

ENEMA INSTRUCTIONS

Administering the Enema

1. Hang your enema bucket or place enema bucket on a bathroom counter or sink at the height of approximately 3 to 4 feet with the hose clamped.
2. Have your enema solution ready and pour into your bucket (2 quarts per enema is ideal).
3. Release clamp and let the liquid flow to the end of the nozzle, releasing all of the air in the hose. Immediately re-clamp the hose.
4. Lie on your left side or back with your knees bent.
5. Lubricate the tube and your rectum.
6. Insert the tube into the rectum gently as far as it will go comfortably.
7. Release the clamp and let the solution flow very slowly into your colon. Push the tube in further as needed as water begins to flow. A steady, slow flow will make it more comfortable. Relax and breathe deeply to minimize discomfort.
8. Massage your abdomen in a counter-clockwise direction to move the solution deeper into the colon.
9. Stop the flow when you get a feeling of fullness or when you have used all of your solution.
10. Remove the tube or nozzle from the rectum.
11. Try to retain the enema for at least 2 minutes.
12. Expel the enema. It also helps to massage the abdomen in a clockwise direction to bring the solution towards the rectum.

Kit Options:

- Home enema kits, 1.5 quart or 3.5 quarts
- Implant-O-Rama (Best home kit)
- Colema Boards (BEST total colon irrigation system)

Supplies:

- Bag
- Nozzle
- Hose
- Clamp

Types of Enema Solutions:

Warm Water is great for starting out. Distilled water is best for cleansing, but any purified water is fine.

Fresh Lemon Juice is one of the best enemas you can do. Lemon emulsifies and breaks down fat, cleanses the bowels, alkalizes the tissues and cleanses the liver. Juice of 1/2 or 1 whole lemon per quart.

Baking Soda is the best overall cleanser and alkalizer for the colon and body. (1 teaspoon upwards of 3 Tablespoons of baking soda per quart). Make sure Baking Soda is food grade only!

Organic Coffee is a great cleanser and liver detoxifier. Coffee is to be done only short-term for a cleanse. Coffee enemas should never be done long-term, as it can cause acidity and addiction. It also can strip minerals from the body and lead to dehydration. Use only SA Wilson's Coffee or Pure Life. Start with 1T fresh ground coffee (you can gradually increase to a maximum of 3T if desired) to a quart of water, boil on low 15 minutes on the stove. Allow to cool to body temperature, strain, and use. The goal is to hold a coffee enema for 12-15 minutes.

Tea: Healing Tea, Lymphatic System Detox Tea, Liver Detox II Tea, or chamomile.

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