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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How To Take An Enema

By Kristina Amelong, CNC, CT

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How Do I Take an Enema

A good enema program occurs when you are able to infuse enough filtered water into your colon to stimulate peristalsis throughout the entire colon, thus cleansing the entire colon and not just the rectal or sigmoid areas. Once enough water is in the colon, you then expel it, and the resulting waste, into the toilet. You then repeat the process one or two more times. This is similar to a simple enema, except for the volume of water you inject. Most people will find that, when done slowly, they can easily take 1–3 quarts of water.

Enema bags are a perfect tool for putting water into your colon. An enema bag usually holds between 1–6 quarts of water. What follows are some simple guidelines for taking a successful enema series*:

Find a comfortable, warm area where you can lay down; yet, is easy for you to get up from and to easily get to 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 bath tub. 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 Matt 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.

Prepare your first enema solution. Before you fill the bag, make sure the tubing clamp is shut tight so 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. Bonners Hemp Aloe Vera Baby–Mild Pure Castile Soap. This will promote a positive musculature response, without chemical exposure, and move your bowels well. Water temperature of 98–103 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

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own an IV Stand.

Use a non-petroleum lubricant. Petroleum 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 Surgilube. Olive oil and Vitamin E oil also work. Lie on your right side or your back, which ever makes insertion easier for you. Insert the lubricated nozzle. See article about enema equipment to determine which nozzle is right for you.

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 near to

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 30–60 seconds have passed, resume filling your colon with small amounts of solution until you have taken in 1–3 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.

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.

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 your body propped up on a pillow or using the yoga position of a full shoulder stand (not recommend if you haven't tried this before) will further move the liquid into your colon. Try to retain the enema for about 5–15 minutes. Sit on the toilet and evacuate whenever you need to.

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. Once you take the nozzle out and sit on the toilet. Make sure you first closed the clamp.

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 1–3 quarts of water is key to an effective enema series. And, take only as much as you can comfortably hold. Do not put yourself in pain that last for more than a couple of passing seconds. Use pain as a

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guide to what your colon is comfortable with. Again, go slowly. Repeat the enema again, if you have time and are still passing feces.

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.

With all of this in mind, remember that colon cleansing is a very important tool in health maintenance. I recommend that you start with a program that is easy for you as soon as possible. I think that you will be pleased!

I wish you the best of health!

*Note: Always check with your doctor before doing an enema.

For a more comprehensive review of how to take an enema,

please refer to our instructionals,
All About Enemas–Video/DVD and Ten Days to Optimal Health.

Kristina Amelong, CNC
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Kristina Amelong is an internationally certified colon hydrotherapist, certified nutritional consultant and survivor of a chronic illness. She has authored several books and videos including "Ten Days to Optimal Health" and "All About Enemas"

Enema Or Irritable Bowel Syndrome, Constipation Managed With Intestinal Cleansing

By James Zeller

Ever had an enema? Do you suffer from constipation? If you suffer from abdominal cramps, bloating and some diarrhea then you might be a sufferer of irritable bowel syndrome. If you are looking for relief, good news...

The subtle symptoms creep into our life one at a time until we find a barrage of complications we never had before. Constipation is the most obvious difference, then pain, abdominal cramps and bloating

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followed with occasional diarrhea, all add up to irritable bowel syndrome.

Our lifestyles have shaped our habits to fit an unnatural pattern of elimination. We eat and rush to work or school, suppressing the natural elimination that should occur within 20 minutes after eating.

Some individuals may wait as long as a week between bowel movements. This only complicates the impaction, toxic build up in the bowel, which comes back into the blood stream as toxic waste, and creates a need for laxatives or enemas.

Enema can be a natural remedy for irritable bowel syndrome and constipation. The early 1900's medical practice was that when a patient was admitted to the hospital for any ailment, the patient first received an enema. A bit messy and inconvenient, enema is usually a last resort. Diet and intestinal cleanse using all natural herbs has become more popular and healthy.

Colon cleanse has become a buzzword as it has been determined that the origin of most disease starts in the colon. The impaction of fecal matter that lines the walls of the colon without being eliminated can easily be 15 pounds. Decay and putrefaction in the bowl throws the immune system in extreme overload, ridding the body of toxins and trying to fight off disease. If the immune system fails, disease grows in the body.

Irritable bowel syndrome can be controlled before permanent damage is done to the colon. Herbal colon cleanse is the most effective on a long-term use. Herbal colon detoxification is also called colon cleanse. High fiber foods in the diet are natural scrubbing agents for the colon to cleanse the cilia that absorb nutrients.

Constipation is not all corrected with a laxative. Drink 5 glasses of water a day. Avoid excess bread and pastry. Augment your diet with foods high in fiber. Choose an intestinal formula supplement that will stimulate the peristaltic action in your bowel and strengthens the colon muscles.

Avoid harsh laxatives that are not all natural. Dependence on over the counter laxatives can lead to weakened elimination muscles and loss of natural body function.

It is claimed that all habits can be learned in 21 days. In the next three weeks try an intestinal herbal formula and make time to eliminate within 30 minutes of eating. Your body is designed to heal itself if you do not override the master plan.

James Zeller writes for numerous alternative health websites and blogs. Unbiased evaluation of health and diet supplements are included in most of his articles. Natural products are always best for the body

and usually chosen as a last resort.

<http://www.n-ergetics.com>



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