass is the best way to do it. You have two muscles in your anal canal called sphincters. These muscles tighten up to prevent your turds from escaping prematurely. You have an internal sphincter that works involuntarily and an external sphincter that you can control, like when you decide to hold in a shit. When you are on the pot you will want your external sphincter to be fully relaxed for an easy exit. Before you sit for a shit, take a moment to clear your mind, calm your breathing and focus on relaxing your body, especially your buttocks. In other words, make shitting your moment of Zen.

Frequency

When it comes to normal pooping intervals, they can range anywhere from 3 times a day to 3 times a week depending on the person. It just depends on what feels right for you. But it is generally ideal to be going at least twice a week, otherwise you're likely to be considered to be 'full of shit'.

Depending on your lifestyle, your diet, and the cooperation of your large intestine, you may be able to develop a consistent pooping schedule that works well for you. If you work outside the home it can be

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nice to get your logs to roll out before you roll out of the driveway to go to work. After breakfast is a good time to aim for a consistent shit since you have had the night to digest your food. Eating a healthy breakfast stretches your stomach and often triggers the gastrocolic reflex, which gets things moving in the right direction to make room for more food.

If you are the type of person who hits the snooze button 20 times and then runs out the door with food in your mouth, you are probably missing a nice pooping opportunity. When aiming for a morning drop it helps if you set aside some relax-time to allow for the poop fairy to make a visit. Try waking up 20 minutes before the morning buzz and then eat a relaxing breakfast with a warm beverage. Coaxing a turd in the morning is a great way to start your day and will help you feel better equipped for all the crap you have to deal with when you get to work.

Potty Time

Even though sitting on the throne may make you feel like a king, it is best to only visit the crapper when you actually have the urge to crap. Don't play the waiting game or you will be more likely to strain and force a shit. One study found that people who loiter and read on the pot were more likely to develop hemorrhoids.

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In other words don't sit and read this whole book in one sitting unless you are a speed-reader.



When you do sit for shit, your total time on the pot should be under 10-15 minutes. If it takes much longer than that, it is probably time to switch up your diet and lifestyle.

Clean Up Time

Hopefully the tips above have assisted you in achieving a pleasant shit. But you still have a little more work to do before you can saddle up and get back on the range—unless you like cruising through the day with a crusty crack.

Toilet Paper

Toilet paper, aka TP, is the standard poo remover found in most bathrooms in the US. TP is convenient in that it keeps your hands from making contact with your dirty butt, and does a decent job with cleanup. Also, yanking on a fresh roll provides abundant entertainment for toddlers and cats.

When it comes to wiping, you want to strike the right balance with the amount of toilet paper used, and the optimal technique. If you wad up too much TP, or are not thorough enough, it can be hard for the bundle to contour your crack and you will end up with skid marks in your undies. If you use too little, you risk sheet failure, and a case of poopy-hand.

When you do wipe, you might find it helpful to lean to one side and lift up slightly on one cheek to better access and wipe your butt crack. Make a few firm, but gentle passes—with new TP each time—and you should end up getting the job done. There is no correct amount of TP to use, but the more wipes you do; the more likely you are to chafe your ass—since you are essentially rubbing dry paper on your tender butthole. And speaking of wiping, it is also especially important for girls to always wipe towards the back to keep the poop away from the girly parts.

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Toilet paper is abrasive by its nature and while it's fine at removing the big stuff, it doesn't always remove the oils and smaller debris that cling to your butt after a poop. Some people may also have skin allergies to the various scents and materials that TP can contain. If toilet paper is doing the trick and leaving you feeling fresh and wonderful—then carry on. If, however it is rubbing your asshole the wrong way, or not removing all those dirty bits, then I invite you read on and take a look at some of the other ways to get your butt sparkly clean.

Wipe & Wash

Nothing—and I mean nothing—will get your hiney as shiny as using warm water and soap to clean up after a poop. If you shit at home and don't want to take a shower, you can try a 'wipe & wash' or a 'half shower'. After you are done shitting, perform a mild to moderate wiping with toilet paper, then strip naked from your waist down and hop in the bathtub. Turn on some warm water so it is going from the faucet down the drain, and then back your bum under the water. Put a small dab of soap on your fingers, then reach around and gently clean around your butthole with the soap and warm water. You will be rewarded with the cleanest ass imaginable, and will reemerge ready

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to take on the world with all the confidence that a clean butt can provide.

Bidets

A bidet (bih-day) is a type of fixture or device that squirts a vertical stream of water that you use to clean around your butt crack or private parts. These devices are convenient in that they remove the need for toilet paper. They are especially nice for people who cannot easily wipe their ass, or who have hemorrhoids. There are four different types of bidets that range from full bathroom fixtures to little squirt bottles.

Standard

The standard bidet is a fixture that looks like a toilet with neither tank nor seat, and is usually installed next to the toilet. These types of bidets are more commonly found in European countries. To operate, you turn on the fountain, back you bum over it, and let the water freshen up your derriere. Bidets are also nice for women who can use them when Aunt Flow comes for her monthly visit. For all the above reasons, it is not advised to use the bidet as a drinking fountain.

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Add On



Add-on

The second type of bidet attaches to a regular toilet, either between the seat and the bowl, or by replacing the entire seat assembly and lid (pictured). There are several models and versions, each with a variety of features, such as heated seats, blow drying and even musical accompaniment. Depending on the type, the spray nozzle—either manually or automatically—moves under your bum and then squirts up water.

Bum Gun

The third type of bidet is a handheld sprayer and hose that hangs next to the toilet. The sprayer, which looks like a common kitchen sink sprayer, is sometimes

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referred to as a 'bum gun'. As the name implies, you just grab the gun and spray your bum.

Squeeze bottle

The final type of bidet is a portable handheld squeeze bottle that has a specialized long tip with a right-angle to squirt water up your crack. While sitting on the toilet, you reach around, point the nozzle up your butt crack and squeeze the bottle. These are great to have when you want a sparkly-clean ass and don't have access to a shower or standard bidet.

Wet Wipes

While you may not see the need to lather up or straddle a fountain after a poop, you might agree that TP is a bit lacking in its ability to leave you feeling fresh and clean. You may then be delighted with the convenience and cleanliness achievable with wet wipes—also known as baby wipes or moist towelettes. Since wet wipes are the more costly wiping option—and not as environmentally friendly as TP—you can start with a few passes of toilet paper and then finish with a wet wipe or two. These wipes are fairly big and durable, so you can fold them in half after each pass to get few extra wipes out of a single sheet.

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Because wet wipes often contain alcohol, you may find your hiney isn't so happy after using them. You can look for wipes that are unscented, or that contain other niceties such as aloe and vitamin E—to pamper your tender tush.

Clear The Air

Once you flush the toilet and dispose of any evidence, you may feel compelled to try removing any olfactory traces from the crime scene. Following are a few methods to help you accomplish your mission. As mentioned in the beginning of this chapter, running the fan or opening the window when you first enter the bathroom will usually cut down on the smell and clear the air fast. Another technique is to flush as you poop to minimize the odors—but this technique doesn't get rid of any fart vapors and obviously wastes water.

If the fan, window, or flushing isn't cutting it, you only have two options: either deal with it or try a cover up.

Air fresheners

You are probably already familiar with aerosol bathroom sprays or plug-in air fresheners. These products fill the air and either leave you feeling happy with the aromatic scent—or gagging for some fresh

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air. But be warned, fragrances or aerosol scents will simply end up mixing with your poop odors—which can make for its own sort of repulsive aroma. Fresh roses and fresh poop, how lovely! Less is often more when dispensing it, and choosing mild scents will generally be less offensive to others.

Toilette Sprays

Toilet sprays claim to create a barrier above the water to trap the odors after your turd takes a dip. You are instructed to spray the toilet water several times before you poop to keep the odors at bay—which sometimes works.

Alternatives

If you don't want to buy commercial sprays with unknown ingredients, you can make a simple spray. Water blended with a few drops of your favorite essential oils and rubbing alcohol, into a small spray bottle, can be used as either an air freshener or a toilet spray. Another option is to place a vanilla scented candle in the bathroom (no need to burn it). And yet another option is to keep a sachet—which is a small bag that contains ingredients—such as sandalwood, cedar or lavender, near the toilet.

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Hacks

If you are desperate for some kind of cover up and find yourself without any of the above scented accessories, you can get creative and try to make your own improvised air freshener on the spot. This can be done, with varying degrees of success by wafting a scented item such as hand lotion, shampoo or conditioner, breath spray, perfume, hairspray or even bathroom cleaner if you are really desperate.

Matches

An old standard when it comes to cover-ups has been to light a match and quickly blow it out to cover the smell. Technically, this works because the sulphur released at ignition (not the smoke or flame) masks the odor by numbing the nose a bit. If you do this, make sure there are no nearby smoke alarms, and please do not catch anything on fire.

The Bottom Line

The final option is to just deal with the fact that the bathroom often smells for a few minutes after someone takes a shit. So what if you made a stinker? Just be kind (or not) and warn any incoming shitters if the smell is really bad.

Clean Hands

If you ever worked in the food industry or were raised by someone who was doing even a half-ass job at parenting, you likely already got the memo to thoroughly wash your hands with soap and water after you take a shit. This not only keeps you healthy, it also prevents you from making other people sick. Since the bathroom has some of the highest concentration of unfriendly bacteria, you will likely come into contact with fecal matter—even if you are careful.



Washing your hands with soap and water for 15-20 seconds—about long enough to sing Happy Birthday

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twice—will remove the harmful bacteria from your hands and give you a clean bill of health. You can even sing out loud while you are doing it if you want to weird-out the other people in the bathroom. For more tips on keeping your hands free from contamination afterwards, check out the germ section in the Going Public chapter.

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Thanks for reading!

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