



ENEMA HOW-TO

Introduction: Nothing aids detoxication or clears the symptoms of a cleansing reaction like an enema!

Some people are hesitant or downright afraid to try an enema. This is generally due to embarrassment or lack of knowledge. Anything this good for you should not be embarrassing! In fact, employing enemas is one of the smartest, most clever things that a person can do for their health.

If you've never had an enema, then you may not know what it involves, so it may seem intimidating to perform a treatment involving your bowels all by yourself. Instructions are provided below. It is actually very simple once you become familiar with the process and with your body's responses.

The primary benefit is that enemas aid the release of waste like nothing else. They also speed up and assist the process detoxication so your body can do more clearing during a cleanse with this helpful tool. You also become more tuned in to your body in a new way, which is always a good thing. Furthermore, it is immediately gratifying, and you will be astounded by what comes out.

Directions:

Use lukewarm / body temperature water – not too hot, not too cold. Many people use tap or well water without a problem for enemas. However, if you have a very weak immune system and you feel your water may be dangerously contaminated, then purchase distilled water for use for the enema.

1. Fill the enema bag with the lukewarm water.
2. Screw or attach the tube, and unclasp the shut-off valve so that water can run out from the tip into the sink for a moment, releasing any air bubbles, then crimp it again.
3. Hang the enema bag on a towel rack or shower or door handle. The higher you hang the bag, the faster the water will flow out, and the stronger the water pressure will be. It is best to start with a low pressure system.



4. Lie down on the floor of your bathroom or nearby on top of a yoga mat and/or towel. Lie on your left side with the enema bag hanging nearby.
5. Apply a lubricant like coconut oil to the enema tip and on the anus, and gently insert.
6. Release the shut-off valve, and allow the water to flow in. You will feel some pressure as the water fills your bowel. When the pressure begins to become uncomfortable, shut off the flow. Take a couple of deep breaths as this will alter the pressure in your abdomen and the water may find its way around the solid waste within the colon.
7. Whenever you feel your colon is sufficiently filled (you will develop a sense of this with a little experience), then hold the water for a few minutes if possible (but don't force this), then get up and release the waste and water into the toilet .
8. Fill your bowel with water and release at least 2 more times. The second time, roll onto your back to help the water move into your transverse colon; the 3rd time roll onto your right side to help the water move into the ascending colon.

If you have time to fill and release until the water runs fairly clean, that is ideal. If not, then a short enema is definitely better than no enema and still will be helpful.

You will notice that your colon will accept more water each time you fill it. As you empty the water back out into the toilet, it is very helpful to massage the abdomen or back anyplace you feel called to and especially any areas of tension or cramping. This will help the waste and water release.

Afterwards, you will feel lighter, and more deeply connected to your body. Enemas are truly an enlightening experience that reveal the nature and quantity of waste that is stored inside the body. So rev up your courage and adventurous spirit, and give it a try!