

## The Importance of Colon Health

Colon clearing and cleansing is essential to detoxification. The colon is the sewage system of the body and needs to be cleaned in order for the body to function properly. When the colon is congested, toxins are blocked from elimination and get reabsorbed into the bloodstream which then leads to disease, body dysfunction and accelerates the aging process. Imagine that when your gut is blocked, it is like a garden hose with kinks in it that is slowing the flow of water and eventually won't flow at all.

Constipation is a problem that blocks the body's process of toxic material discharge. Bowel rebuilding and regulation can take months and maybe even longer, however results can be noticed quickly with dietary change and colon hygiene therapies. The results are extremely beneficial in promoting a healthy and energetic body and life.

A high fiber food program in conjunction with proper hydration is both the cure and the prevention for waste elimination problems.

### Signs of good bowel health are...

- stool should partially or totally float
- bowels movements that are regular, one or more daily and effortless
- stool should be almost odorless
- little to no gas

### Four Factors That Cause Colon Toxicity

1) **Stress:** Holding onto the past, especially where there is emotional and mental pain, trauma and or suffering involved. Toxic thoughts and repetitive negative thinking will circulate in the entire system, causing poor health and a diminished quality of living. The ability to learn, listen to others and think clearly depends upon the effective functioning of the colon and the release of toxicity from the body and mind. The bowel is of paramount importance for the maintenance and growth of the body and the calm, clarity, and ease of the mind.

2) **Constipation:** Slow or sluggish bowel elimination contributes to toxicity. Wastes become rancid and re-circulate throughout the body. Blood capillaries lining the

colon wall absorb these poisons into the bloodstream, cells, tissues and organs; this lowers the body's life force function. Bowel transit time should be around 12-18 hours. It is estimated that over 80% of all ailments can be traced to a congested colon and waste overload can also become a breeding ground for parasite infestations and candida yeast overgrowth.

**3) Chemicals in foods and environmental pollutants:** A clean and healthy colon can metabolize and excrete much of this, however if the body is weak or constipated, toxic pollutants will store in the colon. As more pollutants enter the body they interact with those already there and generate a new generation of chemicals worse than the first. Research indicates that cancer is directly related to a toxic colon.

**4) Poor Digestion:** Is the most common cause of a toxic bowel. A food program that has an abundance of meats, refined foods, salt and sugar, too much oil/grease and too little of fiber sets up a glue type intestinal tract, which in turn causes less than efficient processing by the digestive tract. Fiber is important because it moves food and waste through the bowel system quickly and efficiently. White flour is an example of a paste that blocks and congests the colon.

If you are tired, have a poor immune system, coated tongue, bad breath, mentally dull, body odor, and pale yellow skin hue or high cholesterol, you may wish to do a specific colon cleanse. Colon cleansing is excellent to relieve the body from skin problems and contributes greatly to healing most physical, mental and emotional ailments.

Chronic and deep seated bowel elimination problems may require several rounds of cleansing. If there is a colon disorder proceed slowly. If you have a sensitive or irritated bowel condition avoid the herb senna and only use small amounts of psyllium husks, (fiber), to start with and build your tolerance level.

### **Pointers For Colon Health**

A colonic irrigation is a good way to start and end a bowel cleanse and a wonderful support before, mid way and after a liver cleanse.

Chlorophyll implants, an herbal enema, purified/alkaline water enema and green coffee implants are also beneficial during a cleanse.

Exercise or take a brisk walk daily. This will assist elimination, especially after a meal.

Long warm epsom salts baths, lower back/pelvis massage and dry brush massage over the entire body, will help release the accumulated toxins.

Consuming herbal extracts like grapefruit seed extract, is effective to relieving bowel problems of parasites and yeasts.

The best program for bowel disorders is to be careful with what you eat and when, drink plenty of purified water, take digestive enzymes with meals, take a probiotic supplement daily, and use a quality bowel moving herbal product when needed (following label directions or your health care practitioner's directions). Also doing long, slow, deep breathing down in the lower abdomen is a great remedy.

Before, during or after a cleanse program you may wish to work on rebuilding healthy colon tissue. This process takes time, so be patient. Chlorophyll, wheat grass, fresh vegetable juices, and a clean organic food program emphasizing high fiber foods such as fresh vegetables and fruits, cultured foods to increase assimilation and enzyme production and a high alkaline diet with plenty of high water content foods are extremely beneficial.

## **Colon Hydrotherapy and Green Coffee Enemas**

When doing an herbal and nutritional cleanse, doing a green coffee enema every other day would be ideal to keep the liver clean and open. Once a week for overall health maintenance is recommended post-cleanse programs.

### **2 Types of Home Enemas**

1. The *cleansing enema* is retained for a short period of time until your natural peristaltic movement (the involuntary constriction or relaxation of the intestines, creating a wave-like movement that pushes the contents forward or out) eliminates both the water and the loose fecal material. It is used to gently flush out the colon.

2. The *retention enema* is held in the body for longer. For example, the "green coffee enema" is retained for approximately 15 minutes or can be left in for as long as possible. Green coffee enemas are an example of short-term (15-minute) retention enemas. They are popular with cancer patients to open the bile ducts and increase bile flow, helping to rid the liver of impurities.

## Primary Actions of a Green Coffee Enema

- Rids the liver of impurities and accelerates liver detoxification
- Increases peristaltic action of the intestines and speeds up the emptying of the bowels
- Empties toxic matter in the bile ducts which allows other toxic materials to be filtered by the liver for detoxification
- Encourages the removal of gall bladder sand and stones to be removed in the bile
- Stimulates the production of glutathione, which makes the liver detoxification pathways function better
- Breaks down accumulated fats in the liver cells
- Clears chemical overloads and chemical reactions
- Helps the body cope with chemotherapy and the side effects caused by toxic overload from the destruction of cells

## Things to Know

- If your bowel is strong, healthy and normal, use a temperature of around 99 degrees
- If your bowel is weak and flaccid, use a fluid temperature of around 75 - 80 degrees – this will help to strengthen the bowel.
- If you spasm while using doing an enema try using a warmer fluid.
- The green coffee does not go through the digestive system, so does not produce the same caffeine effects upon the body as drinking a cup of coffee.
- The body's minerals and electrolytes do not get washed out by green coffee enemas. The nutrients needed have already been absorbed by the upper gastro-intestinal tract.
- **Caution:** Do not do an enema if you have rectal bleeding or have multiple hemorrhoids.

## **Procedure**

Place 2 heaping tablespoons of organic caffeinated ground green coffee in 1 quart of purified water. Simmer on a gentle rolling boil for 12 minutes, let cool and strain very well. Some of the water will have boiled out, so you will need to add extra to have 4 cups of enema solution. You can double the amounts above and store the extra coffee for your next enema.

Make sure that all of the equipment you are using has been sterilized and that you have a lubricant on hand (coconut oil), old towel, privacy and time to relax. Pay careful attention to the way that you prepare the enema solution as to not contaminate it.

To lessen the pressure felt in your colon, empty your bladder & bowels before you begin the enema. Place a towel or cloth down on the bathroom floor or inside the bathtub to lay on while doing the enema, as well as in the area between your bathtub and your toilet, in case fluid leaks out of your bowels when you get up to empty your colon, if you do it in the tub. It's important to measure and mark your enema tube the first time you use it so that you do not insert the tube more than 4 inches into your rectum. Some enema buckets/hoses are already marked with a stopper.

Enemas can be administered in the comfort of your own home. A good place to give yourself an enema in the bathroom, either lying on a rug or in the bathtub on a towel.

Enemas can utilize a variety of solutions. During the Healthy Liver Cleanse Program, we are using purified water and organic green coffee only.

Track time on how long it took to intake the entire solution and then remove the hose and rotate to lay on your right side in fetal position. After a few minutes, rotate to your left side to allow for greater integration internally. After you can't hold it anymore, release until bowels are empty.

## **Instructions For Success**

Set up your zone with towels, a timer, peaceful music, 1 cup purified water and your prepared 4 cups green coffee enema solution, organic coconut oil, and enema bag/bucket. Make sure the clamp is shut/clamped closed, fill the enema bag/bucket with your desired solution - 1 cup warm purified water to start then after releasing that, pour in the warm 32 oz of green coffee solution.

Room temperature is considered cool and is ok. Warm is best! AVOID COLD. Never use a hot solution for your enema. Always test on the inside of your wrist. If it burns, it is too hot. If it feels soothing, it is perfect. Avoid cold solution.

Hold the bag/bucket with the hose end down and open the clamp for a moment or so to get rid of any air bubbles, and bring the solution to the tip of the hose. Introducing air bubbles into the colon can feel uncomfortable and may trick you into thinking you are ready to “release”.

Hang the bag (perhaps alongside the bathtub or from the towel holder) so that you can access it while lying on your back. If you have a bucket, place it on the bathtub ledge or any stable surface that is about 18-24” high. Be careful not to pull it on top of yourself.

Lubricate the end of the tube to make insertion more comfortable before inserting the tube, no more than 4 inches into your rectum. Bearing down and pushing the anus out as you insert the tube can make it more comfortable. Lie on your back and pull your knees to your chest or lift hips and have them resting on a towel while you are receiving the solution into your colon. Relaxation is key!

Open the shutoff valve and allow the solution to flow. At the first indication of discomfort, stop and wait a few moments. Then release the shutoff and allow the enema to resume. Feel free to interrupt the flow as frequently as is necessary to assist in minimizing the discomfort.

Taking slow deep breaths will help, and if you feel cramping at any point “pant like a dog” with shallow quick breathing. As the enema progresses a feeling of fullness will develop. This is normal, and discomfort can be minimized by insuring that not too much solution is introduced too quickly. Take your time.

After the fluid has been administered, breath deeply, meditate and relax. Once the bag/ bucket is empty, remove the nozzle from your rectum slowly. Put hose to the side.

You will probably feel the urge to use the bathroom (“evacuate”) immediately. If you are doing a cleansing enema, carefully stand up and move to the toilet. If you goal is retention, retain for 15 min. minimum, eliminate. Note the differences from enema to enema. If you fail to expel any waste, drink some laxative tea to ensure a movement occurs with 24 hrs. You may need to perform the procedure again at a later time to help loosen stuck fecal matter.

***Successful administrations result in the expulsion of waste from the rectum.***

After evacuating, most people find it comfortable to lie on the bed in a prone position to rest for a while. Be gentle with your self and drink lots of water!

Clean the equipment thoroughly with healthy plant based soap and boiling water, hang it all up to dry. An enema bag takes several days to thoroughly dry out, and should never be put away while even slightly wet. Buckets are easier to clean and dry. Be sure hose is able to drip dry with gravity.

### **Other Important Notes**

Forcing an enema into the rectum can cause irritation and damage to surrounding tissue. Never force the tube into the rectum. If problems persist, try administration at a later time. Small amounts of blood that is present in the stool after the enema may indicate a scratch or damage to the tissue wall from tube or the fecal matter itself. Large amounts of blood may mean there is rectal damage or an underlying medical problem.

### **Consult with your physician immediately regarding any rectal bleeding.**

The best course of action is to do an enema once every other day, around the same time every day, as directed. This not only reduces side effects, but will also help to train your body to release waste regularly. If constipation continues for more than a few days, talk with your physician as bowel blockage is problematic.

Irregular bowel movements after an enema are normal and will resume within the 24-48 hr window post the enema. When doing liquid cleanses, bowel movements can be less due to lack of dietary fiber. If you are unknowingly dehydrated, then you may retain some of the solution.

### **After An Enema**

Some people find that they have several additional bowel movements in the hours after an enema, especially after eating. For this reason, many plan to stay home for a few hours after an enema is administered or do light movements until elimination is complete.

Remember to drink lots of water and be mindful of how well you chew for proper digestion. For the most part, you may carry on with your regular routine after the enema process is complete. NOTE: Green coffee can stain. Wipe up solution before it dries. Wash towels immediately to avoid staining or use a dark towel that can get stained.