

GUIDELINES FOR TAKING A SUCCESSFUL ENEMA SERIES

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1. LOCATION. Find a comfortable, warm area where you can lie down yet from which you can easily get up and reach the toilet. The bathroom floor can be ideal due to the proximity of the toilet. Many prefer to take an enema series right in a hot bathtub. In this way, you are more comfortable and relaxed as your body is slightly lifted off the ground. Others prefer to take their enema bag, a rubber mat, and their IV stand into their bedroom or sunny living room. Taking an enema in a sunny location is quite therapeutic, especially during the winter months. Try different locations until you find what works for you.

2. SOLUTION. Prepare your first enema solution. Before you fill the bag, make sure the tubing clamp is shut tightly so that no water spills out as you are filling the bag. Using plain water often works well. The essential oils peppermint, frankincense, fennel, and lavender (1-3 drops of each) stimulate peristalsis and immune function. You can try them together or individually. I recommend them over soap, but if you want to use soap, use one teaspoon to one tablespoon of Dr. Bonner's Hemp Aloe Vera Pure Castile Soap. This will promote a positive musculature response, without chemical exposure, and move your bowels well. Water temperature of 98 to 103 degrees Fahrenheit is ideal. Hang the bag at least two feet above your body. Some people find that preparing two to three enemas using two to three different enema bags, at the start of the enema series, works best. For this purpose, it is an excellent idea to own an IV stand.

3. LUBRICANT. Use a non-petroleum lubricant. Petroleum-based products always take a toll on your liver. I like Super Salve the best, or a similar plant-based lubricant. I will use the sterile, water-soluble lubricating jellies such as KY Jelly or Surgilube. Olive oil and Vitamin E oil also work. Lie on your right side or your back, whichever makes insertion easier for you. Insert the lubricated nozzle.

4. FLOW CONTROL. Make sure you are comfortable, and then open the clamp. Keep the clamp in your hand or nearby so you can, without difficulty, control the flow of water into your body. Go slowly! The skill needed for successful colon cleansing is to let only a small amount of water enter your colon at a time. If you add water too quickly, you will stimulate peristaltic action in the sigmoid and the rectum, making it nearly impossible to get water into the transverse and ascending colon. If a hint of cramping occurs, immediately stop the flow and relax. Take a big breath and slowly let it out. When there is no more cramping, or 30 to 60 seconds have passed, resume filling Page 2 of 2 your colon with small amounts of solution until you have taken in 1 to 3 quarts, or you can no longer tolerate the amount of cramping that is occurring. You do not need to force yourself to withstand any pain. If you were only able to take a pint of solution before you experience consistent cramping, sit on the toilet, and let your bowel empty.

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5. ABDOMINAL MASSAGE. It can be helpful to gently massage your abdomen to assist the flow of the enema solution into the entire colon. Massage your colon from the bottom left corner of your abdomen toward your chest, moving the water up the descending colon, then across toward the right, moving the water through the transverse colon and finally down the right side into the ascending colon and the cecum area. Reverse the direction of massage when eliminating the enema solution. At the Optimal Health Center, we use a massage tool called a percussion massager. It works wonders. If you have difficulty holding water or eliminating during a colon cleansing treatment, you may also want to try a massager.

6. POSITION. Some people find that being on their left or their right side at some point during a session can make a big difference. Give it a try. Turn over onto your left side and, while gently massaging the abdomen, take in more water. This will facilitate filling the entire colon. Others find that lifting the buttocks off the ground with the body propped up on a pillow or using the yoga position of a full shoulder stand (not recommended if you haven't tried this before) will further move the liquid into your colon. Try to retain the enema for about 5 to 15 minutes. Sit on the toilet and evacuate whenever you need to.

7. WATER VOLUME. If you can't take all 2 quarts of water, that's okay. Take only what you can hold comfortably. On the first enema, you are most likely very full in the sigmoid and rectal area. This is where the nerve endings that stimulate peristalsis are, so it is very common to only be able to take a small amount of liquid on this first fill. Take the nozzle out and sit on the toilet. Make sure you have first closed the clamp.

8. COMFORT LEVEL. After you have expelled your first enema and most of the fecal matter on the toilet, you will want to repeat the procedure. This time follow the same procedure, but now try to increase the volume of water. With your colon now empty, you will have room for more water. Taking into your colon 1 to 3 quarts of water is key to an effective enema series. Take only as much as you can comfortably hold. Do not put yourself in pain that lasts for more than a couple of passing seconds. Use pain as a guide to what your colon is comfortable with. Again, go slowly. Repeat the enema again if you have time and are still passing feces.

9. THIRD ENEMA. For the third enema in a series, I recommend that you use a therapeutic substance like bifidonate or my Olive Oil, Aloe Vera, and MSM Implant Kit with Peppermint Essential Oil.

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