



ENEMAS

Benefits and how to step by step guide

An enema is a form of hydrotherapy in which water and/or herbal products are used to clean the lower bowel. Cleaning the bowel is important because poisons are absorbed into the blood stream from a dirty bowel. These toxic material then are free to travel throughout the body causing many symptoms such as: headaches, cramping, gas, fever, high mucus conditions such as cold or flu, hemorrhoids, constipation, diarrhea, and toxic blood conditions. The bowel must be clean in order to have a clean blood stream , cleaning the bowel will get to the root of the problem. Water injected into bowel helps to dissolves, and helps to break up mucus. On a fast or during a cleanse, it is very important to keep the bowels clean and clear from any obstructions, to keep things flowing. Like a sewer system, when things stop flowing a backup of waste occurs, this can lead to auto-toxification, headaches, fevers, and rashes all because the toxins from the bowel are released into the blood stream. On a cleanse old fecal “waste” matter is being removed from the colon. Sometimes a thick coat of mucus, or a lump of “waste” material may slow things down. Usually an enema will help to break-up coats of mucus that come off the lining of the colon(large intestine or bowel).

An enema allows a person to control the type and amount of water that enters the colon. Unlike a colonic, an enema can be done with plain water, or along with herbs, Apple Cider vinegar, or lemon juice, etc. For example, Catnip tea can be added to the enema to relax the colon. White Oak Bark can be used for hemorrhoids because of its astringent qualities. In the old days, people kept the hot water enema/douche bag on the back of the bathroom door, it was a common thing to see, grandma used it for a variety of things. To take an enema, purchase a 2-

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quart enema/douche bag from the drug store, be sure it comes with the enema tip. Use warm water for relaxing the colon, and cool/cold water for tightening the colon. Use only distilled or filtered water, **do not use tap water**. Fill the bag with warm water to start, place the bag at least 3 feet above the ground, or you can use the back of the bathroom door. The higher up the bag, the faster the water comes out, and the stronger the force of the water. Place a towel on the floor, and get down on the towel on all fours, hands and knees. Keeping the hips high, lower your shoulders and head, and place one side of your face on the towel. People, who are weak, can lie on their backs with their hips slightly elevated on the floor or in the bathtub, for small children, (under 5) or people with a weak bowel, it can be done in the bathtub, or lay on their right side with your knees together and slightly pulled up towards your chest, Lubricate the enema tip with oil; before inserting, open the clamp on the rubber tubing to release the air out until a little water comes out. If this step is not done, the excess air in the bag could cause some discomfort during the enema.

Insert the tip and release the clamp, take a long slow deep breath in and out breathing thru the nose in order to relax the colon. Insert the tip about an inch or until comfortable, as long as water doesn't come out, it's in far enough. In contrast a high enema is where the tube is insert several feet up the rectum, this should only be done under qualified supervision. During the enema you want to stay as relaxed as possible. Once the water starts to enter let it flow until there is too much pressure and you have to use the toilet. If possible before letting the water out, message the colon area going from right to left, this will help to remove gas pockets, waste matter, or anything else blocking the water flow and causing discomfort, you may even be able to let more water in after this is done.

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Once the water is released, repeat the process over again refilling the bag until you can get the whole two quarts in you at one time, and no more waste comes out, It may take up to 4-5 bags to use the entire 2 quarts. So set aside at least an hour to do an enema. Do an enema at least two hours before bedtime because more water may come out later. Messaging the stomach area especially the left side, the descending colon, and in the middle right below the ribs, the transverse colon, will help with any blockages or lumps, this will also allow more water to enter and help to reduce stomach cramping.

On a cleanse an enema should be done at *least* once a day.

Coffee enemas

A coffee enema is a good way to detox the liver especially if drugs are involved, or the person is in a very weakened condition. In a coffee enema the liver absorbs the caffeine. It opens the duct in the liver and releases bile, (a black substance) this helps to unclog the liver, and the bile helps to release old waste material including drugs and medication. To do a coffee enema boil 3 tablespoons of coffee to one quart of water for five minutes, Then simmer on a low flame for twenty minutes, strain and let cool to room temperature. Make sure the bowels are clean first, after inserting the coffee lay on your right side with your knees to your chest. Stay there for 12 to 20 minutes, this is important because it takes this long for the liver to absorb the caffeine.

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