

Bowel Care; Enemas; Colon Hydrotherapy

Sometimes one might need to employ additional measures of detoxifying and restoring the intestines of the human body. Apart from bowel restorative herbs - enemas, colonics, and colemas may prove very useful for this purpose in certain cases.

Generally, it is not advised to overdo the three more invasive approaches outlined above.

The importance of bowel care is demonstrated in embryology in that it shows us a tissue, blood, and nerve relationship to the colon and the rest of the body. In other words, adverse conditions of the small and large intestines reflect out to the rest of the body affecting organs and glands. This can have far reaching effects in all conditions of the body. For this reason, the bowels are one of the four core areas of the body we always target in every case (the three other areas are the kidneys, endocrine glands and the lymphatic system).

Given that the colon is one of the body's major eliminative organs for expelling not just digestive waste but also toxins, mucus, foreign proteins, and other substances of this nature, herbal enemas are sometimes a vital asset to one's detoxification regimen.

Also, many toxins which enter the body are impacted and stored within and on the wall of the colon. Regular colon **hydrotherapy** and **water enemas** will **NOT** draw and clean the lymphatic congestion and toxic debris stored **within** the walls of the colon. Not to mention that colonics and enemas won't reach up into the small intestines. This is where a good stomach and bowel restorative herbal formula ingested orally comes in.

Since laxatives are generally stimulating to the intestines, liver and pancreas - and that they push your foods through too fast - we in most cases never recommend the use of them. However, exceptions do exist. In cases of Crohn's, as well as severe neurological weaknesses resulting in highly decreased peristalsis (smooth muscle contractions of the bowels), a strong laxative in tandem with a stomach and bowel restorative may be required. This is due to the severe constipation that can develop under the above circumstances.

Detoxifying and restoring the integrity of the intestinal tract is one of the first steps in the process of regaining health and revitalizing the body. A healing crisis can cause under or over-activity of the bowels which can result in temporary periods of limited bowel movements or periods of diarrhea.

However, under all circumstances (healing crisis or not), you want to aim for keeping your bowels eliminating properly with firm stools and you should try to avoid constipation, especially during a healing crisis.

The Stomach & Bowel Formulas

INFORMATION
<p>Stomach & Bowels Tonic #1: This formula has no moving power. All the stomach & bowel formulas are bowel restoratives and cleansers.</p>
<p>Stomach & Bowels Tonic #2: This one is for those that need a little 'push'.</p>
<p>Stomach & Bowels Tonic #3: Intended for those only having bowel movements every 2-3 days.</p>
<p>Stomach & Bowels Tonic #4 : Intended for those only having bowel movements every 3-4 days.</p>
<p>Stomach & Bowels Tonic #5: For those that only experience bowel movements every 4-5 days and beyond.</p>

Normal Bowel Activity and Stool Color

Opinions on optimal bowel activity are varied. In Dr. Morse's recommendations are as follows:

- At least 2-3 bowel movements per day if solid meals are consumed. Stools should be well-formed (not too hard, not too soft).
- No straining during bowel movements. Stools should come out swift and effortless and as a result of this a bowel movement will take no more than 30-60 seconds.
- Stools should be odorless but can also have a slight scent of the fruits eaten.
- Toilet paper should not be necessary (well-formed stools will not stick to the anus or bowel walls under normal conditions).
- One should not spend excessive time sitting on the toilet.

MAYO CLINIC STOOL COLOR CHART (MODIFIED)		
Stool Color	What it May Mean	Possible Dietary Causes
Green	Food may be moving through the large intestine too quickly, such as due to diarrhea. As a result, bile doesn't have time to break down completely.	Green leafy vegetables, green food coloring, such as in flavored drink mixes or ice pops, iron supplements.
Light-colored, white or clay-colored	A lack of bile in stool. This may indicate a bile duct obstruction or liver/gallbladder weakness.*	Certain medications, such as large doses of bismuth subsalicylate (Kaopectate, Pepto-Bismol) and other anti-diarrheal drugs.
Yellow, greasy, foul-smelling	Excess fat in the stool from liver/gallbladder weakness.*	Sometimes the protein gluten, such as in breads and cereals. But see a doctor for evaluation.
Black	Loosened and expelled fecal impactions. Can sl be from bleeding in the upper gastrointestinal tract, such as the stomach.*	Iron supplements, bismuth subsalicylate (Kaopectate, Pepto-Bismol), black licorice.
Bright red	Bleeding in the lower intestinal tract, such as the large intestine or rectum, often from hemorrhoids.	Red food coloring, beets, cranberries, tomato juice or soup, red gelatin or drink mixes.
http://www.mayoclinic.com/health/stool-color/AN00772		
* Modified.		

CONSTIPATION

Herbal enemas are often excellent for constipation. Prepare some herbal tea consisting of:

- * Cascara sagrada
- * Gentian
- * Goldenseal; or
- * Senna leaves (by itself)

You can also use peeled aloe leaves (prepare it by cutting and liquefying).

If you decide to do an herbal tea enema, wait for the tea to cool down to body temperature before infusing it. This will limit bowel spasms and rejections.

Flaxseeds, psyllium seed husks, kiwifruit, prunes and/or triphala can also be used.

Flaxseeds:

a. Mix 1 heaping tablespoon unground flaxseeds in 2.5 fl. oz. of water, cover and leave for 24 hours. The soaked flaxseeds can be added to smoothies and consumed.

b. Alternatively, homemade (using a coffee grinder) ground flaxseeds can be added to water or smoothies and consumed. Start with 1 teaspoon and work up to 2 tablespoons.

Psyllium seed husks:

Add the psyllium seed husks to water and consume immediately. Start with ½ teaspoon and work up to 2 teaspoons. Use at least 4 fl. oz. of water for every ½ teaspoon of psyllium seed husks.

Kiwifruit:

Due to their inherent mild laxative properties, some people have also had great success consuming kiwifruit as a natural alternative to chemical laxatives. Consume as needed.

Prunes:

Fresh or dried prunes can be consumed for relief of constipation. Start with 5-10 prunes. Feel free to eat less or more prunes contingent upon how you feel.

Triphala:

An Ayurvedic formula comprised of amla, bibhitaki and haritaki. It is a popular, effective and non-habit forming go-to formula for relief of constipation. Start with 1 gram taken at night. Then increase by 1 gram each night until satisfactory bowel movements are achieved in the mornings.

Stomach & Bowels #2, #3, #4, and #5 can be taken depending on personal need. Refer to the outlined details regarding the S&B formulas in the prior section.

Check blood pressure on both arms, conduct the [Basal Body Temperature Study](#), and evaluate the 'Adrenal glands' and 'Thyroid/Parathyroid' sections of the [Self-Assessment Health Questionnaire](#) to best determine any possible neurological component inhibiting proper bowel peristalsis.

DIARRHEA

If diarrhea occurs as a result of a healing crisis (i.e. it comes simultaneously with numerous other symptoms), you should wait for 1 or 2 days, before taking action, as it generally stops within a day.

If the diarrhea persists, use a bowel restorative herbal formula which contains absolutely no stimulating herbs (such as Cascara Sagrada, Senna, Buckthorn, or Aloe Vera, etc.).

You may utilize encapsulated herbs like:

- * Slippery Elm
- * Marshmallow
- * Plantain
- * Comfrey Root
- * Black Walnut Hull

The above herbs will help firm up your stools.

Dr. Morse's **Stomach & Bowels Tonic #1**, Dr. Richard Schulze's **Intestinal Corrective Formula #2**, and Blessed Herbs' **Toxin Absorber** will help address persistent diarrheas.

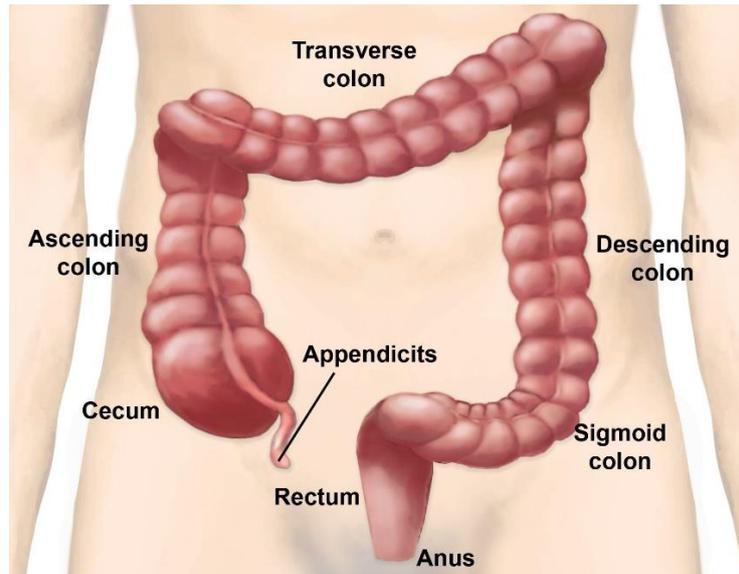
Herbal Enema Written Instructions

- 1) Use one to two cups of a healing herbal tea to 1 quart of water, per enema.
- 2) Brew the tea according to the directions on the package. Generally, 1 teaspoon of herb per cup of water then bring to a boil and let it simmer for 5 to 6 minutes.
- 3) Strain the tea and allow it to cool down to body temperature.
- 4) Place the tea in your enema bag.
- 5) Attach the colon tube and lubricate its attachment tip with coconut oil, Vitamin E oil or another non-toxic lubricant (Vaseline is NOT recommended).
- 6) Expel a little water to let out the air bobbles within the enema bag.
- 7) Hang the bag approximately 18 inches to two feet higher than your body.
- 8) Lying on your left side, slowly insert the attachment tip about 3 inches into the rectum.
- 9) **IMPORTANT:** Never use force and do not insert more than 3 inches of the tip!
- 10) Rotate the attachment gently to ease insertion.
- 11) Once ready, remove the kinks in the tubing so liquid will flow freely.
- 12) Massage your abdomen, or flex the stomach muscles to relieve any cramping.
- 13) When all the solution has entered the colon, slowly remove the tube and remain on the left side for 3 to 5 minutes, or for as long as you possibly can.
- 14) Move to a knee-chest position with your body weight on your knees and one hand.
- 15) Use the other hand to massage the lower left side of the abdomen for several minutes.
- 16) You may need to empty your bowels to do this successfully.

Massaging During Enema Written Instructions

- 1) Roll on your back for 5 minutes.
- 2) Massage up the ascending colon, across the abdomen over the transverse colon, and down the descending colon.
- 3) Get up quickly and expel into the toilet.

Massaging during an enema can help loosen old, impacted fecal matter.



Coffee Enemas

We do not advise people to do coffee enemas (with one exception). Coffee (caffeine) is too stimulating and non-nutritive to the intestinal wall and system. And in light of the powerful array of bowel restorative and nerve enhancing herbs we have available to us, coffee enemas are very unnecessary. Due to the stimulating effects, daily coffee enemas will enervate the gastrointestinal tract to the point of where the individual runs the risk of not being able to move their bowels, if they stop doing the enemas.

The exception to the use of coffee enemas is in cases of extreme blockages and constipation. Under such circumstances, you will need all the help you can get to relieve and remove the obstructions - as it is vital to your healing and regeneration process.

We are aware that many people utilize this type of enema, and that it is an important component of the Gerson Therapy. However, as it is not necessary, and given that the pros do not outweigh the cons, to us, we personally do not recommend coffee enemas.

Colonics

Colonics are high enemas administered by a colon hydrotherapist. A 'high enema' means a procedure for cleaning out the entire length of the rectum and colon with liquid. As mentioned earlier, these procedures do not affect the walls of the small intestines.

Generally, a client can have 3 to 5 colon hydrotherapy sessions after the client has been on a good stomach and intestinal herbal program for at least 30 days. This will soften and eliminate most of the impactions on the intestinal walls and help reduce the inflammation behind them - while also making your colonic sessions much more productive and less irritating.

Colema Boards

Colema boards, although not as widely known as colonics and regular enemas, were made popular by the late Dr. Bernard Jensen. The colema board is designed to fit over your toilet at one end while the other end rests on a chair or stool. By lying on this board (while simultaneously using a five-gallon bucket of skin temperature water), you give yourself a high enema. This is much more relaxing than an enema because you simply lie there and allow the water to slowly and gently clean you out.

There exists an entire program revolving around this procedure. The colema system can be done at home with the purchase of a colema board and a little self-discipline. We recommend also reading one of Dr. Bernard Jensen's books titled, 'Dr. Jensen's Guide to Better Bowel Care'.

Enemas in Debilitated Conditions

Debilitated conditions include: cancer (where the patient underwent chemotherapy and/or radiation treatments), extreme chronic fatigue, or starvation from mal-absorption. Enemas can be very valuable in such cases where digestion is compromised.

The enemas should consist of: powdered superfood blends, powdered or juiced greens of alfalfa, wheatgrass, parsley and the like. Liquid herbs can also be used.