

WHAT ARE THE BENEFITS OF AN ENEMA?








- It is the most effective and quick relief of constipation.
- It is the most effective way to clear out fecal compaction from the bowel, greatly reducing the amount of toxins coming from the putrefaction into your body.
- It is the best way to introduce probiotic bacteria directly into the bowel.
- It is completely safe, providing that it is performed correctly.

A lot of people in the West find the subject of enemas repulsive. And yet this safe and very effective procedure is probably as old as humans. There is a whole chapter in *Manual of Discipline*, which was recorded two thousand years ago in the *Dead Sea Scrolls*, describing in detail how to perform an enema and how beneficial it is for health.

Constipation is often a sign of deficient gut flora. The beneficial bacteria that normally populate the bowel play a crucial role in proper stool formation and elimination. The most numerous species of friendly bacteria in a healthy bowel are Bifidobacteria. These microbes produce a whole host of enzyme's and other active substances, whose action is essential on proper stool formation. They stimulate the wall of the bowel to produce mucus for lubricating the stool and for passing it out as soon as it is ready. A healthy person should have 1-2 stools a day.

If you have persistent constipation you should have a water enema every night before bed, followed by a warm bath with one of the following: 1 cup of Epsom salt, seaweed powder, cider vinegar, bicarbonate of soda or sea salt. After the bath, rub some Udo's oil, hemp oil, cold-pressed sunflower oil, castor oil or cold pressed virgin olive oil on the skin of the abdominal area. These oils absorb quite well through skin and will help to relieve constipation in the long run. The enemas need to be repeated at bedtime every night until you start having regular stools on your own. Refer to the chart below to assess what a "regular stool" is:

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

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Type 1 has spent the longest time in the colon and type 7 has spent the least. Stools at the lumpy end of the scale are hard to pass and often require a lot of straining. Stools at the loose or liquid end of the spectrum can be too easy to pass - the need to pass them is urgent and accidents can happen. The ideal stools are types 3 and 4, especially type 4, as they are most likely to glide out without any fuss.

What type of stool is best?

- The feeling you need to go is definite but not irresistible
- Once you sit down on the toilet there is no delay
- No conscious effort or straining is needed
- The stool glides out smoothly and comfortably
- Afterwards there is only a pleasant feeling of relief

All this is most likely if the stool is Bristol Stool Form Scale, type 4