

# Squatty Potty The Original Toilet Stool - Bamboo Flip, 7" & 9" Height, Brown Review-2021



[Read Customer Reviews](#)

Bamboo

Doctor recommended & FDA Certified

Easy to alternate between 7" Stool & 9" Stool

Made of 100% natural bamboo

To simulate a squatting position, all you have to do is take a seat, put your feet on the toilet stool, and get comfortable.

7 height is the most comfortable for most people. For those with comfort height toilets the 9 height is sometimes preferred. Children also do better with the 9 height.

Proven to reduce strain

Helps you mimic a natural squat to properly align your colon for a more complete and easier elimination

How does it work?

Sit  
Sit comfortably on the toilet with Squatty Potty stored below.

Elevate

Slide Squatty Potty to a comfortable distance from the toilet and place your feet on the Squatty Potty to mimic a natural squat.

Eliminate

Softly press your abdomen into your thighs for optimal elimination.

Doctor Recommended

Squatty Potty is no joke. We are FDA Registered\* and medically endorsed by multiple doctors, including Roger Siddoway, MD, FACG. The science behind squatting is certified and backed by medical journals and clinical studies worldwide.

\* FDA Registration Number: 3009404833

Improve Your Colon Health

Squatty Potty is proven to improve colon health and will improve symptoms of hemorrhoids, constipation, and bloating. You'll experience a more complete elimination and your bathroom visits will be much, much shorter.

Ergonomic and Practical

A subtle slope from back to front raises the user's heels, giving them just the right angle of squat. A soft textured grip keeps your feet in place. Squat with confidence! Review 2021, feedback 2021, promo code, discount code 2021, buy, picture, description, sale, price comparison, cheap, cheapest, value for money.