

Transit Time Test & Guide

Rebel[™]
health

**Build Your
Resilient Gut**

MICROBIOME & BEYOND

Build Your Resilient Gut: *Transit Time & Test Guide*

First Edition

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Understanding Transit Time

Transit Time describes the amount of time it takes for food to get from your mouth to the toilet - passing through the entire digestive system along the way.

Transit Time Range

Stomach - Food should exit the stomach within 1-4 hours. (2 hours is ideal)

Small Intestine - Food should pass through the small intestine in 3-6 hours. (4-5 hours is ideal)

Large Intestine - Food can take anywhere between 10-60 hours to pass through the large intestine. (18-30 hours is ideal)

Total Transit Time - Can range from 14-72 hours. (Ideal is 26-36 hours - up to 48 is ok, but not ideal)

Testing Transit Time

INSTRUCTIONS

- No meal for 7-8 hours prior.
- Eat a balanced meal with adequate protein, fat, and fiber.
- Include a lot of beets with the meal.
- Note the time you swallow the first bite with beets.
- Note the first time you see red in the toilet.



If your time is *under* 24 hours...

- Consider adding more soluble fiber into your diet, reducing insoluble fiber.
- Consider increasing intake of healthy fats.
- Consider fewer, larger meals.

If your time is *over* 48 hours (or 36 hours if you're aiming for ideal)...

- Increase fiber intake, especially insoluble fiber.
- Increase hydration around (not during) meals.
- Consider more regular movement/exercise.
- Increase motility/MMC (Migrating Motor Complex) - Intermittent Fasting, Prokinetics, etc...
- Consider reducing fat intake at meals.
- Support stomach acid, digestive enzymes, bile production/flow, etc...
 - [HCLGuard+](#), [MegaGuard](#), [Holozyme](#), [TUDCA](#)

Considering Stress & Nervous System Factors

Both chronic and acute stress can impact transit time in different ways. Chronic stress often slows down the digestive process, whereas acute stress may trigger accelerated transit times or diarrhea. There is a well-documented correlation between IBS and anxiety disorders.

Watch the [Bonus Module on Breathing & Nervous System Regulation](#) for information, recommendations, and practices to help you balance your nervous system and manage stress in a more healthy way.