

## The In-Home 'High Enema' Series for Colon Cleansing PART 2 By Edith Webber with J.P. Bowmann Email: [ColonWellness@yahoo.com](mailto:ColonWellness@yahoo.com)

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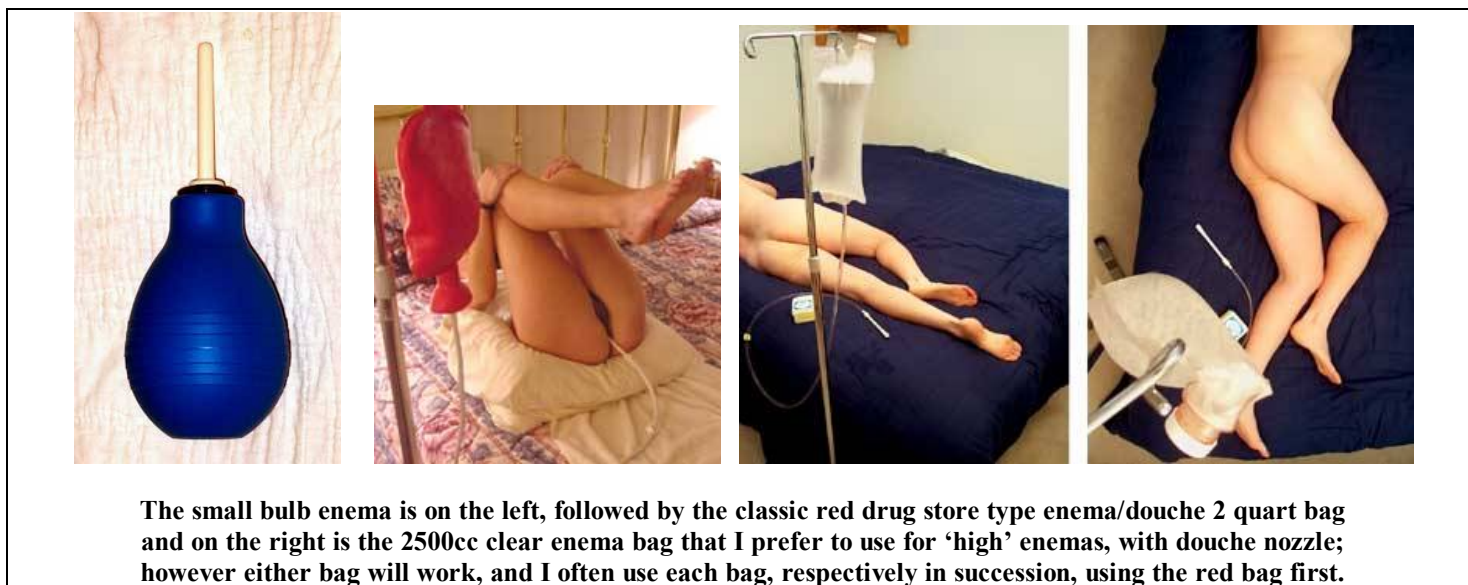
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### Accomplishing a 'High' Enema Series at Home

Beginners or people who have not heretofore been able to take larger amounts of water/solution in enemas may find the techniques discussed here to be helpful. At the outset, it needs to be said that each individual should listen to their own body, listen to their own common sense, be in touch with themselves, as well as doing whatever appropriate research they can, and listening to, talking with or reading from experts. This is because there is no single, exact method to accomplish good enema cleansing of this vital organ: the colon – one of the most vital organs in the body, and certainly one of the largest. In fact, there are many ways to accomplish good colon care. I am going to present here a technique that has worked well for me and others whom I know or have heard from over the years. This is a simple, 'staged' way to accomplish a 'high enema' or cleansing of the entire colon.

You will need, at a minimum: a small 'bulb-type' enema syringe, an enema bag or bags with hose and douche nozzle, hose clamp and lubricant.



There are many many types of enemas and many ways of doing them...so don't take this as the one and only method!! This is a description of a series of enemas leading to 'high' enemas, done at home in quiet surroundings, starting with three enemas: first, a very small 'bulb' enema followed by, second, a one-quart enema and third, a larger volume 'high' enema of two quarts or more. One or more additional high-volume enemas can then usually be taken, done in a gentle manner and not forced or painful.

This is not the only way to take enemas...it is a technique for a relaxing yet thorough colon cleansing. It is recommended that the procedures discussed here be undertaken only when one has time and quiet, especially time to relax and make the colon cleansing experience a positive, renewing experience (see Part 1 of this presentation for a discussion of the proper setting and relaxation environment).

**Enema #1: Clearing Out the Lower Rectal Area**

The first enema is a very simple enema to clear out the lower rectal area just about the anus. This should be taken with a small 4 – 8 oz. 'bulb enema' type syringe as shown. Notice that she takes this small enema on a comfortable couch, injecting the enema gradually. She relaxed there for a minute or two and then expelled the enema, clearing out the very lower colon just about the rectum:



*The small bulb enema is gently inserted and taken in a comfortable position, then expelled to clear out the very lower colon area just above the anus.*

**Enema #2: The 1 to 1.5 quart Medium Volume Enema**

This enema is designed to clear out the lower colon and the 'transverse' colon of major fecal matter prior to the 'high' enema. This enema is often best taken as a soapy enema using mild castile soap in low concentration (1 teaspoon) with about 2/3rds of the 2 quart enema bag filled and shaken up. Upon taking this enema and expelling, fecal matter in the lower and transverse colon is loosened up and most of the larger matter should be discharged. However, with some of the soapy 'residue' from the enema remaining in the colon, when the 'high' enema is next taken the mild soapy residue is 'pushed up' into the higher reaches of the colon, causing further dislocation and evacuation of retained fecal matter very high in the colon, up to the 'cecum.'



*Here the female takes a 1.5 quart enema on a comfortable bed from the standard 2 quart 'drugstore type' enema bag. She refits the apparatus with the douche nozzle for easier retention of the nozzle. This enema contains some mild soapy solution. Notice that she takes the first portion of the enema on her left side lying comfortably on the bed, then switches to on her back with her bottom elevated by pillows, making certain that the enema slowly penetrates the transverse colon.*

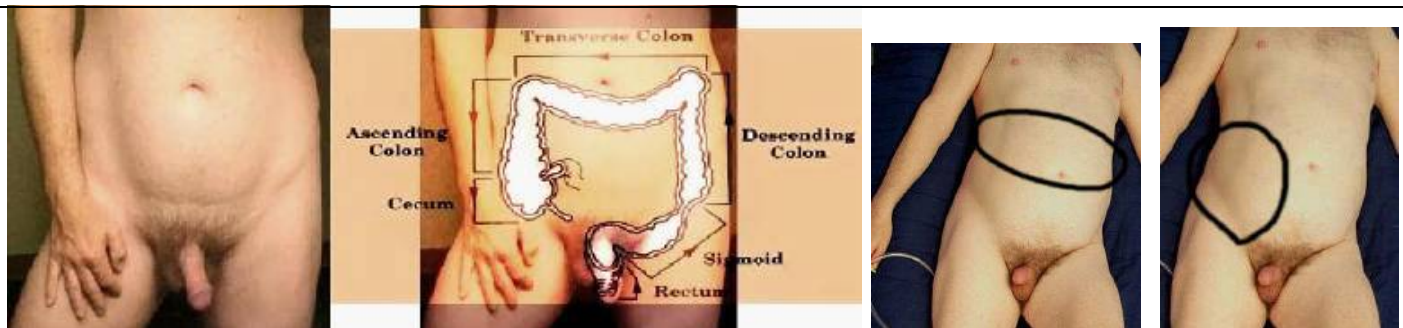
**Enema #3: The 'High' Enema**

The male will illustrate the taking of the high enema. Here he will use a 2500cc (approx. 3 quart) clear enema bag. Note that he is lying on a bed using an older blanket that he is comfortable using. This relaxed, 'stretched out' position is ideal in that he can relax during the enema and also change positions as will be illustrated during this presentation.



*The male here will use a 2500cc clear enema bag with the douche nozzle for easier retention of the nozzle. Other bags and nozzles can be used, of course. The bag is filled with warm water and a very mild soapy solution, although it is not necessary to use soapy solution if a smaller soapy enema has already been taken as previously described.*

It is important to keep in mind that the objective of the high enema is to cleanse the entire colon, including the transverse colon and the cecum. The photo on the far right illustrates the male just following the enema in which his stomach is expanded, and you can clearly see that the transverse colon and cecum are full of enema solution (see the two right hand photos).



*The colon is a huge organ which, when full of a high enema, occupies the entire abdomen from the ribcage to the genitals. As shown here, the crucial objective of a high enema is to fill and cleanse the transverse colon and cecum. The male is shown here on the right resting for a few minutes after taking in a 2500cc enema, with the abdomen expanded.*

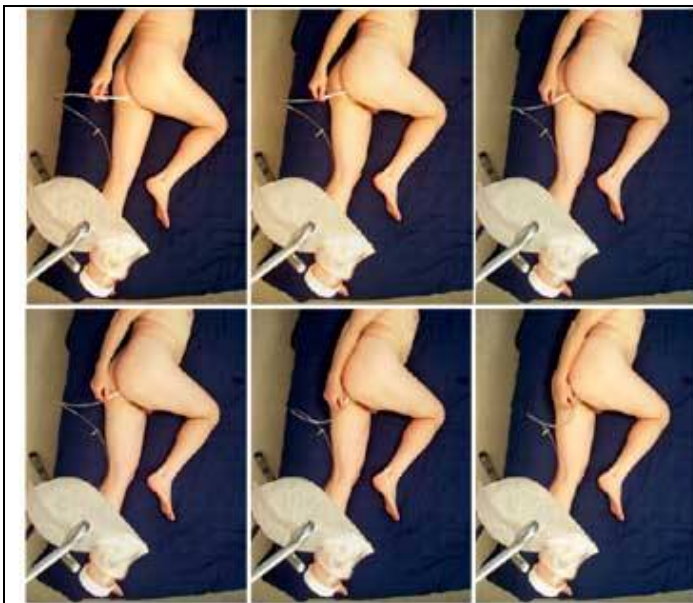
The healthy adult colon can hold a significant volume enema—3 quarts or more—when the lower colon has been cleansed by the smaller enemas previously described. However, we advocate going slow, being safe, and never taking more enema solution if there is sharp pain. Moreover, taking colon cleansing 'high' enemas does require practice and some getting used to, like many other activities. In addition, as mentioned previously and stressed repeatedly in Part 1, relaxation is essential, meaning taking enema cleansings in a relaxed, quiet setting. We like to say that relaxation is the best 'enema recipe' !



The high enema in this instance is taken from a 2500cc clear enema bag and, as mentioned before, the male here will use the douche nozzle and will adjust the flow so that as he lies on the bed, he can take time.

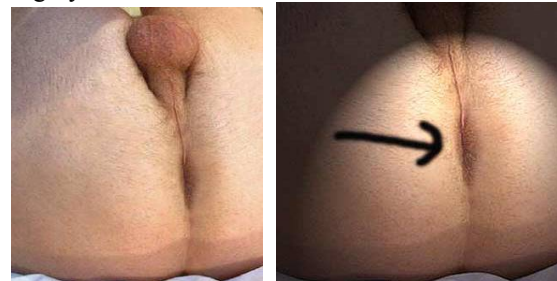
'High' enemas are best taken or given slowly, giving the colon time to get used to the enema, expand and, in some cases, overcome temporary cramping during the enema.

As mentioned, this high enema is a very mild soapy enema of warm (but not hot) water temperature.



Following lubrication of the douche nozzle, the nozzle is inserted very slowly, in stages.

The anus and rectum are comprised of highly sensitive tissues, and regardless of how many enemas one takes, one should always lubricate well and go slowly with the nozzle so as not to tear highly sensitive tissues.



Too rapid insertion of nozzles, or insertion of enema nozzles without proper lubrication, can create scar tissues, and/or aggravate hemorrhoids.



Following insertion of the douche nozzle, the flow control clamp is partially unclamped.

The male here has adjusted the height of the enema bag, and he also carefully adjusts the 'flow control' for a quite slow, gradual flow of the enema.

If and when he experiences cramping—or if he just wishes to change positions—he feels free to shut off the flow until either the cramping goes away or he has changed positions to his satisfaction, whichever is applicable.

## 'High' Enemas Presentation



Here after unclamping the hose, he can relax in the classic left-side position. In this position he can stretch out comfortably on the bed, extend his left leg fully and bring up his right knee so that he is at least partially on his side.

This is a most common position to give and receive enemas, at least in the initial stages of an enema. It is also a common position for enema nozzle insertion.



Once they are comfortable and are taking in an enema, many people actually find it relaxing to take the initial stage of a high enema by lying on their stomach or partially so, as is the case here.

Comfort during enemas is really up to the individual, but this male prefers to 'lie down' and really rest quietly during the enema, just extending his right knee a bit as shown here.



As he becomes more full from the enema and wishes to make certain that the enema is reaching the 'high' portion of the colon, he turns on his back.

This 'on the back, legs up' position can be comfortable and can also permit higher volumes of enema solution to reach the upper colon. Many people will find it also useful to add a pillow under their bottom, both to provide an easier 'balance' when pulling their legs back and up, and to provide a way to use 'gravity' for the enema by virtue of making the body 'tilt back' so to speak.



He can choose to take the last part of the high enema on his back or on his side. In this particular enema cleansing, he takes the last part of the enema on his left side, and the left hand of these two photos shows his abdomen distended from the enema.

One important point to recognize is that a person does not need to take enemas every time in the same position or positions. It is acceptable to experiment, and also to 'listen to your body.' On some occasions various positions may be more or less comfortable. Varying one's positions during enemas, stopping and starting the flow, and taking different amounts of enema solution—these are all not only acceptable but encouraged.



As the very last portion of the enema solution enters the colon, he lies on his back, where he will retain the enema for just a few minutes before expelling. Contrary to some beliefs, retention of enemas for more than just a few minutes is not a good idea in that one is retaining 'stirred up' toxins; it is better to take repeated enema cleansings and expel frequently, washing out waste and toxins. The exceptions to this are: (a) the soapy enema when a person is impacted—wherein some retention beyond just a few minutes can be effective; (b) the oil retention enema where pure olive oil or other pure oil is retained, but is also taken in very low volume such as a pint and: (c) coffee enemas which do require retention for 10+ minutes in order to produce the desired effect.

The person taking a high enema may wish to take a second high volume enema of plain warm water if the first 'high' enema was soapy or mildly soapy. As long as the enemas are taken or given slowly and gently—and as long as one realizes that 'rinsing' the colon may take some time—repeating enemas two or three times should not be harmful.

The abdomen's distention is clearly visible, yet for the person who is used to taking high enemas slowly and in a comfortable environment it is possible to feel 'full' without experiencing discomfort.

### Remember....Relaxation is the Key to Colon Cleansing

Whatever type of enema cleansing one is taking—whether a truly 'high' enema or not, whether enemas in sequence, whether or not you follow this suggested protocol or experiment with what works for you on your own—relaxation is the key to success in cleansing, peace of mind in the process and a renewing feeling afterwards.

All the best in good colon health!!

The Authors

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