

Basic In-Home Colon Cleansing: An Illustrated Guide

By Edith Webber



Basic In-Home Colon Cleansing: An Illustrated Guide

ISBN 0-9622965-3-8

Made in the United States of America

All Rights Reserved 2003
Health Management Research Institute

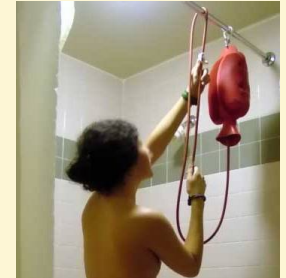
Duplication and/or distribution of any
kind is prohibited without the express
permission of the publisher.

Inquiries should be directed to:
ColonWellness@Yahoo.com



Basic In-Home Colon Cleansing

Viewing Instructions...Please Read First!



The enclosed content is presented in Portable Document Format (pdf) and is best viewed by a pdf viewing program such as Adobe Acrobat® Reader®, which is standard on many computers (and is a free download at www.adobe.com).

To view the presentation most effectively, you should view in the 'Full Screen' mode or other large format mode. Go to either 'File' or 'Edit' depending on your viewer, and on the drop down menu click 'Preferences' and then 'Full Screen...' which will bring up the 'Full Screen Preferences.' On most viewers you can choose to advance the slides automatically every several seconds, or on a click of your mouse, or both (meaning if the slide advances and you don't want to wait, click and it will advance before the timing is up.) It is suggested that you start by just setting 'Advance on Any Click' and not setting a timing, until you get used to the presentation. When you are in Full Screen Preferences be sure to click the box that says 'Escape Key Exits' meaning that clicking your Esc key will exit you from full screen and back to the view with toolbars.

Note that the viewer does permit you to print out (a) all pages, (b) just the current page you are viewing or (c) selected pages.

There are 10 'Parts' to this presentation, and the Table of Contents is on Page 4....it is suggested that you print this and keep it! This will allow you to use the 'go to' function. To 'go to' a specific page—any page—on the top menu click on 'Document' and then in the drop down menu click on 'Go To Page...' which will bring up a small box that displays the page you are now viewing, in which you can delete that number and replace it with the page you want to move to.

**Basic In-Home Colon Cleansing:
An Illustrated Guide**

TABLE OF CONTENTS

Part 1 Foreword and Introduction	Slide 5
Part 2: Presentation Scope and Rationale	Slide 10
Part 3: Overcoming Fears and Misconceptions	Slide 16
Part 4: The Importance of Relaxation	Slide 24
Part 5: The Basic Colon Cleansing	Slide 28
Part 6: Enema Recipes and Solutions	Slide 48
Part 7: Enema Techniques and Positions	Slide 55
Part 8: Colon Cleansing Safety Considerations	Slide 95
Part 9: Introduction to Colon Hydrotherapy	Slide 113
Part 10: Other Sources of Information	Slide 127



Basic In-Home Colon Cleansing
Part 1 Foreword and Introduction



Author's Foreword...

This presentation was inspired by both my own childhood and, later on, by my work with people in home health nursing.

At its essence this is a presentation about taking more control of one's own well-being.

As a child I was blessed to have a grandmother and mother who believed in the healing power of colon cleansing through gently taken enemas. My grandmother taught me how to accomplish colon cleansing gently but thoroughly from a very early age, removing the mystery and fear.

She taught me not to be ashamed of undressing and lying down comfortably on a bed to take in the cleansing water slowly and gradually, pausing to relax when necessary, encouraging me to think of this process as part of my own health care just as was brushing my teeth. She taught me not to fear the cleansing process, how to deal with the strange physical sensations, how to take my time and relax, and how to look upon colon cleansing as a healing and replenishing process which, when used properly and with gentle care, would give me relief from colds and flu or just rejuvenate me when I was irritable or had 'the blahs.'

As an adult, both with myself and with patients, I've learned that regular colon cleansing can be beneficial especially in light of our stressful lives, diets and for too many of us, lack of enough exercise.

Many people will find talk of regular colon cleansing strange, improbable and far-fetched inasmuch as so many people either had no experience with colon cleansing when they were younger—or as adults for that matter—or they had stressful, bad experiences which have left fears or even emotional scars. Cleansing the colon with water through enemas has been around since ancient times but, unfortunately, too much colon cleansing has been done hurriedly or with unnecessary force.

Too many people's memory of colon cleansing is embodied by the photo on the right in which an enema bag—which to a child can appear to be gigantic and fearsome in the first place—is held up high by a mother, father, aunt, babysitter or nurse who has not-too-gently inserted an enema nozzle and who is ordering the crying or whining child to 'take more' as the water rushes in, causing unbearable cramps. Many children were held down or otherwise restrained by one adult while another person administered the enema, causing embarrassment, further cramping, crying, struggling, etc....all utterly counterproductive to effective colon cleansing.

Many adults, too, have had unfortunate experiences with medical caregivers or technicians who were in a hurry or improperly trained.



Traumatic childhood experiences with enemas for many people are unfortunate in that during a person's adult life—when one really needs to be cleansing the colon to rid oneself of toxic waste built up from the stress and dietary lifestyles too many of us have—the negative memories of childhood enemas, or even enemas given to people as adults in hospitals or other medical settings, prevent many people from learning how to do colon cleansing in a gentle, gradual manner.

In some ways the adult who has never done colon cleansing is very likely better off than the adult who has had traumatic childhood experiences with enemas.

As I said, I was one of the fortunate ones as a youngster. Then, in my nursing days I was called upon to tend to many people whose bowel functioning was impaired as a result of either illness or injury. I had the honor and the opportunity to teach many patients and families the simple benefits of colon cleansing, and the effective yet gentle ways of doing this.

Over the years I encountered many patients and friends of patients or family members who complained of all kinds of minor but highly irritating bowel/colon problems. Tragically, so many people suffer unnecessarily, and often expensively, with real or perceived bowel maladies, not realizing how much relief they might experience through simple, drug-free periodic in-home colon cleansing accompanied by proper diet and other steps—perhaps in some instances supplemented by occasional visits to a certified colon hydrotherapist.

A few years ago I had a home care patient who had to take enemas nearly every day as the result of a weak 'peristaltic action' in his colon, a man who knew even more about in-home colon cleansing than I did, and over time we started talking about doing a book, at first almost humorously in that we had learned so much about in-home colon cleansing. He was willing to share all of his experience and knowledge and to be photographed. This openness on his part, in turn, motivated me to contact others who were willing to participate in this project, a project that certainly would not have been possible without the men and women who were willing to share their procedures and techniques of in-home colon cleansing with the world. They are to be greatly admired for doing this.

This presentation is designed to deal with in-home colon cleansing through gentle but thorough enemas quiet openly and directly. The reader will note that although every attempt has been made to do the photographs tastefully yet clearly (given the subject matter) those participating in this project decided to 'show it as it is' meaning not to attempt to hide the human body or conceal visualizations of procedures, equipment, relevant parts of the body, positions, etc. And, as I learned myself at a very early age, in-home colon cleansing is best accomplished with minimal clothing both because of the need to change positions and to permit maximum relaxation, with relaxation in a comfortable setting being the single most important key to effective colon cleansing. This book is about the 'techniques' and practical aspects of colon cleansing and does not purport to elaborate underlying medical theories or malfunctions of the colon. For more information about colon conditions, medical theories, colon hydrotherapy and other matters please see the links in the final part (Part 10: Other Sources of Information). The reader is also encouraged to do searches on the Internet and to join one or more of the various discussion groups about colon cleansing, colon therapy and bowel/colon dysfunctions.

It is stressed that one does not have to experience a 'dysfunction' to benefit from regular, periodic colon cleansing. Many colon therapists and other health professionals join me in believing that a cleansed colon can prevent buildups of toxins, impactions and other colon problems before they become 'medical problems'—particularly in light of our lifestyles, our levels of stress and our diets in today's modern society.

Unfortunately, our modern lives are often not ‘colon-friendly.’ The three most common lifestyle contributors to the build-up of toxins and other problems in the colon are: (a) lack of regular, vigorous exercise, (b) diets that are often high in certain fats, sugars and starches and (c) stress. Too often, many of us are eating ‘fast food’ and eating in a hurry. We’re rushing around in our business and personal lives, many times thinking of our bosses, our children and our spouses and/or friends—and putting all of this first before ourselves.

The colon is not just a ‘garbage can’ into which you can ‘dump’ anything in hopes it will come out. First, many types of foods promulgate the production and reproduction of certain kinds of bacteria, some of which themselves are counterproductive to efficient digestion. Second, lack of exercise as well as certain types of foods in themselves can slow the digestive process. Third, although a person may be having bowel movements, some materials can build up inside the colon and along the walls of the colon itself, causing longer term residues or even ‘impactions’ that, in and of themselves, are unhealthy both with respect to the tissues of the colon lining and with respect to toxins produced by certain bacteria, the waste of bacteria and other materials that may ‘get caught’ in the colon.



*Some very special and dedicated people helped make this project come true,
and my thanks goes Laura, Natalie, Don and Kevin.*

Some people carry fecal material, bacteria, impactions and other substances counterproductive to colon health for long periods of time before even being aware of having a problem. Other people experience constipation, diarrhea, alternating constipation-and-diarrhea, rectal soreness and all kinds of other symptoms that something is not right with the colon.

Many people who experience symptoms take over-the-counter or prescription medicines, special supplements and all kinds of other remedies and tests without trying simple colon cleansing through hydrotherapy. My purpose here is not to speak out against the medical community or those who promulgate laxatives, herbal cleansing agents, detoxification programs or anything else but, rather, to encourage people to try regularly bathing the colon 'from below' with gentle, in-home enemas, perhaps combined with occasional cleansing from a certified colon hydrotherapist.



The reader is sincerely encouraged to overcome his or her trepidations or hesitations about colon cleansing, for the colon is a large, extremely important human organ deserving of gentle attention and timely 'maintenance.' Taking care of one's colon is worth the effort to overcome ignorance, fear, and the many misconceptions about the methods, process and techniques for colon cleansing. The right mindset is important: everyone 'bathes' oneself on the outside to be rid of dirt, bacteria and impurities...the reader is encouraged to think of colon cleansing as simply giving one's colon a periodic bath!

Of all the points made in this presentation, the most important principle articulated is to 'be good to yourself' in the colon cleansing process—meaning to make every effort to undertake this renewing experience in a 'place' where one can truly be comfortable and take time to relax for a good result.

My fondest hope is that through this book and other resources, as my gentle grandmother used to say, colon cleansing will become no more stressful or unusual than brushing one's teeth, that people will become comfortable with their bodies during this process and will look upon the colon cleansing experience as useful, rejuvenating and pampering....in other words, as another way of being good to yourself!

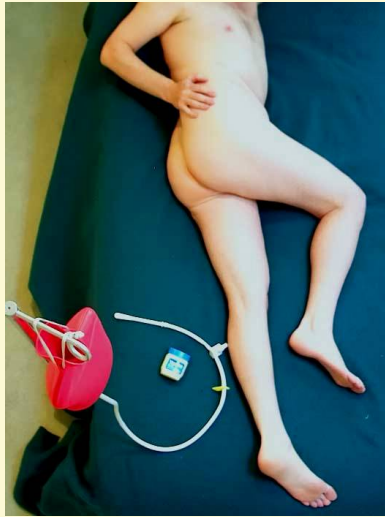
Edie Webber

Basic In-Home Colon Cleansing

Part 2: Presentation Scope and Rationale



This presentation is intended strictly for 'mature' readers.



This presentation is intended to clearly but tastefully provide guidance, instruction and examples with photographs of real people.

Even though I have taken great pains to present this content and the photographs in a tasteful manner, the photographs are comprehensive given the subject matter and, for this reason, I advise that this presentation and the content herein is intended for adult, mature audiences.



The Intended Scope and Limitations of This Presentation

This presentation is intended to thoroughly address techniques for basic in-home colon cleansing, mainly through the use of gentle but thorough enemas.

Topics covered will include basic enemas, enema equipment, enema positions and a number of other relevant topics. However, this presentation is not intended to give medical advice of any kind, nor claim to 'cure' diseases.

A second presentation, Advanced In-Home Colon Cleansing will be published later in 2003. If you would like to receive advance notification of this upcoming publication, email us at: ColonWellness@yahoo.com.





Important ! Please read the safety information provided here!

Safety is a major concern of ours and should be for you. Although I consider the procedures, techniques and equipment that are presented herein to be safe if used with common sense and prudence, you should not undertake an in-home colon cleansing program if you have high blood pressure, heart trouble or *any other significant health problem* without consulting a certified colon therapist or a physician.

Colon cleansing can and should be done gently and safely! If you are in doubt about an issue consult a certified colon hydrotherapist, an experienced nurse, a physician or feel free to email us at: ColonWellness@yahoo.com.

The anus, rectum and colon are sensitive areas that should be treated gently and respectfully every time you undertake a colon cleansing. Go slow, use plenty of lubrication and use common sense with respect to enema nozzles, solutions, volumes taken in, water temperature and cleanliness of your equipment. NEVER share enema equipment with another person or use another person's equipment. Basic cleansing equipment is not expensive...you and your family members deserve to be sanitary and safe!

See Part 8 (starts at Page 95) for more safety information.



Rationale for Colon Cleansing Through Enemas

Colon cleansing through enemas has been documented almost as long as history has been written, going back to ancient Egyptian times. Evidently, many civilizations recognized the need to cleanse this large and vital organ, to ‘give the colon a bath’ so to speak.

Although in theory the colon is ideally supposed to be relatively self-sufficient in its functioning, our modern lives are often not ‘colon-friendly’ and can cause or aggravate a buildup of bacteria and toxins, especially in adults, sometimes negatively influencing not just the colon but a person’s digestion, skin, energy level and general health. The four most common lifestyle contributors to the build-up of bacteria and toxins in the colon are: (a) lack of regular, vigorous exercise, (b) diets that are often high in certain fats, sugars and starches, (c) overweight and (d) stress. Too often, many of us are eating ‘fast food’ and eating in a hurry, plus often eating just plain too much in relation to our physical activity level. We’re rushing around in our business and personal lives, many times thinking of our work, our children, our spouses and/or friends, or whatever else—and putting all of this first before ourselves.

As stated in the introduction, although a person may be having bowel movements, some materials can build up inside the colon and along the walls of the colon itself, causing longer term residues or even ‘impactions’ that, in and of themselves, are unhealthy both with respect to the tissues of the colon lining and with respect to toxins produced by certain bacteria, the waste of certain bacteria and other materials that may ‘get caught’ in the colon. Some people carry fecal material, bacteria, impactions and other substances counterproductive to colon health for long periods of time before even being aware of having a problem. Other people experience constipation, diarrhea, alternating constipation-and-diarrhea, rectal soreness and all kinds of other symptoms that something is not right with the colon.

Many people who experience symptoms take over-the-counter or prescription medicines, special supplements and all kinds of other remedies and tests without trying simple colon cleansing through hydrotherapy. My purpose here is not to speak out against the medical community or those who promulgate laxatives, herbal cleansing agents, detoxification programs or anything else but, rather, to encourage people to try regularly bathing the colon ‘from below’ with gentle, in-home enemas, perhaps combined with occasional cleansing from a certified colon hydrotherapist.

Put simply, my purpose is to encourage people to ‘give the colon a bath’—your colon deserves it!



**This presentation is about
colon cleansing techniques,
not about giving medical advice...**



The colon cleansing techniques discussed herein are techniques designed to be safe and gentle; however, you ultimately need to determine *what works for you!*

If you believe that you have health problems that would prevent you from undertaking an in-home colon cleansing program—or if you are uncertain as to whether to undertake such a program—consult a certified colon therapist, a physician or a nurse qualified in and knowledgeable about enemas. I do not know you or your medical history, and I am not here to give you medical advice. In addition, feel free to email us with questions about enema equipment and enema techniques at: ColonWellness@Yahoo.com but please realize that I do not and will not provide medical advice.

Many resources exist on the Internet and elsewhere describing the reasons for and positive benefits of safe colon cleansing. One of our favorite resources is www.ColonicHealth.com and another resource is the International Association of Colon Therapy at www.I-act.org.

This presentation does not cover ‘oral’ chemically-induced or ‘herbally’ induced oral colon cleansing. So-called ‘detoxification’ programs are not discussed here; rather, the emphasis is on colon cleansing through enemas and ‘hydrotherapy’....



Many orally taken ‘detoxification’ and colon cleansing products are sold and espoused. No offense to them, but this presentation does not comment upon such products and programs one way or another.

The emphasis in this presentation is on colon cleansing through enemas, colonics and related techniques involving the injection of water or mixed enema solution into the rectum.

For people interested in orally-driven ‘detoxification’ and colon cleansing programs I encourage you to search the internet, especially relevant chat groups.

For those engaged in orally-driven ‘detoxification’ programs, colon cleansing through enemas can be a good adjunct to such programs.

Fasting or partial fasting can be an appropriate part of restoring and maintaining colon health. For more information on fasting and nutritional aspects of colon health go to: www.colonichealth.com.

Basic In-Home Colon Cleansing

Part 3: Overcoming Fears and Misconceptions



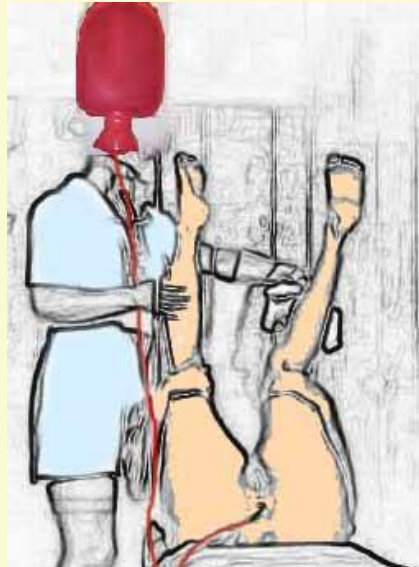
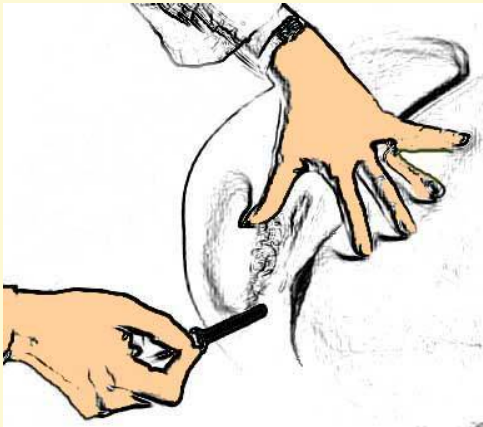
Understanding The Psychology of Colon Cleansing: Overcoming Past Traumatic Experiences With Enemas



To many adults, the mere mention of ‘enema’ conjures up past traumatic experiences. Most adults who experience anxiety over enemas do so because of enemas they received as children.

It is remarkable how many people have misconceptions about enemas. Some of these misconceptions stem from traumatic childhood experiences of being given enemas, while other misconceptions stem from simply being uninformed or misinformed about colon cleansing.

Much trauma relating to the thought of enemas relates to past enemas, given to children and teenagers forcefully or semi-forcefully. Even more important, the enema givers—although well-meaning—most often did not know how to properly administer an enema. Too often, the object became ‘get the water in’ resulting in the enema bag being too high and the flow way too fast, creating painful cramps and adding to what became a humiliating experience.



Many people received enemas at home as children or teenagers. This view will be familiar to too many, sadly...in which the enema bag seems like it is hung on the ceiling, the water rushing in, the child kneeling in the bathtub, on the bathroom floor or held down on his or her back. Well meaning parents, grandparents, aunts, babysitters or even visiting nurses probably knew no other way; many of them likely received enemas in this manner.



The enema bag may seem intimidating...
but in this presentation I will show you how to take enemas
gently, slowly and thoroughly so that you will begin to look at
this intimate process as a renewing, healthful experience.

Overcoming Prejudices and Misconceptions About the Rectum and Anus

In addition to traumatic experiences in childhood or even as young adults, many people—and to some extent society in general—have a fear of and/or sense of revulsion about the colon, rectum and anus. Often people are brought up not to discuss or attend to the anus and rectum, as if it is part of an alien being. In fact, this should not be considered any more 'alien' than one's own mouth, and inserting an enema nozzle or colon tube to cleanse the colon should really not be any more unusual than brushing one's teeth. Getting used to and accepting this attitude takes time, as well as a comfort level with this intimate part of one's body and, of course, a comfort level with the enema, viewing it as a renewing, positive experience rather than something to be dreaded.



Did I say that colon cleansing through enemas should be viewed as a renewing, positive experience? Yes!

Just think about it for a minute...think about one's body and care of the body. Think about how many areas of a person's body are cleansed, attended to and taken care of every day or every-other-day. Things as simple as brushing one's teeth, tending to one's fingernails and toenails, flossing the teeth, getting one's haircut, shaving, grooming, using skin cream. When you think about all the things a person does with their body and to their body on a routine basis without even thinking, every day or every-other-day... and then you think here we have the often neglected colon – a huge vital organ that has an enormous effect on a person's health and well-being. This organ is accumulating and processing enormous amounts of waste material, and for many people this is 'material' from the American diet/lifestyle which, unfortunately, often involves fast food, greasy food, too much sugar and little exercise. So, why not cleanse it? Why not give the colon periodic, gentle cleansings done that permit it to be rejuvenated and give 'the body' the opportunity to get rid of accumulated toxins and waste? Why not give one's colon the same care that is given the teeth, nails, and hair?

People are encouraged to think of the anus and rectum not as 'dirty' and 'off limits' nor, on the other hand, as 'erogenous zones' but rather, for the purposes of this presentation, as the *gateway to one of the largest and most important organs in the human body*, a gateway we can use to cleanse out waste material and revitalize this large, important organ. The opportunity to cleanse the colon by using the 'gateway' of the anus and rectum should be thought of as an opportunity to contribute to one's overall well-being.



Our philosophy about enemas is different than you may have ever heard...we fully realize that enemas are not (yet) widely accepted as part of one's personal health care routine...I am not naïve. I recognize that most people do not know much about enemas, and what they do know may be incorrect or the result of prior bad experiences. I also recognize that many people have reticence, shyness and even prejudices about the anus, rectum and colon. Nonetheless, our goal is to change people's thinking about colon cleansing and its various aspects by showing how this can be a positive, renewing and healthful experience that, as one gets used to it, will become part of one's routine, leaving behind misconceptions, prejudices and past traumas.



To me, periodic colon cleansing is a natural and necessary thing to do, made even more imperative by our modern lives:

- The anus is not part of an alien being and should not be shunned. It is the gateway to a large, crucial organ that should not be neglected.
- Injecting water or enema solution into the colon through the anus and rectum to accomplish a periodic, healthful cleansing of the colon is, to me, no more 'strange' than brushing one's teeth.
- Our techniques of in-home colon cleansing promote a gentle experience in a relaxed setting, not a traumatic, rushed experience.

Throughout this presentation I will encourage you to change your entire mindset about the colon, the anus and colon cleansing. I will encourage you to forget about and put behind you past experiences with enemas and what others may have told you about how to take enemas. I will encourage you to open yourself up to a new way of thinking and to give colon cleansing a try our way!

Dealing With the Intrusiveness and Embarrassment of Enemas



An enema is a highly intimate procedure. But it does not need to be embarrassing, stressful, painful or traumatic...

Enemas and colon therapy involve at least two acts that can cause anxiety: (a) being naked or half-naked and 'opening' ones 'private parts' and (b) inserting a nozzle into the anus and rectum.

Even people who are totally alone are often embarrassed and uncomfortable when learning how to give themselves enemas. Add to that the newness of the procedure and the occasional discomfort in the form of cramping—even when the enema is taken slowly and gently—and there's no question that the act of preparing for and taking enemas takes a physical and mental adjustment.

This physical and mental adjustment is particularly difficult if the person had traumatic experiences with enemas in childhood or, on the other hand, is completely new to enemas and finds the sensations disconcerting and uncomfortable at first.

The two keys to overcoming these anxieties are:

- (1) Re-thinking one's attitude about colon cleansing
- and (2) Taking time to get used to a colon cleansing regimen, not giving up during the initial awkwardness.

This last point is the most crucial of all: taking time, trying different enemas and different positions, equipment, settings and other aspects that will work for you !

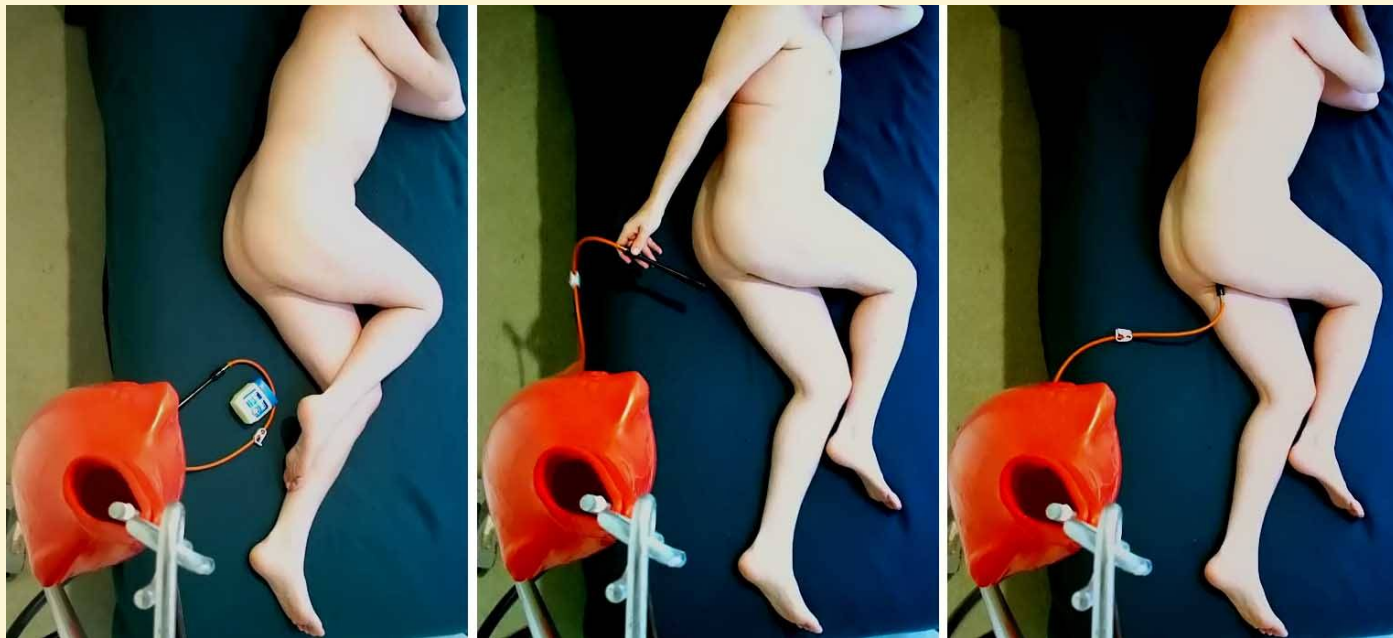
It is our hope that through this presentation you will be able to overcome anxieties and misconceptions about colon cleansing, learn about gentle in-home enema techniques, then work with yourself and take the time to develop a good colon cleansing program of your own. In addition to your own in-home colon cleansing program, if you wish to consult with a colon therapist during this process or see what it is like to experience colon hydrotherapy, do so! Certified colon therapists are professionals used to dealing with and calming people's anxieties and they are not afraid of or repulsed by the human body, the anus and rectum. Colon therapists, like the colon therapist shown below, have made colon cleansing a 'good thing' not to fear but to embrace as a gentle, renewing experience.

Whether you consult a colon therapist or not, our goal here is to give you the information to permit you to both overcome anxieties and cleanse and renew one of your most vital organs in a gentle but thorough manner.



Basic In-Home Colon Cleansing

Part 4: The Importance of Relaxation



The Importance of being patient,
finding the right setting for colon cleansing
and, above all, *taking time*....



When you think that the colon—this large, crucial organ—is neglected because of a person’s societal prejudices, bad experiences, embarrassment, or just plain not knowing about it...

And you compare that to the benefits that can be realized by attending to this largest internal organ of the body periodically—by undertaking colon cleansing in a gentle, effective manner—when you think about the benefits, it really is amazing. There are enormous benefits alone, just in better colon functioning, not to mention an improvement in a person’s general health and energy level.

But realizing these benefits takes a patient attitude. And, it is crucial for each individual to find the right ‘place’ to take these rejuvenating colon cleansings through gentle but thorough enemas.

Taking the time to give this renewing gift to yourself means making time, and being patient through the learning process.

Much of proper colon care is mental. Part of this is changing one's attitude about enemas, colon therapy, the rectum, the anus, and so on.....and, changing one's attitude quite literally about the enema bag and enema nozzle which, from childhood memories, can seem like items for torture.

There are challenges for people to better understand proper enema equipment and altering what one may have thought was the only way that an enema could be taken—too often, thought of or remembered as a horrible or traumatic experience.

But another crucial 'mental' part of colon cleansing is realizing that *both you and your colon need to be in a 'relaxed state' and a 'relaxed place'* in order to transform the experience of colon cleansing at home into a renewing, gentle, healthy experience.

Who is more relaxed here, more comfortable?

Who appears to be ready to take time?

Who is more likely to take a more thorough enema or enema series and achieve a better cleansing?



No single element of colon cleansing is more important than relaxation.

So much of colon cleansing is about relaxing the mind and the body, and being in a 'place' of quiet and comfort where one can do so. Relaxation permits enemas to be taken slowly and gently, not in a rushed and stressful manner. Relaxation permits the person taking or giving the enema to stop the flow when cramping occurs, permitting the colon to get used to the inflow of water or solution. Relaxation permits the colon to take water or solution 'up high' into the regions of the transverse colon and the cecum, which are regions that are too often neglected in cleansings.

Above all, relaxation in doing in-home colon cleansings will permit both a better, more effective cleansing but will make the experience positive and renewing, as it is intended to be.



Basic In-Home Colon Cleansing

Part 5: The Basic Colon Cleansing



The most important single aspect of in-home colon cleansing through enemas is the ability to relax...



More than any kind of enema bag or nozzle, more than any type of enema solution, it is the ability to relax during an in-home colon cleansing that makes the treatment successful.

Relaxation, quiet and comfort are the most important ingredients for good in-home colon cleansing, as Laura shows here.

Notice that she's spread out on a bed, lying in one of the classic enema positions. She can rest and take the enema slowly, plus the shutoff clamp is within easy reach if she wants to halt the flow during the enema (see just to the left of her left leg).

Relaxation in the colon cleansing process means being in *both* a relaxed state of mind and a relaxed setting...

A relaxed state of mind means focusing on the colon cleansing, undistracted!



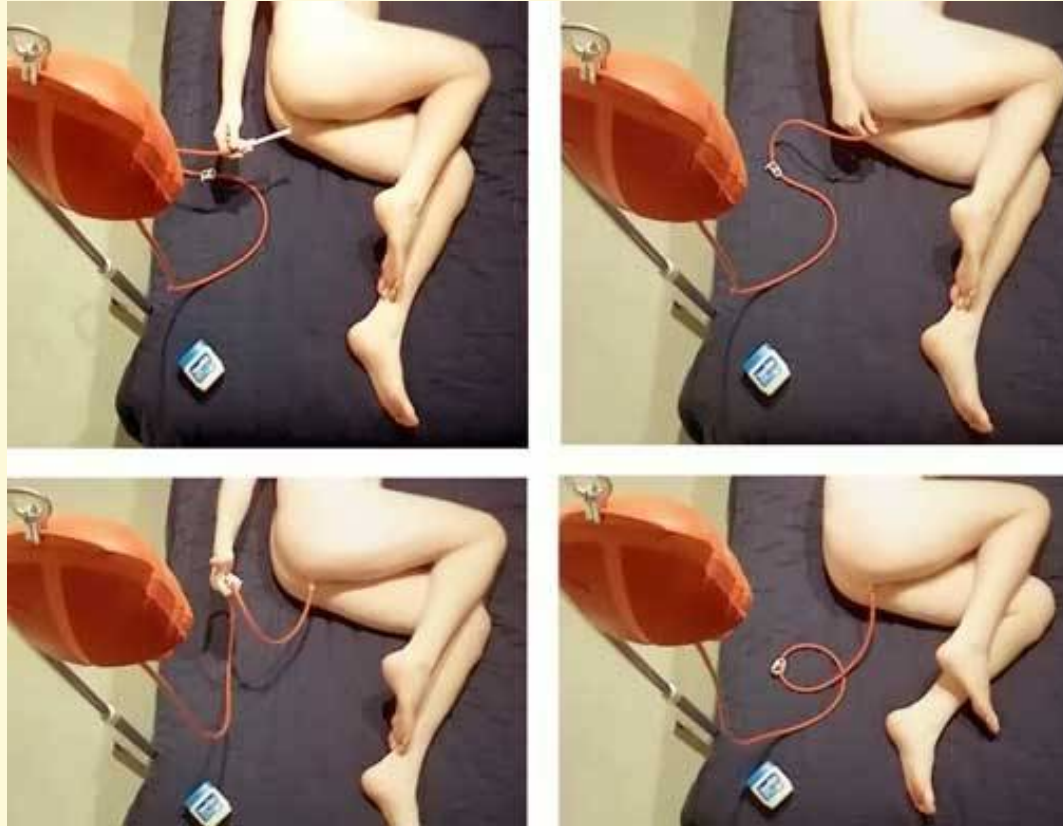
Do I need to even ask which gentleman has a greater chance of concentrating on taking a gentle, thorough colon cleansing?

A relaxed setting permits comfort which, in turn, gives one the ability to relax and concentrate on gently taking enemas. Natalie is the relaxed one on the right.



Once again...do I need to ask who is able to be more relaxed during her colon cleansing?

The bathroom is a great place to prepare an enema bag and let the air out of the enema hose, but a bed, futon or other soft surface is a much more relaxed place to take the enema. Note how comfortable Laura is in being able to lie down in the left side position, insert the nozzle slowly, then unclamp the hose, permit the enema solution to flow in, and relax in a restful position, taking the enema slowly.



The Basic Enema Series

Step 1: Determine What Kind of Cleansing is Desired



The first step is to determine how much time one has, and how thorough of a cleansing one wishes to accomplish. We all have to be realistic about our schedules. Sometimes we only have time for one or two enemas, hopefully two at a minimum inasmuch as just a single enema can ‘stir up’ toxins in the colon without giving the colon a chance to get rid of those toxins.

It is often advisable, if one has the equipment and the time, to prepare two or three enemas in advance, at different water temps. The enema bag in the middle of this photo contains a soapy mixture for the first enema, whereas the other two enemas are designed to be plain water, ‘high’ rinsing enemas.

Part of the decision in ‘what kind of cleansing’ one wishes to do is determined, of course, by how much time one has. But another, important factor is whether one is feeling ‘blocked up’ or constipated. Still another factor is to address the issue of how much time one has had since the last thorough enema series at home, or since the last colon therapy session.

The Basic Enema Series Step 2: Get Set Up To Relax and Concentrate

Although there are circumstances when enemas can be taken in a bathroom, the photos on the left show 'bathroom floor' enemas that are not conducive to relaxation and a good cleansing.

On the right you see that Laura is taking the time to set up the enema equipment and take the enema lying comfortably on her bed. She'll take several consecutive enemas and achieve a good, renewing cleansing, all done in a relaxed manner.





The Basic Enema Series

Step 3: Assemble the Proper Enema Equipment

The point here is to assemble whatever enema equipment is going to be used.

Here the equipment includes a ‘regular’ 2-quart enema bag, a small 4 ounce enema nozzle, and enema soap.

It’s also important to decide on a lubricant—oil based lubrication such as Vaseline or water-based lubrication such as KY.

In general, oil-based lubricants have more ‘staying power’ but can be more difficult to clean up, whereas water-based lubricants tend to lose their lubrication qualities more quickly but are ‘water-based’ and, therefore, are a bit easier to wipe off and clean up.

Disposable gloves are advised for lubrication of the inside of the anus. In addition, any person helping another person with enemas should always wear gloves.



The Basic Enema Series

Step 4: Fill the Enema Bag With the First Enema and Mix



Laura is going to take her first enema in a series of enemas, as a ‘soapy’ enema. The bag is filled with warm water—not hot—and the equivalent of ½ teaspoon of ‘castile’ soap is dripped into the enema bag. She knows that a little soap in the colon goes a long way and she doesn’t need much soap.

Laura then secures the screw-top, clamps off the enema hose and shakes up the bag, mixing the soap to make a soapy enema solution. There are many solutions and ‘recipes’ for enemas, but one of the most common is the simple soapy enema, especially when it is taken as the first enema in a series.



The Basic Enema Series

Step 5: Let the Air Out of the Hose and Regulate the Flow



One can use the regular ‘enema nozzle’ that comes with a store-bought enema bag, or one can use the ‘douche nozzle.’

Here Laura is going to unscrew the regular enema nozzle and replace that nozzle with a douche nozzle which she finds easier to retain during the enema.

Many people find it much more convenient to ‘hold in’ the nozzle if they gently insert and use the douche nozzle, because this nozzle is wider or ‘flared’ at the end.

The Basic Enema Series

Step 6: Hang the Enema Bag In A Convenient Place



Notice that the ‘convenient place’ here is a bed.

The bag is also hung on a purchased IV-type stand, sold by many suppliers.

This set-up makes it easy to relax and concentrate on taking the enema or enemas.

In addition, the IV stand is useful for hanging two enema bags, when it is possible to take the time to take two or more consecutive enemas.

The Basic Enema Series

Step 7: Clear Out the Lower Rectum With a Small 'Bulb' Enema



It is often very useful to take a small enema to clear out the very lower rectum prior to taking enemas with the enema bag.

This small 'bulb type' nozzle holds only about 4 ounces of warm water, but it will do well in helping Laura clear out her lower rectum prior to using the enema bag.

The Basic Enema Series
Step 8: Lubricate the Enema Nozzle



She lubricates the douche nozzle using a water-based lubricant, KY.

The Basic Enema Series

Step 9: Gently Lubricate the Inside and Outside of the Anus



By rubbing the lubricated nozzle on the outside of her anus, she can lubricate the area prior to insertion of the nozzle.

The Basic Enema Series

Step 10: Gently Insert the Enema Nozzle



The nozzle is gently and slowly inserted. Each individual needs to get used to doing this, and get the 'feel' of inserting the nozzle slowly and safely.

ALWAYS go slow in inserting nozzles, regardless of the type or size of the nozzle.

The Basic Enema Series

Step 11: Assume a Comfortable Position and Unclamp the Enema Hose Clamp, Keeping the Shut-off/Flow Clamp Within Easy Reach!



The height of the enema bag can regulate the rate of flow and, in addition, one can purchase 'flow regulators'. Either way, Laura wants to take the enema slowly, in a comfortable position, and to keep the shut-off clamp close by!

The Basic Enema Series

Step 12: Clamp Off the Enema Flow When Cramping



It is natural and normal to feel ‘cramping’ at different stages during an enema, especially a ‘high’ enema of 2 quarts or more.

Thus, one can clamp off the flow and relax at different times during the enema, as Laura is doing here, permitting her colon to get used to the solution, and permitting the solution itself to become more evenly dispersed throughout the colon.

The Basic Enema Series

Step 13: Change Positions As You Get Full



As one becomes more full, it's appropriate to change positions, most commonly to lie on the side or on the back.

Higher volume enemas (2+ quarts) are taken in such a manner that the person takes the last stages of the enema on his or her back, permitting the stomach and colon area to expand significantly without any surface that one might be lying on face down or partially face down exerting counterpressure on the abdomen and colon.

The Basic Enema Series

Step 14: The 'On the Stomach' Position Can Be Relaxing Including for Retaining the Enema for a Few Minutes



Enemas that are thorough but not high volume can often be taken in a very relaxed manner on the stomach.

Some people prefer this position, perhaps alternating to the on-the-side position. It's quite possible to take a full two-quart enema bag in this position with some practice but, again, you need to do what feels right and effective for you.

This 'on the stomach' position is also a position that can be relaxing to 'retain' the enema for a bit of time after the enema has been injected.

The Basic Enema Series

Step 15: After the Soapy Enema, Take a Plain Water 'High' Enema



The first enema in this particular series was a soapy enema, with the 'castile' soap. Now Laura is ready to take a higher volume enema using a 3+ quart enema bag, but it will be a plain water enema to 'rinse' the colon. She does not feel obligated to take the entire 3 quarts, and so she'll see how she 'feels' as the enema progresses.

It's common for people who desire a thorough cleansing to take two or three 'rinsing' enemas, often ending up with a cooler enema as the last enema in the series. The cool water can 'tone' the inner muscles of the colon and create a good final cleansing in the series.

Basic In-Home Colon Cleansing

Part 6: Enema Recipes and Solutions



Please Note:

The enema recipes contained herein are recipes that are commonly presented in medical books, nursing manuals and web sites.

However, please use caution in experimenting with new enema recipes.

In general, where the colon is concerned, small amounts of ‘additives’ and ‘mixtures’ go a long way.

The inner tissues of the colon are sensitive, as are all human organs and tissues, and in addition, the colon and rectum are highly ‘absorbent’ tissues. Therefore, when trying out new enema recipes, go slow and start with conservative mixtures and with low enema volumes.

Never use any but the most ordinary mixtures on children without doctors’ orders.

If you have high blood pressure or other medical problems, consult a certified colon therapist or a physician before entering into an in-home colon cleansing program.

If you have questions, please email us at: ColonWellness@Yahoo.com



Plain Water Enema

Warm Water, Nothing Else

Up To 2+ quarts

½ Teaspoon Table Salt Optional

This enema is often taken ‘in series’ starting with a smaller amount (1 pint to 1 quart) for the first enema to clear out the lower bowel, then working up to a larger volume enema.

This is the ‘plain vanilla enema’ to give your colon a bath and, if taken slowly and gently, is very safe. The salt can prevent over absorption of water (which, in some people, can elevate blood pressure), but absorbing water through the colon is not necessarily always a bad thing, in moderation, in that it can ‘flush out’ the kidneys as long as one doesn’t mind urinating a bit more than usual after the enema or enema series.

The recommended temperature of this warm enema is about 105 degrees F....warm but not hot. Some people vary the temperature to make it quite warm, but it should never be really hot water.

There is nothing wrong with sticking to plain water enemas. No one should ever feel that they need to use any mixtures if, in fact, plain water ‘works’ for your colon!

Cold or Cool Water

2 tablespoons Table salt

2-3 quarts Water

Note: In general, colder water temps cause additional cramping, so be aware of the difference between ‘cool’ and ‘cold’ enemas!

Water can be varying temp. Can cause strong cramps, so I recommend to experiment and go slow, don’t be afraid to start with small amounts.

Can be used with or without the salt, and in amounts less than 3 quarts.

Can be taken simultaneously with warm water enema, alternating warm and cool water .

Cool water enemas can also be taken as the ‘last’ enema in a series of enemas, to tone the inner muscles of the colon, but if this is done be prepared for some cramping...just take it slow and stop the flow when necessary.

Soapsuds

Up to 2 tablespoons Castile soap also known as ‘Dr. Bonner’s’ Soap

2 quarts Warm Water

Be careful with soap. A little soap goes a long way, and don’t use ‘detergents’ or strong soaps. Use less soap at first and see how it works for you. If in doubt about soaps email us at: ColonWellness@yahoo.com

Recommended for the first enema if one is constipated or ‘impacted’ or if one has not had an enema series in some time.

Remember: a little soap goes a long way! Start with just one teaspoon of Castile soap, for example, and mix it in the enema bag.

ALWAYS follow a soapy enema with a plain water or saline enema or enemas to ‘rinse out’ the colon.

Baking Soda

1/4 cup

Sodium Bicarbonate

2 quarts

Warm Water

Baking soda has been known to stimulate the colon in a gentle manner and was a favorite of mothers and grandmothers in enemas for decades!

Some people believe that baking soda produces a good cleansing with less ‘cramping’ than an enema using soap.

Baking Soda and Soapsuds

2 tablespoons Castile soap
¼ cup Sodium bicarbonate
1 or 2 quarts Water

This is usually indicated for more severe constipation. This enema can be taken as just 1 quart, concentrated mix, in a position maximizing the use of gravity, and the enema is retained for a few minutes prior to expulsion. ALWAYS follow this enema with at least one water or saline enema, and preferably with two enemas the last of which should be a 'high' enema of 2+ quarts.

Saline

2 to 4 teaspoons Table salt
2 quarts Water

Salt has the effect of balancing the 'isotonic' balance to prevent absorption of water/solution, and salt also can produce a more cleansing effect of the water solution. Some people report that salt in an enema also reduces the chances of cramping if the enema is taken slowly.

Saline and Baking Soda

4 teaspoons Table salt
¼ cup Sodium bicarbonate
2 quarts Water

This can be a mild yet cleansing enema, used for more routine enemas after one has started a regular in-home colon cleansing program.

Epsom salt

¼ cup Epsom salt
2 quarts Water

Epsom salt has been known to ‘draw out’ toxins from the colon and can be used to break up fecal impactions, usually in combination with or after a soapy enema or enemas.

Coffee

2/3 cup

Coffee (ground)

2 quarts

Water

Coffee enemas are thought to cause a purgative and detoxifying effect on the liver and, on occasion, the gall bladder and other organs. Some people strongly believe that the coffee enema is a major 'detoxifying' procedure.

Precede the coffee enema with water enema, cleansing out fecal matter. Boil water, add coffee and stir well. Continue to boil for 5 minutes then remove from heat and let steep. Strain and add sufficient water to make 2 quarts. Cool to 105 degrees F.

I strongly suggest that if you have an interest here, check the Internet by doing a search for 'coffee enemas' and you'll find a lot of information!

Remember with ALL enema recipes and solutions.....→

Use Common Sense, go slow and be careful!!

If you are in doubt about enema solutions write to us at:

ColonWellness@yahoo.com

Basic In-Home Colon Cleansing

Part 7: Enema Techniques and Positions





In this section I will describe various positions for taking effective enemas.

Although many many positions will 'work' one of the most classic positions is the 'left side' position shown here.



The 'left side' position—also sometimes known as the Simms position—permits the enema to flow into the lower rectum and colon, then gradually move into the transverse colon.

On the left side, the stomach and abdomen have 'room to expand' as the enema volume increases.

Here Natalie is taking a 2.5 quart enema from an 'open top' enema bag.

If you look closely you can see both the shutoff clamp just on the back of her left thigh and the 'flow control clamp' just below it, which regulates the rate of flow, in this case a very slow flow since she wishes to take her time letting the enema inject very gradually, permitting the warm water to fill her.

Even small enemas can be taken on the side. Here Laura gives herself a small ‘bulb’ type enema to clear out the lower rectum, prior to a larger enema series.





This sequence shows Laura preparing to take an enema on the left side from the traditional 2-quart bag. Note that she is very comfortable on the bed; she's chosen to take the enema on the bed because of its relaxed setting.

She can take the enema slowly and gently, stopping or slowing the flow of the enema as necessary.



Additional views of the 'left side' position. Note how relaxed Don is.
Taking an enema on the left side is only part of the challenge....
picking a relaxed place is very very important!!



He switches to the 'on the back/legs up' position and the 'on the side' classic enema position. He knows that the enema clamp is nearby and he can shut off the flow at any time to permit his colon and abdomen to adjust to the high enema. High and high-volume enemas are generally best taken very slowly, and only the experience person should take enemas of more than 2 quarts.



This position where one is on the knees with the chest down is sometimes called the 'knee-chest' position. It may look awkward but, actually, is quite comfortable. One needs to make certain that the 'flow' rate is regulated and that one has the ability to stop and rest.



Here is a variation of the 'all fours' position. This is actually quite comfortable, especially with the use of the pillows for support.





Taking an enema while standing or sitting upright is not easy to do, but a low volume enema can be taken in this position.

Changing positions during a gradually taken enema is common, and even advised. Here Don is taking a high, warm enema of mild soapy solution from the clear 2500cc bag. The following slide shows the entire step-by-step enema.





Here Natalie illustrates the 'right side' position.
Enemas can be taken on the right side, or one can start on the left side and shift over to the right side as one becomes more 'full.'



One classic characteristic of both the left side and right side positions is the leg drawn up and the stomach and abdomen in a position to be able to expand. This also happens to be a very restful, relaxed position.

As she becomes more 'full' from the injection of the enema, Natalie can choose to turn over onto her back if she wishes to do so. This is a common technique for taking 'high' enemas.



Enemas can be taken 'on the back' lying flat, as Laura illustrates.

This position is used by colon therapists to a large extent.

It is common in larger volume enemas to start on the side and then lie on the back.





Laura is illustrating the 'on-the-back-legs-up' position. She is also using pillows to make the most of the effect of gravity, attempting to make sure that the enema goes 'high' into the colon. NOTE: One can take a low to moderate volume enema in this position, it is not always necessary to take large volumes of enema solution!

Natalie is going to take 'sequential' enemas using the pillow to permit her bottom to be elevated, in turn causing the abdomen to be tilted back to permit good use of gravity. She will first take a warm soapy enema of about 1.5 quarts, followed by a warm 'high' enema of plain water.





She uses the douche nozzle and, to take her time and maximize relaxation, uses both a shutoff clamp and a flow control clamp (see photo at right).



She wishes to take the warm, soapy enema very slowly and she pulls her legs and feet up and back to permit gravity to work in her favor.





The photos on this slide and the following slide show Don taking an enema by inserting the nozzle gently on his side, then rolling over and back onto the pillow underneath him, to take the enema on his back.

This is an extremely effective enema and is not as awkward as it may appear on first glance. The pillows are used to balance and, at the same time, permit gravity to work.



You can see that he takes the entire clear bag of soapy solution, then he removes the nozzle and leans way back using the pillows, to balance himself in a tilted-back position to retain the enema for a few minutes and permit the solution to 'soak in' to the upper reaches of the colon.



Here Don is going to make use of a 'recliner' chair.
Actually, this position is quite comfortable.





He takes the entire enema bag, using the recliner to tilt back. The shutoff clamp, not visible, is just below his right hip, and he takes the enema in stages, taking his time. Note the 'distention' of the abdomen in the lower right photo. He is quite 'full' but not uncomfortable or in pain as he is used to taking 'high' enemas and takes them gradually.



Enemas can be taken on the stomach as well, especially if one intends to retain the enemas, remaining still for a few minutes after the injection of the enema. In general, it is difficult to take enemas of more than 2 quarts while on the stomach, but this position can be very relaxing for taking enemas, especially in lower volumes.



Laura is taking a 2 quart enema on the stomach. Notice how relaxed she is. When she feels full, she can turn over onto her back if she wishes. NOTE: She is taking the enema slowly so as to minimize cramping and permit her colon to 'adjust' to the injection of the enema. In this manner, Laura can take a full 2-quart enema.



Here Don starts on his side and moves onto his stomach with the knee extended. He is quite comfortable and, when necessary, is able to 'grip' the nozzle by tightening his buttocks.





Here Don is moving from the side to the stomach and back. There is nothing wrong with shifting position during enemas, or stopping the flow to shift position as he is doing in the bottom photo.



The 'fetal' position can also be quite comfortable for taking enemas.



Here is Don in the fetal position, taking a high enema, relaxed on a bed. Note how his abdomen is 'open' so that it can expand as he takes in the enema.



Again, in the fetal position on a bed. Note the comfortable positioning and gradual, step-by-step gentle nozzle insertion..



Taking Enema Cleansings in Bathroom Settings



We've commented before on how not to take enemas. Taking enemas in this manner on the bathroom floor, with the bag hung high and the enema flowing too fast is not what I have in mind if one wishes to take an enema in the bathroom. There are more relaxed and gentle ways to approach this kind of enema!



I asked Kevin to demonstrate taking enemas on a cold bathroom floor, and he was glad when this photo session and bathroom floor enema was over!!



If one has more time to relax, enemas can be taken in various positions in bathtubs and can be quite comfortable and beneficial, if one doesn't mind getting the floor wet when moving from the tub to the toilet!



Natalie takes an enema in the bathtub without the bath. Actually, if she has a 'flow control clamp' to regulate the flow of the enema, she can take this enema, or enemas, without worrying about 'an accident' in the event she experiences severe cramping or has trouble with keeping her anal sphincter muscle tight.

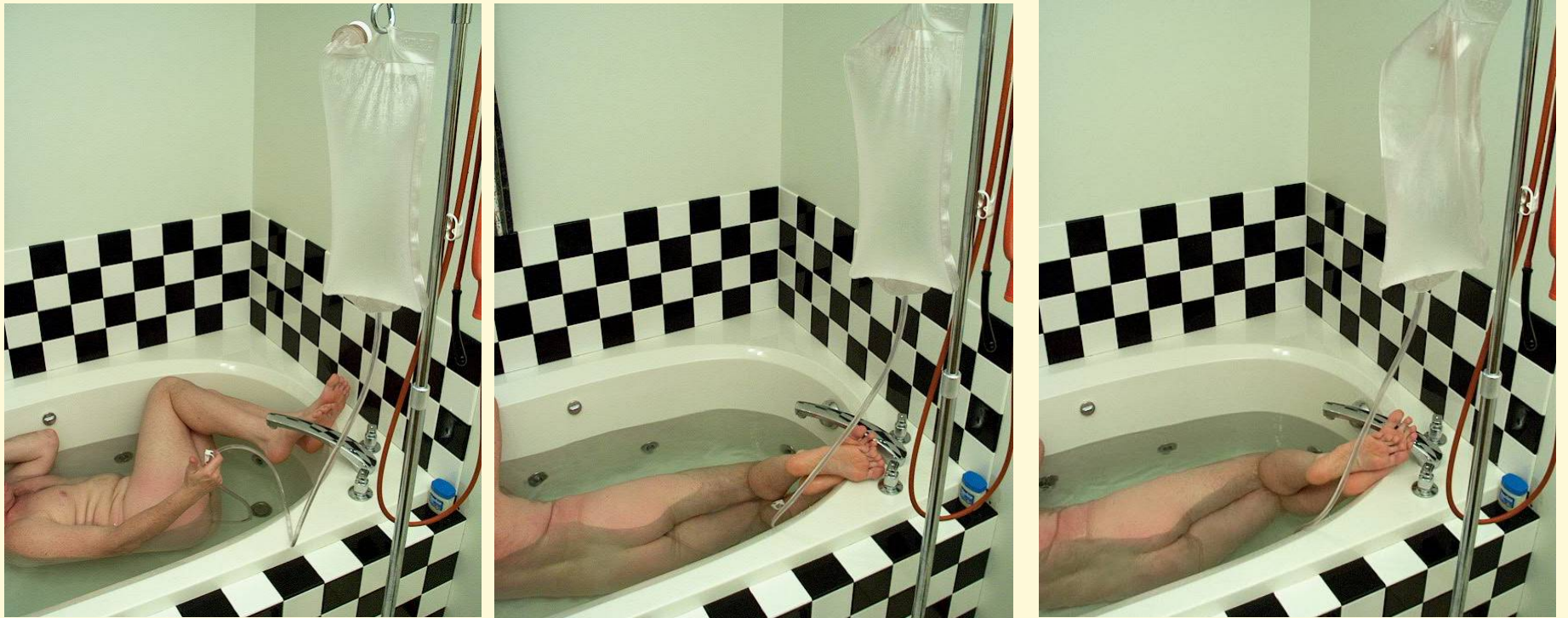




Kevin is going to take two sequential enemas, one at a time, in a bathtub. His first enema will be warm water with a bit of castile soap mixed in, and the second enema will be a plain water, cool 'rinsing' enema.



Here Kevin prepares to take the second enema, a cool water enema injected from a 2500cc clear enema bag.



He takes the cool enema in a comfortable position in the bathtub.



Taking an enema in the shower is not really advised because the position of the rectum and colon is not conducive to using gravity to take in the enema. However, for the experienced person a smaller volume enema can be taken as long as one realizes that cramping is likely, and as long as one has good 'sphincter muscle' control.

Remember one overriding principle about enema positions.....

The best position is ALWAYS the relaxing position that works for you!



Basic In-Home Colon Cleansing

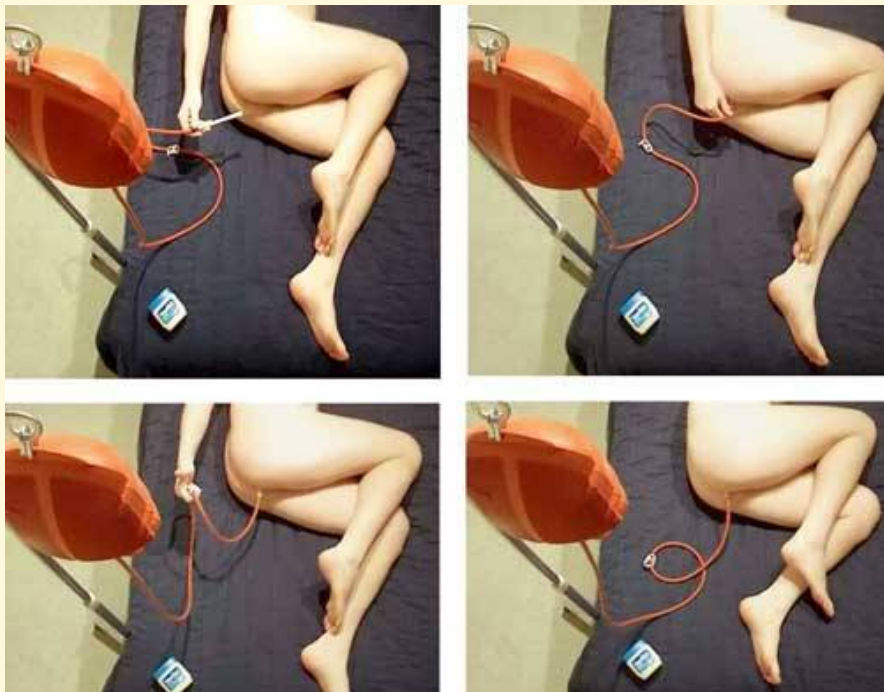
Part 8: Colon Cleansing Safety Considerations



Safety is a major concern of ours and should be for you. Although I consider the procedures, techniques and equipment that are presented herein to be safe if used with common sense and prudence, you should not undertake an in-home colon cleansing program if you have high blood pressure, heart trouble or *any other significant health problem* without consulting a certified colon therapist or a physician.



Safety in taking enemas for in-home colon cleansing is important to me and should be to you!



A Few General Safety Suggestions...

The anus, rectum and colon are comprised of sensitive tissues and should be respected.

Go slowly and gently.

Take it easy, you're not in an endurance contest.

Be sure to have the shutoff or flow control clamp close by if you are taking enemas alone. If someone is helping you, make sure you give them feedback so that they can stop the enema flow or help when cramping occurs.

Colon cleansing safety starts with using safe and sane enema solutions and ‘mixtures’...



Because the inner tissues and lining of the colon are sensitive—and because the colon itself has absorptive powers—one needs to be careful to use safe enema solutions. A couple of points here are important:

- A little bit of soap or any other chemical or additive goes a long way where the colon is concerned.
- Enema solutions used properly should never make you sick or nauseated.
- Never, ever use alcoholic beverages or obviously dangerous or banned substances or ‘drugs’ in an enema.

More on Safety with Enema Solutions...

There are many enema solutions and mixtures. However, some solutions are not safe. Other solutions can be overly irritating to the anus, rectum and colon. Be careful. Use common sense. And don't believe everything that you may read about enema solutions in colon care or enema discussion groups on the Internet!



In general, the simpler solutions are the best, including mild soap, baking soda, and salt.

When in doubt, use less.

With regard to soap, a little bit goes a long way!!

NEVER use alcohol or 'drugs' in an enema.

It is usually wise to take the enema with a 'mixture' or 'solution' first, whether it is a flushing enema or a retention enema. Then, take one or two plain warm water enemas (perhaps with salt) after taking the enema mixture, to 'rinse out' the colon.



The issue of enema safety extends to colon capacity...



Although the adult colon is 'elastic' in the sense of being able to expand, one needs to be very careful—especially in the early stages of a colon cleansing program through in-home enemas—to not 'overinflate' the colon by taking in more enema solution than is safe.

Enemas can be taken using several different positions, each of which has a purpose. But as one gains experience with enemas, one realizes and gravitates toward the positions and techniques that work for the individual.

It's best to start slow and with low volume enemas. Remember that in colon cleansing, it's not necessarily the volume of water or solution that is important, it is getting the solution to 'travel' throughout the colon and into the upper reaches of the colon. This is not always just done with higher volumes of water/solution but, often with assuming different positions including those positions using gravity.

Anal Care and Safety

The anus is not something that is often discussed in general conversation, but it is important to face up to how sensitive the anus is, both externally AND internally. Proper care of the anus is essential both in a general sense and in conjunction with a colon cleansing program.

The anus should always be well lubricated. Nozzles should be lubricated prior to insertion, and the insertion process should be slow and gentle. Larger nozzles and ‘retention devices’ used for certain types of special enemas should not be inserted into the anus unless the opening has been lubricated and gradually given time to get used to the somewhat larger nozzle or retention device.



Take your cleansings slowly and gently...

Safety with in-home colon cleansing is vitally important. I want you to enjoy this wonderful cleansing and positive experience, and be careful so that you can enjoy it again!

Safety starts with taking time, not rushing, and being very careful with the anus and rectum. The tissues of the anus and rectum are extremely sensitive and regardless of how many enemas one takes, these areas always need to be treated with utmost care so as not to cause scar tissue or aggravate or cause hemorrhoids and/or anal fissures.

One must always be careful not to force anything into the anus and rectum as this may tear sensitive tissues, plus expose the area to possible infection.

Go slowly and gently. Take it easy, you're not in an endurance contest. Be sure to have the shutoff or flow control clamp close by if you are taking enemas alone. If someone is helping you, make sure you give them feedback so that they can stop the enema flow or help when cramping occurs.

It is important to keep the anal sphincter muscles tight and strong. Sphincter muscles can be exercised easily by 'tightening' the anus around an enema nozzle, or simply by taking a smaller enema and retaining the enema for a time by tightening the sphincter.

Colon cleansing can and should be done safely! If you are in doubt about an issue consult a certified colon hydrotherapist, an experienced nurse, a physician or feel free to email us at: ColonWellness@yahoo.com.



Enema Nozzle Insertion Techniques and Safety



The tissues of both the anus and inner rectum are sensitive and can be damaged by hasty or improper insertion of enema nozzles and other devices.

There is a continuing debate over whether people should use 'oil based' lubricants such as Vaseline (petroleum jelly) or 'water based' lubricants such as KY. Physicians and hospitals long ago elected to use the KY type of lubricant, but many people who take repeated enemas prefer the oil based lubricant because it seems to have more 'staying power' as a lubricant, coating the sensitive inner lining of the rectum.

Whichever lubricant one chooses, the use of a lubricant outside on the anus and inside the rectum is imperative in any enema treatment!

Nozzle Insertion (continued)

Here Laura is going to take a 'traditional' enema using the douche nozzle. She first lubricates the nozzle liberally with KY gel, then she 'rubs' the nozzle back and forth on the outside of her anus, before slowly inserting the douche nozzle.

It is most often wise to lubricate both the nozzle and the anus/rectum prior to nozzle insertion.





As mentioned previously, the anus is the ‘gateway’ to the colon. It is through the anus that colon cleansing takes place.

A nozzle is inserted gently and carefully into the lubricated anus, past the ‘ano-sphincter’ muscle and into the rectum. The rectum occupies approximately six to eight inches ‘inside’ the anus, and is the entry point of all enemas and colonics.



Here Laura has carefully lubricated a ‘retention nozzle’ as well as her anus and rectum, and she will insert the nozzle very carefully and slowly. This should always be done, for it is important to avoid a build up of scar tissue on the anus and in the rectum. It’s also important, of course to avoid aggravating other problems that a person might have such as hemorrhoids.

The watchword for taking enemas should always be: gentle.

If you have any questions please feel free to email us at: ColonWellness@yahoo.com

This series of photos shows Natalie inserting a douche nozzle insertion while in the 'on-the-back' position to take a 1.5 quart soapy enema, using a pillow to elevate her bottom and abdomen. Note that she takes her time; the nozzle is inserted gradually and slowly, never forced. Note also both the shut-off valve AND the 'flow control clamp' (see lower center photo). She's going to take the enema slowly, permitting gravity to work (lower right).



Be safe even with small nozzles...

Even a small nozzle can do damage to the sensitive tissues of the anus and rectum. Here Laura is going to take a small 'bulb' type enema prior to a more thorough enema series, to cleanse the very lower part of the rectum.

She lubricates the nozzle thoroughly and inserts very slowly.



Nozzle insertion on the back....

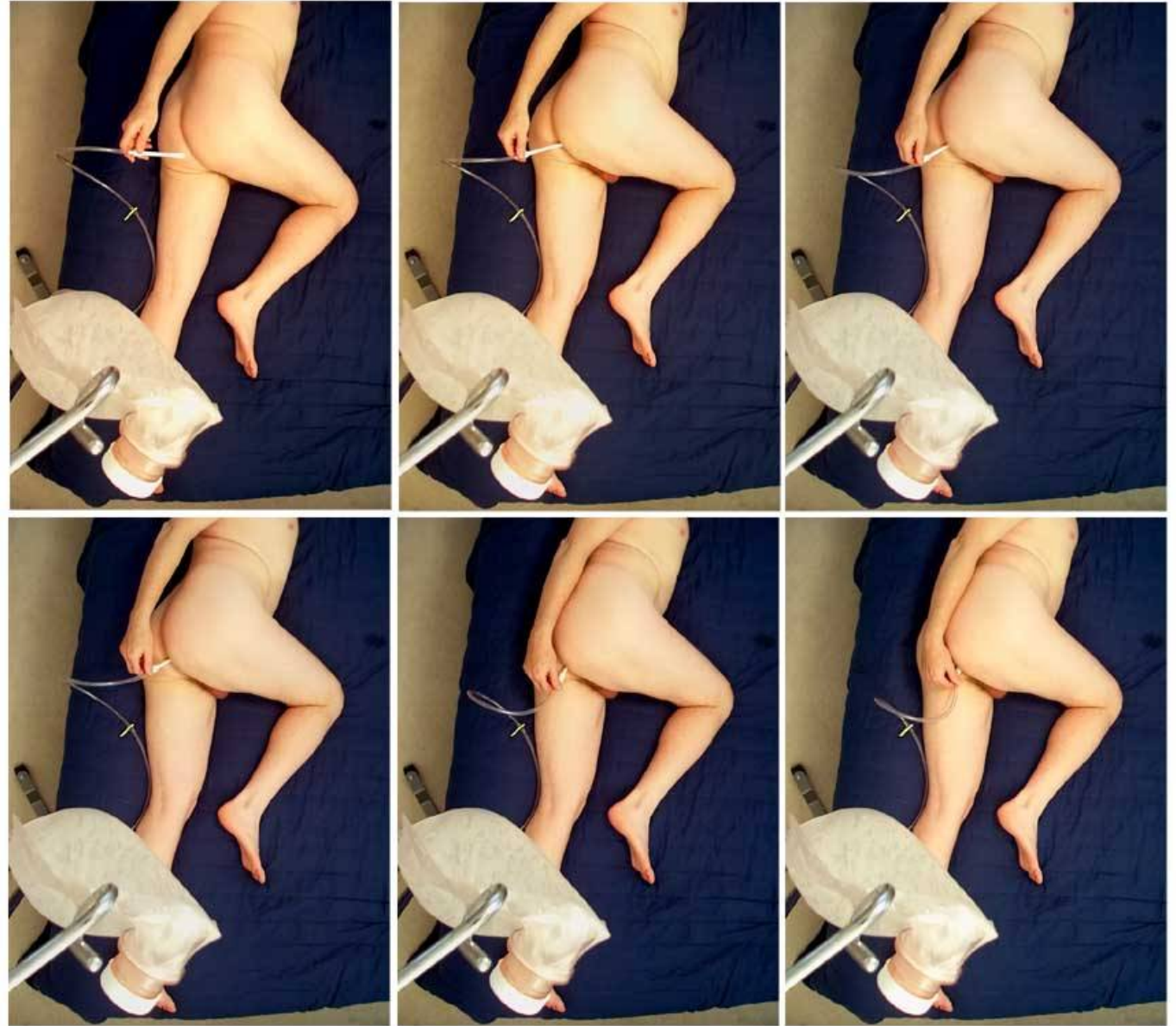
Nozzle insertion can be accomplished in the 'on the back' enema position, as long as the nozzle and the rectum are lubricated. Don here goes slowly and carefully with a douche type nozzle. He first inserts the nozzle straight in, then gradually angles it for a deeper positioning in the rectum.



It is necessary to ‘angle’ the nozzle differently with deeper nozzle insertion. Here Don wishes to position the douche nozzle relatively deeply (6”) into the rectum. Note that he has lubricated the nozzle and his anus prior to insertion.

This photo shows insertion of the douche nozzle gradually, in which Don first points the nozzle directly into his anus and toward his belly button, but then as the nozzle goes deeper, he angles it gently toward the spine.

Proper nozzle insertion is often a learned technique and, really, often comes down to a question of ‘feel’ so take your time and be gentle!



When it is desirable to lubricate the inner rectum lubrication can be injected without special equipment....below is pictured a simple infant medicine administration 'syringe' available in any drug store. This is soft and round on the end and can be used to inject any water-soluble lubricant.





Remember, ALWAYS use proper lubrication when inserting nozzles!!

Basic In-Home Colon Cleansing

Part 9: Introduction to Colon Hydrotherapy



What is Colon Hydrotherapy?



I believe that colon hydrotherapy can be quite beneficial in combination with an in-home colon cleansing program. With colon hydrotherapy, a 'speculum' about ½" in diameter is inserted into the rectum. Water enters through a small inflow tube and water and fecal matter is 'washed out' through the speculum and exit tube (see Part 9 of this presentation for a more detailed description of a colon hydrotherapy treatment).

There are many good certified colon therapists whose fees for colon therapy vary. The average colon hydrotherapy session or 'colonic' lasts about an hour. To locate a colon therapist in your area go to www.I-act.org the web site of the International Association for Colon Hydrotherapy which has many useful resources.



Colon Hydrotherapy Fundamentals



This part of the presentation contains a brief overview of what happens in a colon hydrotherapy session with a certified colon therapist.

This is not intended to be a comprehensive discussion; for a much more comprehensive discussion of colon hydrotherapy, go to the web site www.colonichealth.com or to the site of the International Association of Colon Therapists, www.I-act.org.

‘Colonic’ Equipment

This shows the essence of the ‘closed system’ colon therapy equipment. Both the patient and the therapist can view eliminated waste through the white ‘window’ on the colonic machine to the right.





Colon Hydrotherapy Or Enemas...are they in conflict?

Many people think that colon hydrotherapy is mutually exclusive from and, somehow, in opposition to in-home colon cleansing through gentle but thorough enemas.

In fact, exactly the opposite is the case. A good colon cleansing program of periodic in-home enemas can be quite effectively combined with occasional visits to a certified colon therapy clinic.

Actually, when beginning a colon cleansing program for the first time, one or more colonics from a certified colon therapist can be extremely beneficial.

As one progresses in one's in-home colon cleansing program, the occasional but regular visit to a certified colon therapist can be a highly beneficial 'tune up' and 'check up' for the colon.



Combining Colon Therapy And In-Home Colon Cleansing

A qualified certified colon hydrotherapist can actually assist in designing the right combination of in-home colon cleansing through enemas, colon hydrotherapy through colonics and other aspects of a colon health program.

In addition to providing advice and treatment for colon cleansing itself, many colon therapists also provide advice and consulting relating to nutrition, vitamins, diets and other aspects of personal health care.



A Typical Colon Hydrotherapy Treatment



Patients are partially draped or undraped, often due to the comfort level of the patient. Some patients prefer to be undraped for ease of movement and so that the therapist can get to all areas relevant to the therapy.

Here the certified colon hydrotherapist examines the colon of a female patient (above) and a male patient (below) prior to beginning the therapy. She is attempting to assess the 'tone' of the colon and identify any areas where fecal matter may be lodged or 'impacted.'



The colon therapist, assisted by the patient, gently inserts the device which will hold the colon tube, known as the 'speculum.'

An experienced colon therapist knows how to perform this procedure very gently and slowly, protecting sensitive anal and rectal tissues.





Once the 'speculum' is in place, the water 'input' hose and the 'outflow' hose can be attached. Again, this procedure is done gently with the male and female patients, shown here respectively, lying on the left side.





The colon therapist is using a 'wrap' to position the speculum and outflow hose in place prior to turning the patients onto their backs.



The male patient is carefully turned over, making sure the colonic speculum holds tightly.





Here the therapist checks the female, making sure the inflow and outflow of water is working.



She introduces water slowly, gradually permitting the colon to 'get used to' the procedure, a practice that is also quite appropriate for enemas.



The therapist is able to view the discharge of fecal matter from the colon as the colon therapy proceeds.



Gentle massaging of the colon during the procedure often produces an excellent result, leading to the discharge or 'release' of fecal matter from high in the colon.

Basic In-Home Colon Cleansing

Part 10: Other Sources of Information

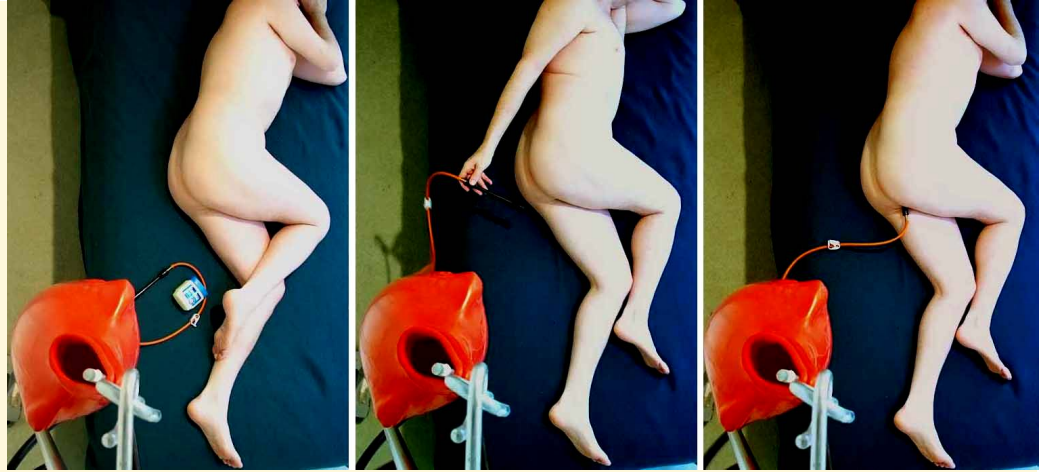


This part of the presentation contains Internet links to information relating to colon health, colon cleansing and colon hydrotherapy. Please understand that the Internet changes constantly, adding and subtracting new information all the time, and in light of this our main purpose here is to give the reader just a taste of 'what's out there.' I do not endorse one web site or another or the accuracy thereof.

A few suggestions: First, don't hesitate to search the Internet using key words such as 'colon health' or 'colon cleansing.' Second, it's always a good idea to join one or more discussion groups such as Yahoo groups or MSN communities in an area of interest to you so that you can gain ideas from others. Third, although the Internet can be a wonderful resource, use common sense about what you read and see. when visiting web sites or discussion groups, you should use judgment and common sense, especially when reading about others' enema techniques, enema recipes, etc. If something 'seems' unsafe, it probably is! If you read about an enema technique, equipment or recipe and want to get our opinion, email us at: ColonWellness@Yahoo.com. Be safe, be gentle and take it easy...you can't really go wrong with that philosophy.



Links Concerning Colon Health, Colon Hydrotherapy and Colon Cleansing



<http://www.i-act.org/> is the home page of the International Association For Colon Hydrotherapy and contains information about becoming a hydrotherapist as well as a 'Referral List' link to search for a therapist.

<http://www.colonic-association.com/> An association of colon hydrotherapists with all kinds of info.

<http://www.colonichealth.com/> is the home page for the colon therapist Kristina Amelong of Madison, Wisconsin. This page contains many other links to information about colon therapy, enemas, enema equipment, etc.

<http://www.sheilas.com/> Web site of the noted colon hydrotherapist Sheila Shea of Tucson, Arizona. Her site has numerous links relating to colon therapy, and she is a well-known author and speaker in this area.

http://www.geocities.com/valerie_cct/ General colon cleansing web site.

<http://colonhealth.net/> Various colon health products and description of hydrotherapy.

<http://www.naturalmom.com/articlec.htm> Useful site with links to articles and information.

Links Concerning Colon Health and Colon Cleansing (continued)



http://www.articleindex.com/Health/colon_cleansing.htm Article describing why colon cleansing is beneficial.

http://www.colonhealth.net/colon_hydrotherapy/chthrapy.htm is a site called 'The Colon Health Network' which contains information about colon hydrotherapy as well as several articles about the colon, colon problems and colon hydrotherapy. The site also sells an 'intestinal cleanser' and other 'health products.'

<http://swiftweb.com/holistic/colonic.html> is another web site that contains information about where to locate colon hydrotherapists. The site also contains information about colon therapy books, schools and equipment.

<http://www.health-information-fitness.com/cleanse/home.html> is a web site that contains a great deal of information about the colon, enemas and other useful information including a section with a whole variety of topics at: <http://www.health-information-fitness.com/cleanse/sitemap.html> .

Links to Enema and Colon Therapy Equipment



NOTE: There is a huge amount of enema and colon therapy equipment 'out there' and if you search 'enema equipment' on a search engine, you'll see this immediately. Some of the equipment is sold through erotic web sites. Use common sense and your own judgment in shopping for and purchasing enema or home colon cleansing equipment! I am listing just a few sites below.

<http://www.enemabag.com/> is a comprehensive supplier of enema equipment and related supplies and information.

<http://www.drugstore.com> sells enema equipment if you search 'enemas' from their home page.

<http://www.shopinprivate.com> sells enema equipment if you search 'enemas' from their home page.

Links to Articles
(Remember to 'Search' the Web for more!)



<http://www.o3zone.com/ozoneser/articles/041.htm> is an article on giving oneself a 'high' enema.

http://www.alternative-healthzine.com/html/0202_1.html is an article about the background and usefulness of enemas.

http://www.geocities.com/valerie_cct/parentsg.html An article on colon health for children.

<http://www.medicomm.net/Consumer%20Site/am/colon.htm> Article about colon therapy.

<http://www.sheilas.com/faq1.html> is an article by a colon therapist on various colon cleansing forms.

<http://www.healing.org/only-8.html> provides a write-up about colon dysfunctions and maladies and the nature of and benefits of colon therapy.

<http://faculty.clintoncc.suny.edu/faculty/Michael.Gregory/files/Bio%20102/Bio%20102%20lectures/Digestive%20System/digestive%20system.htm> is a lengthy article with diagrams about the digestive system.

<http://www.osu.edu/units/osuhosp/patedu/homedocs.pdf/procedur.pdf/how-to.pdf/enema.pdf> is an article on giving an enema from the Ohio State University Medical Center.

http://www.geocities.com/valerie_cct/ contains a series of articles and other information on colon health.

<http://www.iquest sight.com/enema.html> is an article on taking an enema.

<http://www.ralphmoss.com/coff.html> is an article about coffee enemas.

Links To Discussion Groups About Bowel Cleansing, and Colon Dysfunction and ‘Detoxification’



There are A LOT of discussion groups and newsgroups on the internet relating to colon and digestive issues, including colon cleansing. Two major ‘gateways’ to discussion groups are Yahoo Groups and MSN Communities, but there are other gateways as well.

The best thing to do is ‘search’ the groups and communities using key words like, ‘colon cleansing’ ‘colon health’ ‘digestive problems’ ‘bowel cleansing’ etc. There are also groups for people who believe that they have ‘irritable bowel syndrome’ and other specific medical conditions or diseases.

To search the Yahoo Groups go to: <http://groups.yahoo.com>

To search the MSN Communities go to: <http://communities.msn.com>

But remember these newsgroups and discussion groups are not limited to Yahoo and MSN....

you should do general internet searches as well using some of the above key words!

Thank you for viewing this presentation.
Feel free to email us with questions or comments
at: ColonWellness@yahoo.com

