

Chlorophyll Transit Test

Please note the following instructions to assess the functionality of your digestive system:

1. In the morning, consume $\frac{1}{4}$ cup of undiluted chlorophyll as the first thing to ingest. Do not eat or drink anything else for at least 30 minutes. Record the date and time in your journal.
2. After each bowel movement, check the color of your stool in the toilet. If it appears green, record the date and time of this occurrence in your journal.
3. The amount of time the chlorophyll takes to pass through your system indicates the efficiency of your digestive system. Record the total time it takes for the stool to turn green.
4. If the green color appears in less than 12 hours, it may indicate that the food is moving through your system too quickly and needing to be adequately absorbed.

Consuming chlorophyll can cause the stool to turn green, which is why this method is being used to assess the functionality of the digestive system.

Your observations are invaluable in this process. Please keep a detailed record of all the changes you notice in your journal.

