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1. What is the purpose of having an enema?
  - a. Waste material, especially that which has remained in the colon for some time, (i.e. impacted faeces, dead cellular tissue, accumulated mucous, parasites, worms, etc.), poses several problems. First this material is quite toxic (poisonous). These poisons can re-enter and circulate in the blood stream making us feel ill, tired or weak.
  - b. Impacted materials impair the colon's ability to assimilate minerals and bacteria- produced vitamins. A build-up of material on the colon wall can inhibit muscular action causing sluggish bowel movements, constipation, and the result of these disorders.  
Once impacted material is removed, your colon can begin again to co-operate as it was intended to. In this sense a enema is a rejuvenation treatment.
  - c. It exercises the colon muscles: The build-up of toxic debris weakens the colon and impairs its functioning. The gentle filling and emptying of the colon improves peristaltic (muscular contraction) activity by which the colon naturally moves material.
  - d. It reshapes the colon: When problem conditions exist in the colon, they tend to alter its shape, which in turn causes more problems. The gentle action of the water, coupled with massaging the colon helps to eliminate bulging pockets of waste and narrowed, spastic constrictions finally enabling the colon to resume its natural state.
  - e. It stimulates reflex points: Every system and organ of the body is connected to the colon by reflex points enemas stimulate these points, thereby affecting the corresponding body parts in a beneficial way.
  - f. It can help to release old emotions that are stored in our 'gut'
2. Why do people take enemas?

Cleansing the colon goes back thousands of years. It is as wholesome as brushing your teeth. Many people, many more than you realize, would greatly benefit from taking an enema once a week or going to a Holistic colon therapist once a month. I really do think that, optimally, most of us should be having at least one evacuation, with 6-12 inch long stools, leave our colon daily. I see so many people who are afraid to talk about their bowel habits with others, even those close to them. There are many reasons for adults to take enemas or implants. These reasons include constipation, irritable bowel syndrome and other related chronic illnesses, to reduce a fever, to overcome the flu or other acute illnesses, to relieve constipation during pregnancy, in combination with a fast, imbalanced colon flora, and in preparation for a colonoscopy or other medical procedures. This is just a short list.
3. What makes an enema so special?

Because you very gently flush the colon with up to 2 litre of water and **massage and stimulate pressure points** at the same time, you will be able to work loose

and eliminate far more toxic waste than any other short-term technique.

4. If enemas are so good, why haven't I heard about them before?  
In a way, the answer to that is a commentary on our present-day lifestyle. Historically, artefacts and records show that people have regularly purified their bodies, including cleansing the colon. Around the turn of the 20th century, the present-day colonic machine was developed, providing a significantly improved method of accomplishing colon cleansing. Up to the late 1920's many doctors had colonic machines in their offices, and machines were found in hospitals as well. Enemas were used frequently. Articles dealing with colon health frequently appeared in prestigious medical and scientific journals until the early 1930's. At that time modern man began a 50 year love affair with drugs and surgery. These seemed to offer relatively instant relief for body ailments, resulting in purification and prevention techniques becoming less attractive. Recently, however, there has been a resurgence of interest in using natural approaches for healing the body, and enemas and colonics have rapidly been regaining the respectability they had before.
  
5. What about children and enemas?  
We all love our children very much and want the best for them. When we are faced with a constipated child, it is sometimes confusing to figure out what to do. For instance, moving the bowels on a regular basis is crucial to optimal health and often solutions in the realm of alternative health do work, but your child starts screaming anytime you mention an enema. Or, you have a constipated baby, moving her bowels less than once a day and you are scared at the thought of giving her an enema. Enemas can be great for any age; and yes, it can be a tricky activity to take part in. With the very young, I use diet and homeopathics daily or when needed and **enema** only very occasionally and of course with very little water or a **ayurvedic oil enema**. With older children, I have found that taking things slowly, and exchanging ideas with them, so they can take the tool on as their own, really works the best. You have to look at it as a long-term project and be relaxed and warm. Best is to consult with your doctor, naturopath or holistic colon hydrotherapist.
  
6. What is the difference between an enema and colon hydrotherapy?  
The bottom line is that you have access to a lot more water during a colon hydrotherapy session (40-80 litre) versus the 2 litres that your average enema bag holds. Colon Hydrotherapy, done well, is often a better tool to get the intestinal muscles to start pumping or 'peristalting'. Often, the number one goal of colon cleansing is to get the gut muscles to expand and contract rhythmically, just like the heart. This action is the key to getting out the right amount of stool daily. When a colonic is taken using the 'closed system' you can use the tubing to stimulate peristalsis in an effort to retrain the colon. Enemas, done well, can be nearly as effective as colonics and are much more cost effective. Given experience and patience, enemas can clean out the entire colon just as a colonic would. It just takes some work and you have to know what you

are doing.

I promote both for different reasons, which include effectiveness, cost, personal preference of the client, health goals, how often one needs the treatments, etc. I think both are very useful and often best used in conjunction with each other.

7. How can I tell if I would personally benefit from an enema?  
Does your colon now exhibit the signs of a well functioning colon? If not, some enemas or one or more sessions with a knowledgeable holistic colon therapist may bring you great dividends.
8. What else can I do to clean my bowels  
There are some excellent products available that will clean your whole intestinal system. I mainly recommend [AIM Herbal Fibreblend](#) because of it's effectiveness and ease of use. It takes about 3 month. If you are after a faster solution I recommend Oxy powder a cleanse based on magnesium oxide. It is one of the best cleanses around. [Click here for more information on Oxy Powder](#). Other more complicated solutions (because they require more or less strict diets) are Nature Sunshine Cleanse, Arise & Shine, Dr. A. Vogel or Hulda Hemmes.
9. Suppose I have been suffering from constipation, will an enema help?  
Constipation can almost always be successfully treated with natural, harmless techniques, including the use of enemas and colonics. Constipation is one of what may be termed "civilized man's diseases". There are three factors involved in having a well functioning colon: diet, exercise and attitude. All three must be in balance for the colon to function well. Often, however, because the colon has been sluggish for so long, it has become severely weakened due to being constantly bathed in toxic waste, stretched from holding excessive amount of stools, or frequently, constricted by chronic tension in the colon. Enemas in this case can be helpful if it is a **short term** problem. For chronic constipation I suggest a few sessions of colon hydrotherapy in combination with the right herbs first, as it is excellent for cleansing and healing the colon sufficiently so that changes in diet, exercise, and attitude are then able to produce their effects. Many people find the relief provided by this stimulates the motivation and enthusiasm to institute positive changes in their lifestyle.
10. Will a enema clear up my skin?  
Your skin actually "breathes" and is an important organ of elimination of waste material. Sometimes, if the colon, liver or kidneys are functioning poorly, the skin will be required to make up the difference. Surface eruptions on the skin of various sorts may occur due to toxins being released. Cleansing and healing the colon diminishes the burden placed upon the skin as well as the other organs of elimination: lungs, liver and kidneys. As elimination is accomplished through its proper channels, the skin will very often clear up. Coffee enemas are great for the skin.

11. Are there any additional benefits I might expect from an enema?

Enemas can start you on a very beneficial **educational process**. You can learn to expand your awareness of your body's functioning by including signals from your abdomen, your skin, your face and even from that most taboo of natural products, your eliminations. You will find that you can spot the beginnings of developing conditions through clues from these body regions and functions before they become serious. You can deal with them sooner and more easily than you otherwise might if you waited until they produce effects seen elsewhere in the body. Also, the solar plexus is the emotional center of the body and the transverse colon passes right through it. If an emotional event is left uncompleted, it often results in physical tension being stored in the solar plexus, which affects all organs of the area, including the colon. This ongoing tightening of the colon muscle results in diminished movement of faecal material through the colon, which is experienced as constipation. Not only can enemas alleviate the constipation, they can assist you in creating a fully holistic view of your body's functioning, leading to a better quality of life.

12. Can I lose weight using enemas?

Colon cleansing, combined with diet and a cleansing program, are excellent tools to achieve and maintain your ideal weight. The crucial point to understand here is that when you diet you often release toxins into the colon that are reabsorbed by the liver. This is one of the factors that makes you crave the foods that you are trying to stay away from, that makes you feel kind of crummy. When you move waste out of your body more quickly and often more efficiently with enemas, you feel better; this tends to increase the motivation to stick to your program. I highly recommend enemas as part of a successful and healthy weight loss program.

13. Will an enema make me constipated or give me diarrhoea?

For a short time (up to one hour) after an enema, you might need to be close to the toilet, depending on how much waste got loosened up during the enema and how much water you used. The most frequent post-enema experience is to have a slight delay in your next bowel movements and then a resumption of a somewhat larger, easier to move stool. Sometimes, if the colon is weak and sluggish, there may be no bowel movement for several days following an enema. However this is not due to the enema (if done **correctly**), but rather to the weakness of the colon, and should be interpreted as an indication that the colon requires strengthening and healing. Most people go back to normal and improved bowel movements after a series of enemas.

14. Some people say that enemas wash out intestinal flora and valuable nutrients. Is this so?

The truth is that the washing out of putrefied material in the large intestine, increases the good intestinal flora. Good bacteria can only breed in a clean environment, which has been washed free of putrefaction and its accompanying harmful bacteria. This is why the intestines of a newborn baby immediately begin to grow good intestinal flora. Each time you clean out the putrefying rubbish and

make a better environment for the good flora, they start to multiply immediately in their natural media. It also stands to reason that valuable nutrients can better be absorbed in a clean environment than in a putrefied one. If there is Candida present I recommend an **implant** with bifidus bacteria.

15. With all this talk of bacteria, I wonder what effect enema has on our immune systems?

The removal of stagnant waste material and hardened, impacted toxic residue can rejuvenate the immune tissue that resides in the intestines. Recent European studies speculate that 80% of immune tissue resides in the intestines. This is much higher than previously thought and makes it logical to believe that this type of therapy could positively influence immune deficiency diseases. Enemas are not a cure-all, but an important adjunctive therapy in your overall health care.

16. I'm worried that I could become dependent on enemas. If I have too many, the colon may stop functioning on its own. Are enemas habit-forming?

The enema is a tool intended to be used to create a clean and healthy colon. You should set a goal of having a well-functioning colon. Your fulfilment comes from assisting yourself in healing your colon, not in making yourself dependent upon enemas. Actually, one of its features is that an enema (if done correctly!) can be used to tonify the colon muscle so that the colon doesn't perform so sluggishly. Many people have sluggish colons. It can take sometimes days for bowel movements to return after a good enema. This is when people think they are becoming "dependent" on enemas. A good enema can be worth 2 or 3 regular bowel movements, so it may take some time for faecal material to build up in the colon once again if one has a sluggish colon. When the colon is sluggish and bowel movements do not return for a few days after one enema, it is an indication that extensive colon work is needed to remove the debris that the bowel has built up over the years. This build up of faecal material has decreased the muscular action in the colon. Enemas can give you a feeling of being lighter, cleaner and healthier with a sense of well-being. Cleansing and building programs offer preventative measures so that you can be in control of your own health. Dietary changes are often necessary to ensure long lasting and vital health.

**Important:** Always do an enema **after** your natural bowel motion! Enemas are not intended to replace mother nature's call! If you suffer from serious chronic constipation enemas alone are not the solution - see your holistic colon hydrotherapist or health care provider!

17. Are enemas safe? What are the rules of safety when it comes to cleaning your colon?

With both enemas and colon therapy, the rules are the same. The most important rule is: Don't share your equipment. It may be ok to share a bag, but never share a nozzle or speculum. Even though the risk of transferring bacteria from one person to the next is low when the equipment is well cleaned. Therefore, don't share nozzles or tubing. You should at least have your own nozzle and tubing.

**Wash your bag** and your nozzle well before and after each use. Also, with enema

bags, make sure they dry out fully between each use. This will assure that you don't get a build up of mould inside your bag, causing you to have a lot of health problems.

You can think of your colon in the same way that you think of your mouth. In both, there are living organisms and soft tissue. You put water and other even more disturbing substances, in your mouth all the time. Both the organisms and the soft tissue maintain their integrity. The same is true of your colon. The fears around these healing tools are based on misinformation. There is a very long history of using water to cleanse the body internally and externally.

18. Are enemas dangerous in any way?

Being an essentially natural process, there is virtually no danger with an enema. Make yourself familiar with the **correct use** of an enema and **educate yourself** as much as possible.

19. Is it embarrassing to have an enema?

I guess, this depends if you feel that it is embarrassing to go to the toilet. It is a very natural process after all. You can make a little mess if you are not doing it right or are not very experienced with the procedure - but it's not worse than changing a nappy from a baby. Also, when you go to the toilet you usually generate a smell which can be worse when you eliminate toxic waste. So I suggest you make sure that you have an hour of uninterrupted time. Lock the door, take the phone off the hook and tell your partner that you are going to have an enema. Be honest about it, there is nothing to be embarrassed about. You are doing the right thing, looking after your health.

20. I'm still scared. Does it hurt?

Many people are scared of enemas and colon hydrotherapy. Truly, you don't need to be. Of course, your experience is influenced by which of the tools you use, who you are with, how many times you have done it, and the state of your health. But, most often, people feel great after they have an enema. If you don't feel great, this is a sign that your colon is struggling. I hope this motivates you to really take your health seriously.

Done thoroughly, you will eliminate fully enough during the enema or colonic that you will not find yourself having to run to the toilet unexpectedly.

Most people don't have pain during the enema but a few do in the form of cramps because of wind in the colon. Breathe deeply into the pain and tap the area lightly.

Usually, painful experiences are the result of resistance and tension.

Most people actually enjoy enemas and are especially pleased with the unaccustomed sensation of feeling lighter, clean and clear afterward.

Sometimes during an enema the colon muscles will contract suddenly expelling considerable amounts of liquid and waste into the rectum. This may feel like cramping or gas, and may create a feeling of urgency to empty the rectum.

Always follow the urge!

21. What are the characteristics of a healthy, well functioning colon?  
Healthy babies, animals and adults not subjected to the "refinements" of civilization have bowel movements shortly after each meal is eaten. So, assuming there is sufficient fibre and water available to the colon, one characteristic is a bowel movement shortly after a meal is eaten (we are talking full meal not snack). Once the urge to eliminate is honoured by a trip to the toilet, the elimination should be easy and take no more than a few seconds. The stool will be long, large in diameter, light brown in colour, without offensive odour and should float just below the surface or sink very slowly. When the toilet is flushed, the stool immediately begins breaking apart by the action of water movement. As incredible as this may sound, it is true and commonly experienced in cultures where people live more naturally.
22. How can I tell if I have toxic material in my colon?  
This condition is prevalent in all civilized societies. **Common signs** include: headaches, backaches, constipation, fatigue, bad breath, body odour, irritability, confusion, skin problems, abdominal gas, bloating, diarrhoea, sciatic pain, and so forth. As you can see, intestinal toxicity is part and parcel of many people's everyday experience.
23. It sounds to me as though intestinal toxicity is a common condition?  
Yes it is, but toxicity is not limited to just the colon. Toxic material is found throughout the body, particularly in fat tissue, joints, arteries, muscles, liver, etc. Enemas can effectively eliminate small quantities of toxic waste in the colon and as a result have an effect on the condition of the entire body. To remove larger quantities of toxic waste a proper cleansing program has to be followed. Ask your health care professional about this.
24. But the colon isn't the only organ of elimination. What makes the enema so important?  
While the lungs, skin, kidneys and liver also serve to eliminate toxins, people have experienced throughout history that when they ensure that the colon is cleansed and healed, the well-being of the whole body is greatly enhanced. Enemas (and holistic colon hydrotherapy) have been found to be one of the most effective process available to accomplish this work quickly and easily. Supported by skin brushing, kidney and liver cleansing as well as proper breathing you will feel fantastic.
25. It appears to be important to cleanse the colon, but why not use suppositories or laxatives instead?  
Well, every thing has its proper place, but these things aren't substitutes for enemas or colonics. Enemas are useful for short-term release of the colon. Usually, one or two litres of water are used to do that and it will of course not work as deep as a colonic which uses 40-80 litre in one session. Suppositories and laxatives particularly herbal laxatives, are formulated for various purposes, such as: to undo the effects of temporary constipation, to prepare for surgery, etc. Their

frequent use can make you dependant on them.

26. How expensive is an enema kit?

This varies, dependant upon the **type of enema**, between (US\$10 - US\$300)  
Although cost is obviously relevant, your health is far more important.

27. Is there anything I need to do to get ready for an enema?

Since you will be massaging your abdomen it is a good idea to eat or drink lightly in the time immediately preceding an enema. Also, it is very important to empty the rectum with a bowel movement just prior to the enema, thus eliminating the risk of dependency and permitting more to be accomplished.

28. How long should an enema take?

It can take about 45 minutes, usually it will be shorter when you start using the enema kit and it will be longer the more experience you have using enemas.

29. What is the best kind of water used for enemas?

You should use filtered water or buy filtered rainwater in the supermarket.  
This kind of water is capable of absorbing and flushing more toxins out of the colon because of its drawing effect on solid particles, chemicals and other matter.  
You can also make up different **implants** with filtered water.  
Tap water is not used because it already has numerous chemicals and inorganic substances present.

30. How will I know when the colon is empty?

It will probably never be completely empty, as it's an organ in continuous use. As more of the old impacted material is released you will actually feel the water enter higher regions of the colon without any sense of obstruction. The objective should not be an empty colon, but rather a well functioning colon.

31. Will one enema completely empty the colon?

Almost never. Many of us have a considerable amount of impacted faeces in our colon. This is hardened, rubbery or wallpaper like material. Substantial work must be done to remove it.

There is a subtle learning process involved in having enemas. As you become more aware of what is going on in your abdomen, and as your body learns how to allow the cleansing experience, you are better able to enter into that process, and therefore more material is released. One enema will remove some of the stagnant waste in the colon. The second and subsequent enemas will remove more waste. How many you may wish to have will depend upon your personal objectives. Remember that enemas are only a tool to be used for a short time. Don't get dependant on them.

32. How often should I clean my colon or take an enema?

This is a question that can only be answered on an individual basis. You are a unique individual with unique needs. In order to answer this question, one should

look at their health and lifestyle history, their diet, their goals, their economic situation, and their present lifestyle. One very important guide when thinking about the use of colon cleansing is to realize that it is a powerful emotional tool that often allows the person to frame a difficult lifestyle change, thus promoting a successful program that brings more self-directed motivation.

I highly recommend to clean your colon at least once a year with a good cleansing program. This can be any type of fasting or herbal cleanses, depending on your body type. During that time you can have more enemas or see a holistic colon hydrotherapist.

Often the waste is so hard and deeply lodged in the colon that a series of enemas may be necessary to sufficiently soften and loosen it. Properly done enemas also stimulate the liver, kidney and lymph system to dump toxins.

Remember, **enemas are not intended to replace your bowel movements.** You want your bowel to do the work.

Once your system becomes cleaner you get a renewed sense of how you ought to feel, which will help you to know for yourself how often you should clean your colon.

33. Will it be okay to eat after having an enema?

We suggest that you eat at your normal mealtime, and consume a moderate amount of whatever seems gentle and nourishing to you. Just as it doesn't make sense to have your car cleaned and then immediately drive it through mud, eating a meal known to cause trouble in your abdomen directly after an enema isn't an intelligent choice. Something light like salads, vegetable soups or broths, fruit, or juices are the best choice.

34. And what can I expect after having an enema?

Most likely, you'll feel great. Probably you'll feel lighter and enjoy a sense of well-being. As soon as the enema is finished you can carry on with your daily routine. For some, the enema may trigger several subsequent bowel movements for the next few hours, but there won't be any uncontrollable urgency or discomfort.

I generally recommend to have some time for yourself in case you feel like some quiet time after the enema.