

# Home Enema

*I am not a doctor and am not qualified to advise you on your specific health situation.*

## Supplies

- 2-quart enema bag (standard clear enema bag, or combo enema bag/hot water bottle)
- 16" French 22 catheter (for "high enema"), or traditional 3" tip
- 2 hooks ("S" or shower curtain) to hook bag to towel bar (optional)
- Enema pads, also called chux (puppy pads cost less and are effective)

## Other items

- Olive oil or other personal lubricant for the catheter (I use bar soap)
- filtered or pure body-temperature water for each enema
- Implantation substances (optional), mixed with water to equal 8 oz liquid. Examples: fresh wheatgrass juice, green powder, probiotics, yogurt, kefir, 1 tsp juice such as lemon, aloe vera or apple cider vinegar
- Cleaning supplies (cleaner, paper towels, garbage bags). You can make your own cleaning mixture in a spray bottle using water and any of the following natural anti-microbials: tea tree oil, peppermint oil, eucalyptus oil, lavender oil, colloidal silver or yarrow tea.

## Overview

**For a "high" 2 - 4 quart enema:** You can lie down on the bathroom floor, with the enema bag hung on a towel bar at waist height; or in your bathtub with the bag hung from the shower head. It's much easier to cleanup spills in the tub.... Whatever works for you.

You fill bag, complete enema, void, then fill bag again and repeat; total of 4 quarts of water delivered. Don't feel bad if you can't hold the full 2 quarts the first few times; it gets easier after the 2<sup>nd</sup> or 3<sup>rd</sup> day.

For constipation: add 2 - 3 drops Dr. Bronners castile soap (tea tree, peppermint or eucalyptus oils are antimicrobial; or almond oil for scent), or 1 Tbsp each salt & baking soda to your first 2-quart enema.

**For a lesser enema** (1 quart of fluid or less), you can lie down as for a high enema, or stand up (or crouch), with the bag hung at least 2 feet above your rectum. Fill bag, complete enema, then void. For some lesser enemas (such as coffee enema), you lie down for at least 15 minutes before voiding/

See "Implant Method" section for details about this type of enema.

## Detailed steps

1. Let your household know you are not to be disturbed for the next hour (or longer if you plan to dry brush and/or bathe after the enema). Turn on answering machine.
2. Prepare bathroom to be comfortable. Turn up the heater, adjust lighting, light some aromatherapy candles, even put on some nice music. For extra padding, place some large towels under your chux.
3. Prepare the bag's delivery tube by cutting off that portion which contains holes and is lubricated (new bags only). Firmly place red catheter (Red rubber friend") onto cut end of enema tube. Or slip it onto standard 3" enema tip if using combo bag.
4. Set up pad (cotton side up) near the toilet and close to the towel bar where you hang the bag.
5. Close tube clamp and fill bag with body-temp filtered or fresh water. If there are air bubbles in the tube, drain out a little water. hang bag; if it's too high, water will flow very quickly and may cause discomfort; if too low, the enema will take longer.
6. Lubricate the lower few inches of the catheter with oil, personal lubricant, or some soap on your fingers. Lie on your left side or back on the part of the pad which is closest to the towel bar (this

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saves a dry top half for later). Gently insert the red catheter. Once a few inches are in, you can start water flow to assist the remaining insertion, leaving just a couple inches of catheter exposed. NOTE: don't worry if it gets lost inside you. Your body will push it out.

7. Have clamp in your left hand in a position that will allow you to close it quickly (thumb in the ring hole between index & middle finger). As the water flows, lie on your back and gently massage up the left side and across your belly button. This helps the water over the hepatic flexure. If the water does not flow, try backing the catheter out a couple inches (it may be against solid matter, obstructing flow. If water starts to flow out of you, the catheter has bent back on itself, so back it out a bit and try again.
8. If you start to cramp, immediately close the clamp and gently massage the area. It's usually just an air bubble or water pooling in your lower colon, and should pass shortly. Breathe deeply & don't move around much. After it passes, slowly start the flow again. Never get up while cramping.
9. If you must evacuate before a whole bag is inserted, do so when you are not cramping. Then lay back down, reinsert the catheter and proceed with refill.
10. When whole bag is empty, close off the clamp and gently remove catheter. lay on your right side for a few minutes to allow the water to soften fecal matter in the colon. Then roll to your back and massage in the opposite direction (up the right side, across and down the left side).
11. Move to the toilet to evacuate. Wait a few minutes for a 2<sup>nd</sup> or 3<sup>rd</sup> "wave" of evacuation before standing. If you feel some nausea, that means you're about to evacuate more; hang in there. As you prepare the second bag of water, you may have to evacuate a couple of times more.
12. Wash off the catheter with soap and hot water before re-filling. Follow procedure listed above. However, if you plan to do an implant, leave about 1/2" of water in the bottom of the bag so there won't be any air bubbles in the tube when you put implant liquid into the bag.

### Implant Method (Optional)

13. Prepare implant material and put into the bag. I use bifidus probiotics after my last enema.
14. To remove any remaining liquid from your colon prior to the implant, lay on your back, bend your knees with feet flat on floor and raise your rear off the ground. Massage up the right side, then roll to your left side as you massage across and down. Get up and evacuate.
15. To do implant, lie on your back and insert the lubricated catheter. massage up and across, rolling to your right side. Lie still for a couple minutes, remove catheter and remain on your right side for 10 minutes. The implant material will stay in your colon and be absorbed. If you have no cramping after 10 minutes, you can arise. Don't evacuate.

### Clean-up

16. Clean catheter with a good, antibacterial soap. I use regular bar soap and then spray with my natural antimicrobial spray (see supplies list). Hang up to dry.
17. Put some hot water in the bag and hang bag with tube attached in the shower, with clamp open.
18. Spray and wipe the toilet, sink and any other surfaces you touched, with an antibacterial or germicidal cleaner. Throw away trash & chux in a plastic bag (grocery bags are good for this, and the handles can be tightly tied).
19. This is a good time to dry brush and bathe, or at least take a good hot shower.
20. After last enema, thoroughly wash bag, tube, & catheter in hot, soapy water. Hang up to dry, leaving opening at top of bag open, and pulling sides apart so air can circulate. Store when totally dry.

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## Indications

- **Diarrhea:** It may sound counter-intuitive to do an enema when you are having diarrhea, but consider this: diarrhea is the body's attempt to use fluids to flush toxins and microbes from the bowel. Unfortunately, this can lead to dehydration from loss of too much water. Aiding the body by giving a warm-water enema speeds up the process, and at the same time, re-hydrates the body.
- **Constipation:** Perhaps the most common is constipation, and a **Castile soap enema** is a good way to clean you out and give relief.
- **Spring cleaning:** Just as you give your home a good spring cleaning, it's also a good idea to give your colon a good spring cleaning. I like to do a routine **salt-soda enema** twice a year, for this purpose. It has the added benefit of stimulating the lymph system to clean itself.
- **Parasites:** An enema containing garlic is a good choice if you have parasites (pathogenic bacteria, candida, pinworms, etc.) in your large intestine. It's best to mix some salt into the enema fluids, to help the mucosa shed toxins, and to reduce transfer of water into and out of the cells. The **garlic-Epsom salt enema** is a good example.
- **Detox:** When serious illness or parasites are present, the system may be overwhelmed by toxins, causing distress. The liver works overtime to detoxify these substances, and can become tired and weak. A good colon cleanse can help the liver rid itself of the toxic substances. One of the best cleanses for this purpose is the **coffee enema**, which acts to stimulate bile secretion into the small intestine; bile is essential for detox. A coffee enema is also an excellent general colon cleanse for the lower colon.
- **Follow-up:** After giving yourself a cleansing or coffee enema, it's always good practice to follow with a **probiotic enema**, to restore probiotics removed by the enema. Restoring probiotics improves your immune system and helps detox. To be most effective, take probiotics both orally and in an enema (see next paragraph for examples). See below for probiotic enema instructions.

Also add probiotic capsules or powder to your supplement list for about a week after an enema, and increase your intake of probiotic foods (kefir, buttermilk, yogurt, sauerkraut & other lacti-fermented condiments, and fermented cabbage juice).

## Specific Enemas

### Castile Soap Enema

This enema is recommended for constipation.

- 2 quarts filtered water,
- 2 -3 drops Dr. Bronners liquid castile soap or 1 packet Castile enema soap

Warm water to 120° F. Pour 1 quart of warm water into enema bag; add castile soap, then add remaining water. Slosh bag to distribute the soap. Allow to cool to 105° F). Hang in chosen spot. Insert tip (soap is a good lubricant), crouch so tip is about 2 - 3 feet below the bag, and allow fluid to flow into my bowel.

If you are constipated, deliver only about a cup of solution at a time, until you have emptied your colon (the water runs out clear). For the first cup or so, don't try to hold it more than 5 minutes before voiding.

If you are not constipated, lie on side and hold as long as possible, 10 - 15 minutes, massaging abdomen gently in large counter-clockwise circles. Then expel into toilet.

Do NOT use shampoo or liquid detergent for this enema; they are too harsh and can lead to soap-induced colitis.

Use only high-quality liquid Castile soap

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**VERY IMPORTANT:** Always follow a soapsuds enema with a clear water enema to ensure the soap has been rinsed out. Use warm water at body temperature (about 99 degrees F), and try to take an entire bagful (2 quarts) at once.

For more detail, see instructions by Catherine Cavanaugh RN.

### Salt & Soda Enema instructions

This is a good cleansing enema and also stimulates the lymph system. Good to do as a spring cleaning, tho I like to do twice a year (spring and fall), along with a salt and soda bath.

- 2 quarts filtered water
- 1 Tbsp salt
- 1 Tbsp baking soda

Warm water to 120° F. Stir in salt and soda until dissolved. Allow to cool to 105° - 110° F (it will cool further, to body temperature, in the bag). Fill bag and hang in chosen spot. Insert tip (soap is a good lubricant), crouch so tip is about 2 - 3 feet below the bag, and allow fluid to flow into my bowel.

If you are constipated, deliver only about a cup of solution at a time, until you have emptied your colon (the water runs out clear). For the first cup or so, don't try to hold it more than 5 minutes before voiding.

If you are not constipated, lie on side and hold as long as possible, 10 - 15 minutes, massaging abdomen gently in large counter-clockwise circles. Then expel into toilet.

You can also take a **salt and soda bath**, to relieve symptoms during a cleanse: Mix 1/2 pound salt and 1/2 pound baking soda. Dissolve in hot bath water. Get into the bath and relax.

### Garlic-Epsom Salt Enema instructions

**Precaution:** This enema is very purging. Use no more than twice during a fast.

Good treatment for pinworms and threadworms in the large intestine.

- 3 cloves fresh garlic, minced
- 2 quarts filtered water
- 2 Tbsp Epsom salt

Combine garlic and water in saucepan and simmer, uncovered, for 5 minutes. Stir in Epsom salt. Allow to cool to 110 - 118 degrees F, then pour into enema bag.

Hang bag in prepared spot and insert enema tip (use a bit of soap to lubricate it). Allow fluid to flow into bowel, massaging abdomen in counter-clockwise direction (up left side, across top, down right side, across bottom).

Remove tip; lie in bed on right side for 5 minutes, massaging abdomen; roll over to left side for another 5 minutes, continuing to massage abdomen. Then expel into toilet.

### Coffee Enema

The main reason to take a coffee enema is to stimulate your liver and gall bladder to release bile and relieve an over-burdened liver (too many toxins to detox without help). **Symptoms** of this need are persistent itching of the skin, hives, and/or headaches at the top of your head.

This enema is also part of the Gerson treatment for cancer. (See [Gerson Institute](#) for more)

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It's important to use regular (not decaf) coffee, as it is the caffeine that stimulates the liver to release bile. Organic Free-Trade is recommended. However, you don't want to do a high enema, because you would absorb the caffeine into your blood, which would add to the toxic load on the liver. Instead, deliver no more than 1 quart at a time.

It's important to void the lower part of your bowel before taking a coffee enema. If you are constipated, use a warm water or soapsuds enema to help you empty your bowel.

- 1 quart filtered water,
- 3 - 4 Tbsp drip-grind coffee (not decaf), and
- pinch of Celtic sea salt.

Combine ingredients in a saucepan. Bring to boil and boil for 5 minutes. Remove from heat, pour through strainer into quart measuring cup; add cold filtered water to bring back to 4 cups. Allow to cool to 110 - 118° F, then pour into enema bag.

Hang bag in chosen spot and insert enema tip (use a bit of soap to lubricate it). If standing in your shower, crouch so tip is about 2 feet below the bag, and allow fluid to flow into bowel.

Remove tip; lie in bed (or on the floor) on right side for 5-10 minutes; roll over to left side for another 5-10 minutes. Then expel into toilet. For a first enema, you might only be able to hold it for 5 minutes, but try to hold it as long as you can. It's also a good idea to void any stool before taking enema. If constipated, give a soapsuds or warm water enema to void stool, then follow with coffee enema.

Follow coffee enema with a probiotic enema (see below for recipe).

### **Alternate Method:**

This method stimulates bile secretion, but does not clean higher in the colon.

Make coffee mixture as above, but deliver only about 1 cup of enema into colon. Lie on side (as instructed above) for 10 - 15 minutes, then expel. Repeat with another cup of enema, etc., until the bag is empty (about 4 enemas). Follow coffee enema with a probiotic enema (see below for recipe).

## **Probiotic Enema instructions**

*NOTE: if using commercial yogurt, make certain it says "contains live bacteria," (and not "made with live bacteria"). Always use plain, unsweetened yogurt or kefir, preferably homemade.*

- 2 quarts warm filtered water,
- 2 Tbsp liquid whey, yogurt or kefir, or 4 - 5 capsules of probiotic, or 1/8 tsp powdered probiotic.

If using powdered probiotic (or capsules), choose one high in bifidus (bifidobacteria), as this is the primary beneficial bacteria in the colon. Acidophilus (and other lactobacillus bacteria) is often recommended, but it prefers the environment of the small intestine rather than the colon. If using yogurt, choose one that includes bifidus.

Warm water to 120° F. Allow to cool to 110° F. Stir in yogurt/kefir/probiotic until dissolved. If using capsules, open caps and dump contents into warm water. Fill bag and hang from prepared location. Insert tip (soap is a good lubricant). If standing in shower, crouch so tip is about 2 feet below the bag, and allow fluid to flow into bowel.

Lie on side and hold as long as possible, at least 5 minutes, massaging abdomen gently in large counter-clockwise circles. Then expel into toilet.

You may want to use only 1 quart at a time, especially if you have difficulty holding this enema.

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### Probiotic Retention Enema (Implant)

This enema is retained to reestablish probiotics in your upper colon. It should be done ONLY after a cleansing 2-quart enema, such as the castile soap or salt & soda enemas described above.

Following proportions above, mix up only 2 cups. It's also a good idea to use a bifidus probiotic, as this is the most common beneficial bacteria in the colon, and it helps to fight candida infections:

- 2 cups warm filtered water
- 1/2 Tbsp yogurt or kefir and/or 1 -2 capsules of bifidus probiotic

Use davol tube to deliver liquid high in the colon. Best position for inserting the enema is on hands and knees, resting your head on your hands. Once delivered, roll onto your back for 5 - 10 minutes, massaging abdomen gently. Then roll onto left side before getting up. Hold as long as possible, at least 15 minutes, to give the bacteria a chance to take hold. Ideally, you won't expel it at all, except with your next bowel movement. But if you have an urge to expel earlier, that's OK.

See also: [Moon Dragon website \(www.moondragon.org/health/therapy/lbifidusenema.html\)](http://www.moondragon.org/health/therapy/lbifidusenema.html) which suggests this implant should not be done more than three times a year. If you wish to do a probiotic enema more frequently, use the first version above.

Note: This can also be given as a vaginal douche, if you have a yeast infection.

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