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Arise & Shine

[HOME ENEMA IS AN OLD WISDOM](#)

We think we are living better today?
Check out these interesting and unknown facts on enema:

- [Enemas](#) were known in ancient Sumeria, Babylonia, India, Greece and China. American Indians independently invented it, using a syringe made of an animal bladder and a hollow leg bone. Pre-Columbian South Americans fashioned latex into the first rubber [enema](#) bags and tubes. In fact, there is hardly a region of the world where people did not discover or adapt the [enema](#). It is more ubiquitous than the wheel. [Enemas](#) are found in world literature from Aristophanes to Shakespeare, Gulliver Travels to Peyton Place.
- The ancient Egyptians used the [enema](#) widely in their medical practices and many writings have been discovered on this subject. In some of their diagrams of the body, they show the anus directly connected to the heart.
- The Greeks wrote of the fabled cleanliness of the Egyptians, which included the internal cleansing of their systems through emetics and [enemas](#). They employed these on three consecutive days every month said Herodotus(II.77) or at intervals of three or four days, according to the later historian Diodorus. The Egyptians explained to their visitors that they did this because they "believed that diseases were engendered by superfluities of the food", a modern-sounding theory!
- In pre-revolutionary France a daily [enema](#) after dinner was de rigueur. It was not only considered indispensable for health but practiced for good complexion as well. Louis XIV is said to have taken over 2,000 in his lifetime. Could this have been the source of the Sun King's sunny disposition? For centuries, [enemas](#) were a routine home remedy. Then, within living memory, the routine use of enemas died out. The main times that doctors employ them nowadays is before or after surgery and childbirth. Difficult and potentially dangerous barium enemas before colonic X rays are of course still a favorite of allopathic doctors.



MORE BOWEL EDUCATION:

 [Enema recipes](#)

 [How to give an Enema](#)

 [The COLON THERAPY JOURNAL](#)

 [The BOWEL MOVEMENT GUIDE](#)

 [Everyone Poops](#) -- kid's book

 [Tissue Cleansing through Bowel Management](#) ([location 1](#)) ([location 2](#))

 [Colon Hygiene is for the Entire Family](#)

