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Naturopathy, Nutrition & Kinesiology

What is a water enema?

An enema is a method to flush waste out of the colon. It's not such a bad idea when you consider that the average person may have up to 10 pounds or more of non-eliminated waste in the large intestine!

Simply put, an enema cleans up the colon and induces bowel movements, leaving you feeling cleaner, lighter, and healthier almost immediately, taking pressure off the liver (the detoxifier of the body). The main job of the colon is to absorb water and nutrients from food and remove waste and toxins. Over the years, the colon walls can become encrusted with non-eliminated waste, making it sluggish and inefficient.

In the short term, you might experience some of the following symptoms:

Allergies. Depression. Headache. Fatigue. Loss of appetite. Inability to concentrate. Indigestion. Irritability. Stomach pains. Swelling. Weight problems

For those who want to start cleansing, an enema is an ideal place to begin. I would advise that you speak with your Naturopathic/Kinesiology practitioner before embarking on something like this as they will have taken your case history.

Enemas are powerful tools to help open up your detoxification pathways

When used regularly, cleansing won't be as severe. what you could see disappear with regular home enemas:

Backache. Bloating. Candida yeast infections. Constipation. Fatigue. Flatulence. Indigestion. Headaches. Haemorrhoids. Loss of concentration. SIBO symptoms. Sinus congestion. Skin conditions. Unpleasant breath. Weight issues.



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How to perform a water enema

I recommend this enema kit for beginners – from Cytoplan

[Enema Kit | Detox | Cleanse | Cytoplan](#)

1. Fill the enema bag with 500 cc (about 2 cups) warm tap water. Do not use hot water.
2. Hang the enema bag on a nail or hook or have someone hold it about 12 to 18 inches above your rectum.
3. Lie on a towel. Lie on your left side with your knees bent toward your chest (if left is uncomfortable try your right side or you can move to your right side after inserting the water on your left side).
4. Remove the cap from the enema tip
5. Gently insert the enema tip about 3 to 4 inches into your rectum. You can put a small amount of olive oil on the tip as a lubricant.
6. Open the clamp and allow the water to flow slowly into your rectum. The flow rate can be adjusted by moving the clamp.
7. Hold the water in your rectum as long as possible (first time might just be one minute) at least 15 minutes – then expel it into the toilet.