ENEMAS

1. When you take an enema, you are cleansing the large bowel (the colon). The liquid never enters the small intestine because of the ileocecal valve located between the small intestine and the large intestine (located in lower right hand corner of your intestinal area).

2. We suggest that you make this as pleasant experience as possible. Try to do this when there is no one around to disturb you.

3. Play some pleasant music to hear when you are taking the enema.

4. Read a good magazine while you are lying on your back, waiting for the enema to finish (you can massage yourself at the same time).

5. Take a shower afterwards so you feel squeaky clean and fresh, spraying some nice cologne or body splash over your skin when you are finished.

6. When you are taking enemas you are cleansing into the colon as deep as you can, preferably right back to the beginning of the large colon. Sometimes it take several enemas to reach the beginning of the colon.

Equipment:

- Either an individual enema bag with nozzle attached (holds about 1 pint of liquid) and you refill it as needed. OR
- A rubberized hot water bottle, tube and nozzle.
- Use clean, pure water as the base for the enema.

Liquids to Use:

1. Plain water. Best if it has no chlorine, no fluoride.
2. Garlic. Used for a general cleanser, to help eliminate parasites, yeast overgrowth. Blend 1-2 garlic buds for each bag, in 1 quart of water. Strain. Add enough water to fill back. Do 3 times. Another recipe says to crush 5 cloves of garlic and let sit in a quart of warm, filtered water for a minimum of 15 minutes. Strain the water, then administer the enema.
3. Acidolphilus (Probiotic) (1 tsp powdered probiotic or contents of 4-5 capsules broken open) in pure warm water (good to use if yeast imbalance a problem).
4. Warm Coffee. See below for more information. Often used for Cancer by Gerson Clinic and other alternative health clinics. 2 level tablespoons coffee per quart of warm water. This has good drawing power and does reach the liver through the portal vein. For every cup of water, add 1 Tbsp liquid chlorophyll. Not everyone agrees that this is a good therapy. If you are concerned, you can use Buckthorn Bark tea instead of coffee which is a little gentler on the body but still effective.
5. Epsom Salt: 4 Tbsp epsom salts mixed well in 4-8 cups of warm water. Don't do if you have stomach pain, nausea or vomiting. One tablespoon of epsom salts contains about 35g of magnesium sulfate which is a lot of magnesium! This is a fast way of getting magnesium into the bowel, and it increases the amount of water in the intestine because it draws water into the colon which cleanses the intestinal tract to help with stubborn constipation. Don't overuse this enema because it draws out extra water and could cause dehydration.
6. Mineral Water: 1/2 cup to bag of water. Use for general cleansing.
7. Flaxseed and Chlorophyll: for bleeding bowels and ulcerated colon. Soak 1/4 cup flaxseed overnight in a quart of warm water. Use 4 teaspoons liquid chlorophyll to the quart (or 1 teaspoon per cup of tea). Retain enema as long as possible twice a day taking 1-4 cups in at a time. Good to drink as well as use as enema.
8. Aloe Vera Gel: for colitis. Use 1 cup of the flaxseed tea (above), 1/2 teaspoon liquid chlorophyll and 1 teaspoon aloe vera gel. Retain 10-15 minutes.

9. **Lemon juice. Add 2/3 cup fresh squeezed (and strained) lemon juice to 2 quarts of warm water. Important for water to be warm, not too hot. Mix it up and use in the enema bag. To avoid irritation of intestinal lining, don't use this enema more than once a week, and hold it in for only a couple of minutes, not too long.**
10. **Whey: Good for peptic and duodenal ulcers. Adding liquid chlorophyll to the whey will help even more. Drink and use as enema.**
11. **Lemon Juice: 2/3 cup fresh squeezed lemon juice (about 3 lemons), into 2 litres of warm water. This is mildly irritating to the intestinal lining and may cause more cramping that other types of enemas. Not to be used if you have a sensitive tract.**
12. **Milk and Molasses: 1-2 cups whole milk; equal amount of blackstrap molasses. This helps rid the colon of excess fecal matter May produce 'explosive' results. The high sugar content of this enema rapidly feeds the bacteria in the colon creating gas as they metabolize the sugars present in the milk and molasses. This gas helps the enema to move further up the colon. Evacuation should be large and thorough. This stimulates peristalsis and may produce cramping. It is difficult to retain for long periods of time because of the gas produced. You can use anywhere between 1-2 cups each milk and molasses – equal proportions.**
13. **Salt and Soda: 2 tsp sea salt; 1Tbsp baking soda, 2 litres warm water. Mix well, administer and retain for at least 10 minutes. This is very alkaline and has been used by those with colitis to help prevent and heal ulcers in t he colon.**
14. **Baking Soda Enema: 1 to 2 table spoons of baking soda; 2 quarts of warm and filtered water. Mix well before use. The temperature should be between, 100 to 101 degree Fahrenheit. Salt and baking soda enema can be made by mixing filtered water, baking soda and salt. 2 quarts of water and 1 tea spoon of salt, 1 tsp of baking soda is mixed and inserted in the colon as an enema.**
15. **Salt Water: 2 tsp sea salt mixed well in 2 litres warm water.**

Using Herbal infusions -

White oak bark: for cleansing and drawing, hemorrhoids, colitis, very healing. Make tea with 2 tablespoons White Oak Bark, add enough water to fill the bag.

Camomile: for relaxation and cleansing.

Cayenne: stimulates liver, kidneys, spleen, pancreas. Will also help stop bleeding. Add 1/2 tsp cayenne to bag of water. If person has serious problems in colon, this could cause a burning sensation.

Burdock Root: Purifies blood, good for skin, improves kidney action and helps eliminate calcium deposits.

Yarrow: for the liver, stomach, glands, blood; opens pores of skin; for colds, cramps, fever, flu.

Red Raspberry: for female problems, high in iron, good for the eyes and elimination.

Catnip: Used for fever, colds, gas, colic, contagious diseases. Very relaxing and soothing to whole system. Especially good for children or those who have trouble taking enemas. Make tea of 2 tablespoons catnip in a quart of water. Strain. Add enough water to fill the bag.

Slippery Elm: For diarrhea, colitis, hemorrhoids. Blend 1 tablespoon powder in blender with 1 pint of water. Add enough water to fill the bag.

Buckthorn Bark: Helps deep clean the colon of toxic waste. Make a tea of the herb by boiling 1 oz of the bark gently for 30 minutes in 1 cup of water.

Other herbs used: blessed thistle, plantain, pleurisy root, thyme, hyssop, mint, elder flower, yellow dock, mullein, echinacea, dandelion, parsley, marshmallow root, peppermint. Best to stick to single herbs and stay away from combinations.

Temperature of Liquid:

The hotter the liquid, the faster it is absorbed through the colon. Cool water wakens and strengthens the peristaltic muscles. May start with a warm enema and finish with a cool. When in doubt use body temperature.

Prepare bathroom:

Put towel on the floor that you can lie down on.

Prepare yourself:

Use lots of K-Y Jelly or Vaseline or other lubricant on the anus to avoid discomfort in penetration.

How to handle the equipment:

If using the small bulb type enema: This holds about a pint of water. Prepare the liquid in the enema container, lie on the floor on your back, insert the nozzle in the rectum and let the liquid flow in.

You may need to squeeze the bulb to encourage the liquid to enter the rectum.

OR

If using the rubber hot water bag, fill it with body temperature liquid. (This is often referred to in the drug store as a hot water bottle with fountain and syringe). Screw the fitting on the bag, let a little of the water run out to push out any air in tube from enema bag, put finger on end of nozzle to stop the flow or, bend tubing/hose in half. Lie on towel on floor, on back, insert nozzle at the end of the tubing/hose into anus and start to let the water flow into the rectum.

How to do it:

Most like to do an enema after their morning bowel movement. If constipated, you will proceed to do the enema in the morning which will help the constipation.

As water enters, first lie on left side and let the water continue to flow in. Massage the left side of the stomach (descending colon) to encourage impacted material in the colon to dislodge. If the water flows in too fast, bend the tubing/hose in half restricting the flow until it is comfortable. Some syringes have a control flow valve.

Roll onto back and massage the transverse colon area of the intestines, letting more water in, massage intestines again.

Lastly roll on to left side and let more water in, massaging.

When you feel you have had enough liquid intake, just lie back, holding in the liquid, massaging the intestines, for about 5 minutes.

Get up and evacuate into the toilet.

Add more liquid to the rubber bottle and start over.

Again, start on the left side, massage, then on the back and massage, and finally on the right side, massaging the right side.

Hold the water in as long as possible (10 minutes at least).

Evacuate into the toilet.

Repeat again twice if possible.

For children, adjust the amounts according to age.

Always take acidolphilus, yogurt, buttermilk, or kefir to replace the natural bacteria in the colon after taking enemas. Take 2-3 acidolphilus capsules on an empty stomach in the morning and again in the evening. It is always nice to finish off the session with a warm enema of pure water that you have added some acidophilus powder to (can get by breaking open several capsules). Use about 1 teaspoon of the powder to the enema water, take it into the colon and hold it there for as long as possible (20 minutes) and the healthy bacteria will be implanted. Then evacuate.

COFFEE ENEMA:

If you use chlorinated water, as in tap water, boil it for 10 minutes first to remove the chlorine.

Put a little over 1 quart of clean pure water in a pan and bring it to a boil. Add 2 flat tablespoons of coffee (or the coffee amount that has been prescribed for you). Let it continue to boil for five minutes, then turn the stove off, leaving the pan on the hot burner.

Allow it to cool down to a very comfortable, tepid temperature. Test with your finger. It should be the same temperature as a baby's bottle. It's safer to have it too cold than too warm; never use it hot or steaming; body temperature is good.

Next, carry your pan or pot and lay an old towel on the floor (or your bed if you are careful and know you won't spill - for safety, a piece of plastic can be placed under the towel). If you don't use an old towel, you will soon have many old towels since coffee stains permanently.

Use another bunch of towels, if you want, as a pillow and bring along some appropriately relaxing literature. Pour the coffee from the pan into the enema bucket without getting the coffee grounds in the cup. You may prefer to use an intermediate container with a pour spout when going from the pan to the enema bucket. Do not use a paper filter to strain the grounds.

Put your enema bag in the sink with the catheter clamped closed.

Pour the coffee into the enema bag. Loosen the clamp to allow the coffee to run out to the end of the

catheter tip and re-clamp the bag when all the air has been removed from the enema tubing.

Elevate the enema bag at least 2 feet above the floor. You can use a coat hanger to hang the enema bag at least two feet above the floor; on a door knob or towel rack. Or you can simply lay it on the bathroom sink nearby. Alternatively, the bag (or bucket) can rest on a chair, shelf or be held. Do not hang it too high, as on a shower head, because it will be too forceful and the hose won't reach. It should flow very gently into the rectum and distal sigmoid colon only.

It is not a high enema or colonic. Allowing it to go well up into the colon may introduce caffeine into the general circulation as though you had taken it by mouth.

Lie down on the floor on your back or right side and gently insert the catheter. If you need lubrication, food grade vegetable oil such as olive oil, a vitamin E capsule, or KY jelly should be fine, unless you are chemically sensitive. It is generally a good idea to avoid petroleum products.

Gently insert the tube into the rectum a few inches and then release the clamp and let the first 1/2 of the quart (2 cups maximum) of coffee flow in. Clamp the tubing off as soon as there is the slightest amount of discomfort or fullness. Do not change positions or use an incline board to cause the enema to enter further into the colon; this defeats the purpose of this type of enema.

Try to retain the enema for a minimum of 12 or more minutes. Sometimes there will be an immediate urgency to get rid of it and that is fine. It helps to clean the stool out of the colon so that next time around you can hold more of the enema longer. Never force yourself to retain it if you feel that you can't. When you have clamped the tubing, remove the catheter tip and void when you have to. It is best to hold it for at least 12 minutes each time. After you have emptied the bowel, proceed with the remaining 1/2 quart and likewise hold that for at least 12 minutes, if able, then void.

The goal is to have two enemas, not exceeding 1/2 a quart (2 cups) each, that you are able to hold for 12 to 15 minutes each. Usually 2 or 3 times will use up all of the enema, but that is not your goal. Being able to hold it for 12 to 15 minutes is. When you have finished your session, rinse out the bag and hang it up to dry. Periodically run boiling water, peroxide, or other comparable antimicrobial agent through the empty bag to discourage mold growth when not in use.

If you feel wired or hyper, or have palpitations or irregular heartbeats after a coffee enema, you should reduce the amount of coffee, usually by half for a few days or weeks. Or consider that you really need organic coffee. Be sure the source of your water is good clean chemical-free spring, well, or filtered water.

Sometimes you will hear or feel a squirting out and emptying of the gallbladder. This occurs under the right rib cage, or sometimes more closely to the mid line. If after a week of daily enemas you have never felt or heard the gall bladder release, You should consider making the coffee stronger, going up in 1/2 Tablespoon increments per quart, not exceeding 2 Tablespoon per cup. Alternately, you may need a slightly larger volume, such as 3 cups at a time.

Sometimes, 3 enemas (2 cups or less each) rather than two at a session are more beneficial for some. Each time you do another, it goes in a little deeper. Always discontinue the enemas if there is any adverse reaction whatsoever, and discuss it with the doctor at your next appointment. If you find the enema helpful, do not use it more than once per day for any extended period without medical supervision. Use it as necessary, perhaps several days in a row, but more commonly a few times a week.