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Enema Guide

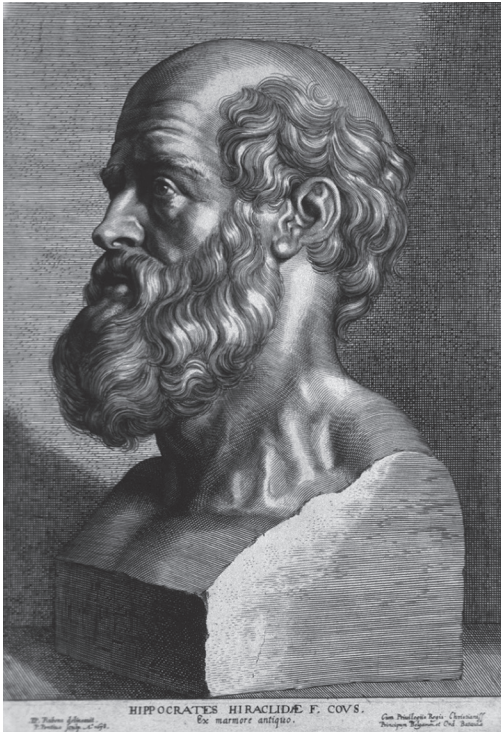
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ENEMAS & HEALTH

An enema is a controlled flow of fluid into the lower bowel by way of the rectum. In standard medicine, the most frequent uses of enemas are to relieve constipation and for bowel evacuation before a medical examination or procedure.



Enema first entered the English Language in the late 16th century but recommending the traditional practice of bowel cleansing has been used for many centuries prior to this; records dating back to Hippocrates (460-370 BC; also called the "Father of medicine") frequently mentioned enemas as part of practices to support health.

It's partly the successful application of these age-old naturopathic techniques over the centuries, coupled with modern scientific knowledge that the exchange that takes place between the bacteria in the gut (genetic, molecular and functional) has profound influences on human health, which leads many practitioners to suggest that the gastrointestinal tract has an all-encompassing effect on the health of mind and body and may even be the root of many chronic diseases; therefore supporting a healthy digestive tract through diet and lifestyle is key.

Research over the decades also suggests that using different enema solutions can evoke different scenarios, such as water enemas used to clear the rectal area of faeces (e.g. arising from constipation or prior to a medical procedure) to coffee enemas used to stimulate liver detoxification pathways, as described in the Gerson Therapy protocol.

WHY DO AN ENEMA?

Ideally, we should have two to three solid and easy to pass bowel movements daily to continuously remove waste matter from the body. Anything less can lead to accumulated waste in the colon and problems such as generation and release of toxins from pathogenic bacteria that may flourish within the colon in such conditions. Poor bowel and liver health is fast becoming a plague of modern living; nutritionally poor diets lacking fibre and inadequate hydration, stress, lack of exercise and exposure to myriad of environmental and internal toxins (especially those generated by imbalance in gut bacteria) on a daily basis can all have an impact on the body especially liver function and bowel eliminations. The gut also has direct connections to the central nervous system via nerves that innervate the gut wall and the immune system through discrete patches of lymphoid tissue situated throughout the entire digestive tract.

Traditional practitioners recognise that growing bowel toxicity may contribute not only to poor bowel function, including symptoms like bloating and flatulence but also to seemingly unrelated symptoms such as:

- Skin issues - eczema, acne and psoriasis.
- Fatigue, irritability and brain fog.
- Headaches and/or migraine.
- Excess mucous and sinus problems.
- Joint pains.

Bowel care is therefore of utmost importance in supporting health, and enemas can be used as part of a nutrition and lifestyle programme to optimise gut function.



ENEMA INSTRUCTIONS

What you will need:

- Enema kit including gravity feed enema bag, tubing with fluid control valve, hook to hang the bag from a position above the floor such as a door handle, nozzle.
 - Old towel.
 - An old plastic type of sheet or towels to protect your floor.
 - Lubricant – coconut oil, olive oil etc.
 - A pillow for comfort.
 - A toilet nearby (enemas are best done in a bathroom).
 - Position close to something to hook the enema bag up to, such as door handle.
 - Peace, quiet and plenty of relaxing time (do not attempt an enema when you are in a rush!).
1. Wash the enema bag in warm water before the first use.
 2. Connect the shorter enema nozzle to the tubing and attach the other end of the tubing to the enema bag (the long nozzle is for vaginal douche).
 3. Close the valve off to stop any solution from leaving the tube.
 4. Fill the enema bag with the desired solution (see below for recipes) and hang at least 1m above the ground (e.g. off door handle) for gravity feed.
 5. Hold the nozzle over an area suitable for draining fluids (e.g. bath, sink, cup) and open valve to allow enough fluid to fully fill the tube. Close the valve as soon as fluid starts leaving the tube and squeeze out any air bubbles trapped in the tube back towards the enema bag so they can escape. Air bubbles in the tubing are harmless but may impede the fluid flow.
 6. Lubricate the end of the nozzle with a little olive oil or another suitable lubricant.
 7. Lie on your right-hand side on top of towels and/or sheeting, using a pillow or old folded towels for comfort if required.
 8. Draw your knees up towards your chest and insert the nozzle gently into your anus.
 9. Open the valve and allow the fluid to flow into your rectum, adjusting flow or stopping it all together periodically if necessary.
 10. Hold the fluid for the desired time (5-30 minutes) and expel over the toilet.
 11. If you feel like you want to expel the fluid before the allotted time, then taking a few deep breaths to relax can help overcome the feeling of wanting to pass the fluid. However, always listen to your body and never do an enema longer than the recommended time.

CLEANING YOUR ENEMA KIT

1. After each use, wash all the parts with hot, soapy water.
2. Alternatively, for a deeper cleaning, use a few drops of oregano oil in warm water.
3. Rinse with fresh water and dry completely with a clean cotton towel.
4. Do not share enema kits.



NOTES

- Always gently insert the nozzle; never apply force.
- When you first start using enemas, you might find you can only hold the fluid for a few minutes. Breathing through the urge to expel the fluid may help but listen to your body and expel the fluid when you are ready.
- If you experience any discomfort, then lower the enema bag or close the white valve to slow/stop fluid entry speed.
- Do not use in cases of haemorrhoids or anal bleeding.
- Enemas should be used in conjunction with a healthy diet and exercise with an intake of 1.5-2 litres of hydrating fluids daily.
- Consult a practitioner for further information.

ENEMA SOLUTIONS

Using different enema solutions has different effects on the colon and liver:

Water enema – a simple technique of introducing water to remove waste from the anal canal and rectal area of the colon.

Use 1 litre of filtered water, keeping the water at body temperature. If you have bowel cramps, then use a thermometer to raise the water temperature to 38-39°C. If the water is too cool it can contract the bowel. Hold the water for as long as possible (ideally a minimum of 10 minutes) up to 30 minutes then expel.

Two water enemas can be used in succession if required. A 500ml water enema may also be used prior to a coffee enema to clear the bowel.

Coffee enema - stimulates detoxification pathways in the liver.

In the 1920s, two German professors tested the effects of rectally infused caffeine and found that the caffeine travels via the hemorrhoidal vein and the portal system from the colon to the liver, opens up the bile ducts and allows the liver to release bile, which contains toxins, into the small intestine ready for elimination. Theobromine, theophylline and the caffeine in coffee dilate blood vessels and bile ducts, relax intestinal smooth muscles, and increase the bile flow.

Doctors at the University of Minnesota also showed that coffee administered rectally stimulates an enzyme system in the liver called glutathione S-transferase by 600-700% above normal activity levels. This enzyme reacts with free radicals (which cause cell damage) in the bloodstream and makes them inert. These neutralised substances become dissolved in the bile, are released through the bile flow from the liver and gallbladder and are excreted through the intestinal tract.

Coffee enemas are traditionally associated as a vital part of the detoxification process of the Gerson Therapy. A Gerson patient holds the coffee enema in the colon for 12-15 minutes. During this time, the body's entire blood supply passes through the liver 4-5 times, carrying toxins picked up from the tissues but the water in the enema stimulates peristalsis in the gut.

The purpose of the coffee enema is therefore not to clear out the intestines, but the quart of water in the enema stimulates peristalsis in the gut. A portion of the water also dilutes the bile and increases the bile flow, thereby flushing toxic bile (loaded with toxins by the glutathione S-transferase enzyme system) out of the intestines.

Coffee: Use a specialist organic, medium roast and medium ground coffee sold specifically for use with enemas.

- Start with 1 tablespoon of coffee if you have never tried a coffee enema and work up to 2 tablespoons.
- Place ground coffee in a saucepan with 250ml of filtered water, bring to the boil then simmer for 10-15 minutes.
- Strain the coffee liquid through a fine strainer ensuring you capture the filtered fluid into a measuring jug or bowl (it's so easy to filter it and let it go down the sink if not paying attention!!).
- Top up to 1 litre with room temperature water and check the final enema coffee solution temperature is cool enough to place your finger in or around 37°C if using a thermometer.
- Place in the enema bag and start the process.

Aloe Vera juice enema

Add 50ml organic whole leaf aloe Vera juice to 950ml filtered room temperature water and administer the enema.

Chamomile enema

Infuse 500ml simmering filtered water with two teaspoons chamomile leaves and/or flowers (e.g. use unbleached, organic teabags) for 10-15 minutes. Remove teabags or strain fluid to remove the herb then top up to 750-1000ml with filtered water. Check the temperature of enema fluid is around body temperature before using. You can use infuse enema solutions in a similar manner with different herbal teabags including organic ginger, dandelion, fennel or nettle.

Choline bitartrate enema

Dissolve 1-2 tablespoons into 750-1000ml lukewarm filtered water.

Magnesium citrate enema

Split 1-3 capsules of magnesium citrate (100mg elemental magnesium per capsule) into a bowl of hot filtered water and dissolve. Top the magnesium citrate solution up to 1 litre with room temperature filtered water and administer as per water enema.

Garlic enema

Infuse four crushed garlic cloves in 500ml simmering filtered water for 10-15 minutes. Strain fluid to remove the garlic then top up to 750-1000ml with filtered water. Check the temperature of enema fluid is around body temperature before using.

WHEN TO ADMINISTER AN ENEMA

Home enemas can be used for different areas of supporting health including:

- Part of a detoxification programme.
- Immune health.
- Lymphatic system health.
- After air travel.
- To support regular bowel motility.

Enemas should not be used when experiencing haemorrhoids (piles), pregnant or breast-feeding and it's not advised to administer an enema during menstruation. Coffee enemas should not be used more than once per month (other enema solutions more than once per week) unless specified by a qualified practitioner.

Keep hydrated by drinking 1.5-2 litre filtered water daily.

Disclaimer;

This booklet is not intended to diagnose or treat. Always consult a qualified practitioner.

