

## Water Cleansing Enema/Colonic

### Step 1:

Use barely warm filtered water (2-4 degrees warmer than body temp but not warmer). Fill enema bag or container to capacity; Apply oil or salve to anus; Lie on your back and carefully insert enema end into anus; Release trigger and fill colon gently while squeezing your anus until you feel a slight pressure (fullness), close the trigger and wait 20-30 seconds and very gently, fill again until you sense a gentle pressure again and stop; Remove tub; Tighten anus and sit on the toilet; Hold anus tight until you feel the need to release (don't hold too long and don't create pain); Let the bowels empty (generally 2-3 releases will happen), It may take several minutes. It's normal to get nauseous and or dizzy and feel like crap. Never force your bowel to empty out. When done wipe and apply a little more oil or salve.

### Step 2:

Repeat all previous steps, only this time lie on your left side; As you fill your colon, gently massage your colon in an upwards fashion (in a counter clockwise direction). Keep allowing the water to flow in until you feel that same full sensation; Wait 20-30 seconds and carefully fill again until you sense that full feeling again. Remove tube and sit back on the toilet; Hold as long as you can without any pain. Allow the bowels to empty (you'll generally have 2-4 releases). Wipe and apply oil or salve.

### Step 3:

Lie back down and repeat all the previous steps. This time after you have filled your colon on your left side, roll onto your back and gently massage the water further up and across the transverse colon; Wait 20-30 seconds and carefully fill your colon again until you sense that same full feeling again. Remove the tube and sit back on the toilet to release (3-4 releases will happen). Wipe and apply oil or salve.

Step 4: Repeat all previous steps and lie on your back and work the water up into the transverse colon; Roll onto your right side and massage the water down into the ascending colon. Once you do this step you can sit on toilet and let it all go (you'll have 2-6 releases) and you're done. It can take 5-15 minutes to release this final flush. This type of enema can be done 1-2xs daily.