

The Complete Enema Guide

by Helena Bingham

This guide explains exactly what an Enema is; why and when to do an Enema; the benefits of doing an Enema; how to do an Enema & exactly what you need to do an Enema. Including the best enema types, e.g. Coffee, Camomile, Aloe Vera, Barley Grass and many more!



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What is an Enema?

An Enema is a rectum and colon wash that is used to assist and support your body with hydration, elimination and congestion, and is used most effectively when doing a natural detox or cleanse program.

Enemas are primarily used to remove waste (faeces) from the rectum, sigmoid and descending colon by administering liquids into the rectum and colon via the anus! Depending on how congested these areas are will of course make a difference to how much of them you can target!

An Enema can be one of the most supportive and efficient ways to make a difference to how you feel emotionally and physically with often immediate effects.

Enemas have been around for thousands of years, as has the importance of cleansing the rectum and intestines. The word enema comes from the Greek en-hienai, translated as 'To inject or to send into', and one of the oldest references to the enema comes from the Ebers Papyrus dated 1,500BC. This papyrus shows that the Egyptians used enemas to treat many diseases.

The body can eliminate toxins of course, but can it eliminate them completely? If you are eating 3 meals per day then you really want to be passing stools 3 times per day too! Signs of constipation are bloating, thrush, skin conditions, food cravings, lack of energy, body odour and diarrhoea.

Once the colon becomes congested, you will feel sluggish, heavy and bloated and other vital organs such as the liver, kidneys, skin, lungs and the reproductive system begin to suffer. It is a bit like an internal traffic jam taking place that backs up and up into loads of little side streets within many different towns and villages!!! YIKES...

Enema Benefits – Why do an Enema?

Using an enema can support your body to remove unwanted, toxins that if left could contribute to dis-ease within the body.

Most people want to feel better, look better, lose some weight and have more energy. Adding enemas into your life can support this by enhancing your wellbeing, vitality and all round health. The Enema is an amazing and essential part of any natural weight loss program, detox program and pre pregnancy program.

The enema helps to clear your mind creating much clear thinking and clear decision making.
Clean colon = clean mind!

It is always better for a discharge!



Enema Benefits include:

Immediate relief from constipation & IBS (Irritable Bowel Syndrome) – Dried and stuck faecal matter is softened by the liquid that is introduced into the colon and peristalsis is encouraged from the flooding of the colon with the enema water. Inflammation can be reduced and improved with enemas and hydration is massively improved from the removal of toxins and water absorbed.

Skin conditions improve as the backup of toxins are removed via the colon by using an Enema. The skin and the colon are closely linked so when the colon becomes congested and toxins build up the skin will be used to get rid of these extra and unwanted toxins. The skin is the largest organ and is an extremely effective and essential route of elimination so when toxins back up inside the body, the skin can burst out and become irritated to show this – hence spots, irritated and inflamed skin.

Parasites and drug residue can be removed when cleansing the colon. How could you not want that!

Better digestion – When the colon is toxic and congested digestion becomes sluggish and difficult. Burping, refluxing, cramping, constipation and bloating all contribute to an uncomfortable and inefficient digestive system. Enemas can help to re-establish the correct environment within the colon by removing unwanted and old waste, hence improving the digestive tract and digestion itself.

The digestive tract is one long tube; if this tube is inflamed or blocked in an area, this has to have an effect on the rest of the tube! Of course diet plays a massive role within this, but once you become clearer in body and mind you won't want to be eating the foods that cause digestive problems so much – we hope!

Headaches improve – Headaches are a sure sign of toxins and dehydration. Although there is no known one cure for a headache or migraine my philosophy tells me that when the body becomes burdened and stressed it will start to show signs and symptoms of distress, like a headache. It therefore makes total sense to assist the body and help it become more hydrated, cleaner and happier inside by eating a better diet and doing an enema! Retention enemas are great for headaches.



Clarity, Memory, Energy and Vitality are greatly Improved – Clear colon = Clear mind!

If you don't believe me, try it and see! Once old matter is removed from the colon, you feel lighter, fresher and cleaner. These feelings aren't just physical, they are emotional too!

Natural Weight Loss Naturally – Ever wondered why diets don't work! When a change in diet (for the better) is introduced, it is normal for the body to release extra toxins. These toxins when not removed will fly around the body creating unwanted and aggravating feelings and cravings usually for the foods and things you have been not eating. However, if you effectively remove these extra toxins by using natural techniques such as the enema, you can avoid the negative cravings and stick to your new eating plan!

Improved Health - Cleaner and healthier colon, body and mind = Improved health!

Better Sleep – If your body has too much to deal with it won't rest well. Aggravated organs and minds can keep you awake! Clean yourself up and reap the benefits from a good night sleep!

Reduced PMT, Less Painful Periods, Improved fertility – If the body is burdened with toxicity and excess load it will use other areas of elimination to dump the unwanted toxins into - menstruation being one of these! Heavy bleeding, PMT, painful periods and infertility can be signs of an overly toxic body. If this is the case performing enemas and cleansing the body can improve the symptoms massively. Healthy eating and diet are of course an essential part of this process so the two combined can make the most amazing improvements. .

Bad Breath Improves – Rotting matter in your colon isn't nice and can travel up to create bad breath. All body odours are created from toxins so when toxins are removed smells are improved!



What is the difference between a Colonic & an Enema?

The colonic is often confused with the enema yet they are completely different.

A colonic targets the whole of the colon and is administered by a professional in a clinic with specialised equipment. Massage is used to promote the removal of stuck faecal matter and colonics are much deeper and more intense than any enema.

The enema targets the lower colon hitting mainly the rectum and sigmoid areas. If you are used to enemas you can in time target larger areas as stuck matter has been removed.

A colonic would only be used on average a few times per year, and would cost between £70 & £120. On the other hand, an enema can be used weekly or more frequently during wellbeing programs.

Everyone can benefit from doing an enema, everyone! It is easy to practice, cheap and

What you will need to do an Enema?

An Enema Kit – this kit will include a bag or bucket that holds the liquid, a catheter and a long hose. There is usually a vaginal longer catheter included too – this can be ignored!

Up to 2 pints of your chosen liquid from the enema type section! (If you are just starting out then use only 1 pint and work up to 2!)

Some lubrication such as a natural oil to apply to the catheter end and also your anus for easy entry!

A good book or relaxing music! Many people usually find enema time to be very relaxing and a great opportunity to catch up on reading!

A clock or timing device, Toilet Paper & incense to take away any nasty smells!

A towel to lie on in case of any spillages

Time – turn off phones and take some time to not be disturbed so you can totally relax. Stress will not make the process enjoyable!



How to do an Enema

Once you have chosen the recipe you want to use and prepared the liquid to room temperature place the liquid into the bucket or bag. It is important to then run a little of the liquid off into the bath or sink to get rid of any air bubbles – you don't want them going in! There will be an on/off tap at the end of the long tube near the start of the catheter.

Place the bag or bucket to approximately the height of a door handle, if you have a bucket you can place it on the side of the bath. If you put it any higher it could run in too fast and make it challenging to hold! Trust me – don't place it too high!

So once the bag or bucket is hanging or placed safely and the liquid is ready, you have organised your area and run off some liquid to rid the air bubbles you are now ready to rock and roll!

Lie on your right side with your knees slightly up towards your chest and place a little oil onto your anus and onto the catheter end. Now insert the catheter into your anus slowly and slightly. You don't need to push it all in, just enough to allow the water to pass through. Once the catheter is in, turn the tap on and allow the liquid to flow in.

The sensation may be weird to start with but use the on and off tap or device to stop and start the flow as often as you like. Anything new is going to feel strange to begin with so take your time. Breathing is good here!

If the sensation is too great and you cannot deal with the amount of liquid, just sit on the loo and let it out, then start again. It may be that there is wind or a faecal blockage that needs to be passed before you can comfortably hold the liquid – there is nothing wrong with that!

Don't worry if the liquid is running in slowly either – we are all different.

Once the liquid is in, lie back and hold for the recommended time – usually anything from 12 – 20 minutes.

You can massage your belly if you wish, do a shoulder stand, place a pillow under your bottom or knees to raise the anal area, or just lie back and chill!

Remember - **DO NOT** put yourself through hell though, if you cannot hold it, let it out and try again another time, the more you get used to doing enemas the easier it gets to hold them and the cleaner your colon will be! When the specified time has lapsed just sit on the loo and let it all come out – literally! You may need to visit the loo again during the day... totally normal!

If no liquid comes out – don't panic! This can happen and is usually when you are dehydrated so the colon absorbs all the liquid instead of letting any go - **drink lots of water!**



When to do an Enema

Favourite times are usually in the morning, that way you have the day to reap the rewards and benefits of clarity, lightness and more energy! However it can depend on the type of enema you are doing; e.g. with coffee, you would definitely want to do that one before noon as it is stimulative, but with camomile, as it is relaxing and soothing it can be lovely to do before bedtime at the end of the day. Make sure you check out the favourite enema section for the recommended times for each different enema type.

Enemas are recommended during cleansing and Detox programs. They offer great support to the body during these times as there are so many more toxins being released from the change in diet and cleansing program which need to be removed.

Constipation is another time when an enema would be recommended. Doing an enema when you are constipated can be very relieving and can be used privately in the comfort of your own home.

An **Enema** is safe, fast and effective relief for **Constipation** and digestive problems such as IBS. Why put up with constipation when you can safely use an enema to feel immediate relief?

An Enema is very effective when used at the onset of a cold or flu to help move a stagnant lymphatic system. An Enema can stimulate movement and a release of mucous within the lymph system which can leave you feeling immediately much lighter and totally refreshed.

Enemas can be used during times of Stress to support and relax the mind and body. Enemas can be used more regularly to keep your system clean and serviced once you have performed a deeper cleanse or Detox program!

The enema is like a good friend that you turn to when things start to weigh you down - literally!

IMPORTANT TIP

Enemas are not there to get rid of a binge or heavy night on the town. Enemas play a vital role in cleansing and health programs to enhance wellbeing, vitality and to reduce and rid symptoms of dis-ease. If abused, the bowel could become weak – if used properly with respect and guidance the bowel will strengthen and re-establish the correct environment and health.

Of course natural nutrition and lifestyle enter into this; if your lifestyle is unhealthy then it is recommended that you book a consultation through NutritionFriend before entering into a cleansing or Detox program.



FAVOURITE ENEMAS

Always make sure that enema liquid is at body temperature!

WATER

A great way to start! Very effective and efficient to use for an enema flush, this is when you just put the water in and then straight out again without holding.

Always use bottled water or filtered water – I recommend Reverse osmosis or distilled when I say filtered water!

Very hydrating when held for anything up to 20 minutes offering an essential re-hydration message to the bowel and body. Use between 1 & 2 pints, maximum 2 pints.

CHAMOMILE

Lovely relaxing enema this one! Still stimulates a release from the liver but is gentler than coffee. You can use chamomile flowers or tea bags – flowers are stronger but make sure you really sieve them well as you don't want the little bits going up your bum – enough up there already!

Use 1 – 2 tablespoons of flowers and simmer for 20 minutes. If using bags, use 2-3 bags for 1 litre of liquid and leave to infuse for 20 minutes.

Chamomile can be held for 20 – 30 minutes (if you can). Smaller ½ pint implants are also nice at the end of the day if you have trouble sleeping – this means the liquid goes in and you just keep holding and go to bed.

ALOE VERA

This is a great anti-inflammatory enema and is also very hydrating for the colon and body. Add anything up to 2 tablespoons of Aloe Vera to your water enema. Hold for up to 20 minutes.

MAGNESIUM CITRATE

Now then, Magnesium Citrate enemas are fabulous as magnesium works opposite sodium, hence it draws it out! So, when sodium levels are high (toxins) magnesium can be very relaxing and effective. I recommend 2 magnesium citrate capsules emptied into 2 pints of water and hold for up to 20 minutes. You can also add magnesium into a coffee enema for a more relaxing effect if you find coffee to be too stimulating.

Magnesium is relaxing, hydrating & very cleansing.

To get the most out of your magnesium, blend it into the water otherwise it can get all cloggy and not dissolved (thanks Jay!)



COFFEE

The **Coffee Enema** contains caffeine, and it's the caffeine, theophylline and theobromine that combine to stimulate the relaxation of smooth muscles causing dilatation of blood vessels and bile ducts! The effects of having a **coffee enema** are not the same as drinking coffee as the veins of the anus are very close to the surface of the tissue, hence the caffeine is easily and quickly absorbed (and in higher concentration) than it is when coffee is drunk.

Additionally, coffee has a chemical makeup that is simulative and the enzymes in coffee, known as palmitates, help the liver carry away the toxins in bile acid. The coffee is absorbed into the haemorrhoidal vein and then taken up to the liver by the portal vein. With the bile ducts dilated, bile carries toxins away into the gastro-intestinal tract. Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon, so, when the colon is evacuated, the toxins and bile are carried out of the body and we are left with a happier and less toxic liver!

Put 1 tablespoon of **Organic Ground Coffee** (if you are sensitive and just starting out doing enemas use only 1 teaspoon and gradually use more if and when you feel the need to) and 1 pint of clean filtered water into a saucepan and bring this to the boil for 3 minutes without a cover on it (this is so the fat burns off the coffee) then cover the pan and simmer on a low heat for 12 minutes (total cooking time 15 minutes).

Sieve the coffee into a jug and then make this up to 2 pints of liquid by using more water making sure the liquid is at body temperature (you can just use the finger test for the temperature), this is ready to use.

Place the liquid into the enema bucket and then run off a little liquid to get any air bubbles out... you don't want these bubbles up your bum! You will have an on/off flow tap at the end of the tube.

Hold between 12 & 15 minutes then release. Best to do a coffee enema in the morning as they can be stimulating.

LINSEED OIL – FLAX This enema is an eye opener in many ways!!!

Linseed oil is an anti-inflammatory sodium releaser that promotes cellular activity and liver function. It is recommended that you always follow an oil enema with a water flush to make sure that all the oil has been released... however; oil can still pass out during the night!

Use 250-500mls of linseed/flax oil, warm it first by placing the bottle in warm/hot water and then place it into your bag/bucket and top it up with warm water so it can flow nicely. When using a pint (that's the oil and water combined), try and hold for 1 hour – release and then do a water flush.



Other great Enemas

Barley grass, Wheatgrass, Spirulina, Garlic, Red Raspberry, Slippery Elm, Dandelion, and Fennel. Burdock Root, Ginger! With the above, seek some guidance!

What to do after an Enema!

It is recommended to rest after doing an enema to allow the body to readjust and adapt to the new feelings of clarity, lightness and emptiness. Once internal space has been created, try not to fill it up again with toxic foods and drinks such as alcohol, fast foods, preservatives and sweets!

After an enema you may get some negative cravings for sugary or salty foods, this is completely normal as the body lets go of toxins. Try and move against them by drinking lots of water, eating a balanced and naturally nutritional diet high in raw foods, vegetable juices and goodness. If that doesn't work, play some music, have a boogie or go for a walk.

HAPPY ENEMA FROM YOUR NUTRITION FRIEND X