

PROCEDURE FOR HOME ENEMAS

Obtain enema bag, with either short or 18" high colon flexible tube.

Set aside ½ hour or more for procedure.

Clean bag, tubing and insert with mild soap and water, rinse thoroughly.

Fill bag till it bulges moderately with 98° water. Filtered water or distilled would be best.

Hang bag at least 18" above the level of tube insertion.

Lie down on your back with feet up on tub or toilet, or get in a hands and knees position with the left knee flexed more than the right.

Allow water to flow in slowly. When you feel you cannot hold any more water, remove tube and use toilet. Keep repeating till the bag is finally empty.

Fill bag again, and try to get the whole bag emptied in one attempt. Now, lie on your back, knees slightly bent, and gently massage your abdomen in a circular manner using both hands. Massage from your right to your left.

COFFEE ENEMAS

Brew a quart of fresh coffee, drip method. Let cool to 98° temperature.

After doing one plain water enema to remove large solid matter, fill enema bag with coffee and try to put the whole bag in, slowly! Try to hold for fifteen minutes, massage stomach as above. Release.

* Note-Coating insert tube with Vaseline or similar lubricant is helpful.