

## Home Non-Retention Enema Therapy

**Theory:** Doing an enema at home provides you with a comfortable setting, an economical alternative to colonic therapy, and a valuable means of helping your body to eliminate toxins associated with acute illness or parasitic infection. Enemas may also reduce fevers, soothe inflamed intestinal mucosa, and aid a detox or cleansing program.

**Terms:** The digestive system can be thought of as a tube. It starts at the mouth and continues through the esophagus, stomach, and small intestine to the large intestine, also called the colon. The lower segment of the colon, called the rectum, is thicker and narrower and ends on the outside of the body at the anus. Waste gathering in the rectum causes stretching which sends a message to the brain and the rest of the intestines that its time to have a bowel movement. Enemas stimulate these same reflexes and in that way exercises them, especially if the reflexes are decreased (due to poor bowel habits) or need to be increased (i.e. due to constipation or to eliminate toxins).

**Getting ready:** The following preparation is recommended before doing an enema:

- Increase the amount of fiber in the diet (raw, whole foods) for several days prior to taking the enema.
- Take 1 teaspoon of psyllium seed powder in a glass of water each day for several days prior to taking the enema.
- Exercise or take a brisk walk immediately beforehand.
- Do the enema after a normal bowel movement, if possible.

**Setting up:** Rinse enema bag with water before each use. Fill the 2 quart bag with the solution chosen, screw on adapter cap, slide shut-off clamp onto tubing and clamp it shut. Slip free end of tubing onto bag and the clamped end onto the enema pipe (non-fluted). Hang enema bag at hip level or 12-18 inches higher than body. (Caution: the higher the bag, the faster the solution enters the rectum and the stronger the urge is to move bowels) Check your set-up by opening the shut-off clamp. If there is no flow, check for kinks. If the solution flows, quickly close shut-off clamp. Now you're ready.

**Getting comfortable:** Enemas are done in the bathroom so keep the room warm, keep extra towels for packing or drying off. You may need something for your shoulders to keep warm while using the toilet. Vegetable-based oils and creams, cocoa butter or olive oil can be used to lubricate the enema pipe but NO VASOLINE.

**Position:** Choose a technique that suits you from those offered here. Although lying on your back with your feet up on the toilet or tub is more comfortable, sitting on the toilet is easiest for you if you aren't sure that you can hold the solution.

On a towel-padded bathroom floor or in a warm bath the following position sequence is recommended.

1. Start by lying on your back, insert the enema pipe into your rectum and allow the solution to flow in. Try to stay in that position for five minutes.

2. When the first urge to move your bowels arrives, try to let it pass by breathing with the abdomen in a bellows-like action.
3. When the next strong urge comes, close the clamp to shut off the flow of solution, remove the enema pipe and squat over the toilet. Squatting aids in a thorough elimination.
4. Return to your towels or bath and begin the enema again, lying on your right side for five minutes and then your left side for five minutes, relieving bowels when necessary.
5. Repeat sequence until solution is gone.

Either on the padded floor or in the tub, an enema can be done on hands and knees if this is more comfortable. Again try and breath through the first urge to relieve bowels by breathing with abdomen, waiting until the next strong urge, then squatting over the toilet.

In some cases an enema can be done while sitting on the toilet and leaning forward.

Enemas can be done in the morning, afternoon or evening but it is best to have time to relax afterward. If the urge to move your bowels continues, this indicates that the enema wasn't complete. A repeat enema is recommended in this case. Notice what is released into the toilet. If any difficulties or questions arise please consult your doctor or clinic.

### **Enema Solutions:**

**Saline:** Into 2 quarts water add 1 tablespoon sea salt, 1 tablespoon baking soda. This solution can also be made in 2 quarts of herb tea: boil water, steep 2 tablespoons of herbs in a non-aluminum container, cool, add salt and soda. Suggested herbs are catnip, chamomile and peppermint.

**Coffee:** Organic, fresh ground, caffeinated coffee (Altura brand) is used. Brew it with non-aluminum utensils. Use 2 tablespoons coffee grounds per quart of water (use less if coffee makes you jittery). Allow to cool before using.

**Bentonite Clay:** 1 tablespoon clay per 2 quarts of water.

**Glycothymoline:** Edgar Cayce formula for dissolving mucus.

**Charcoal:** 1-5 tablespoons charcoal per 2 quarts water.

**Goldenseal:** 4 tablespoons of crushed leaves per 2 quarts water. Steep for 15 minutes, strain, cool and use. This is an astringent enema.

**Cornstarch:** Do a saline enema first. Make a paste of 2 tablespoons cornstarch in water, then dilute into one pint warm water and use this as an enema to decrease irritation.