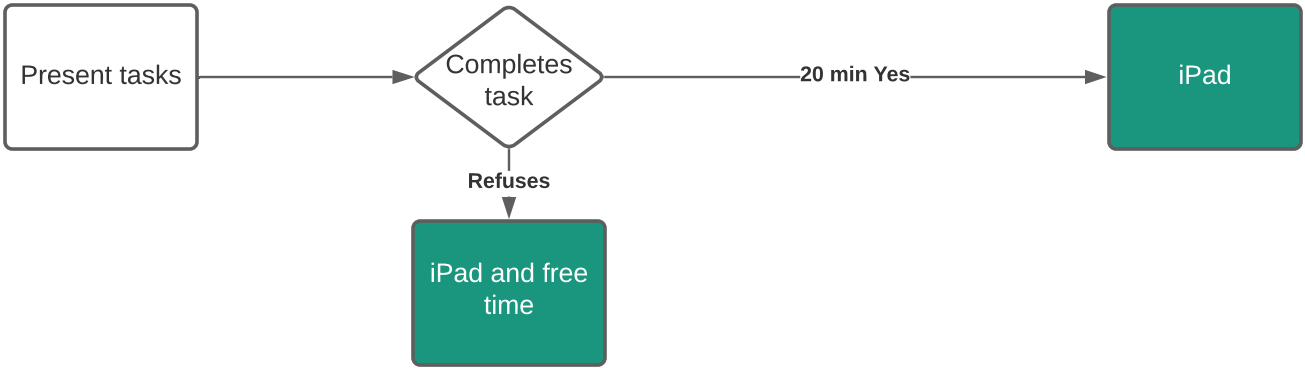
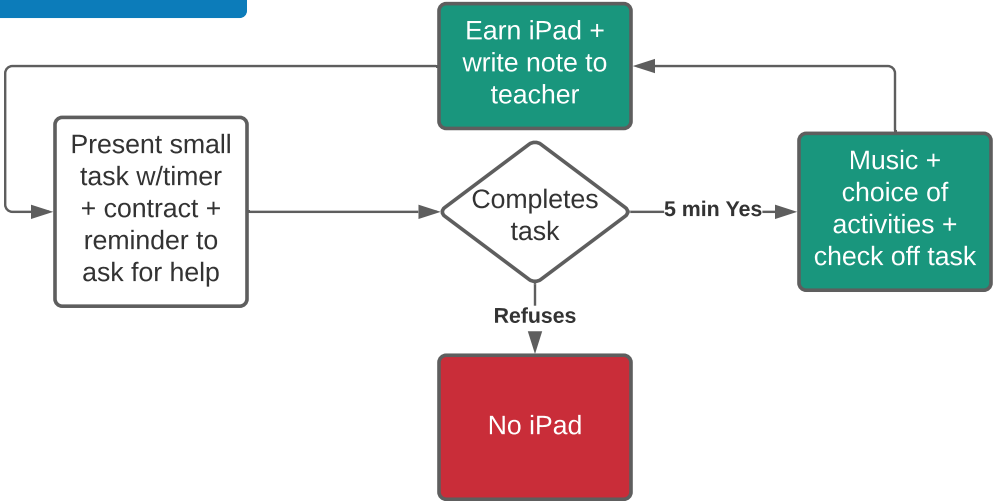


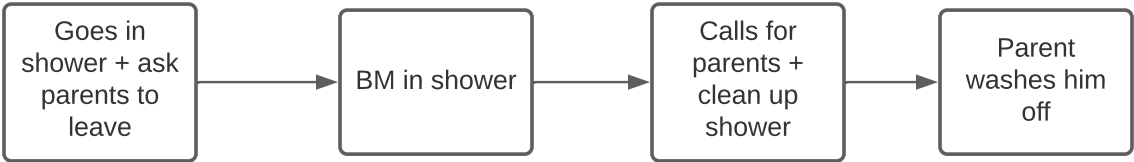
Current Plan



New Plan



Current Plan



New Plan
1. More fiber
2. More water

BM Steps
1. Shower commode ?

