



Manifest Health

Administering enema solutions

Make and use enema solutions when they are as fresh as possible. Use the best quality ingredients available to you. All the products Manifest Health sells for enema solutions are carefully selected natural, whole, minimally processed or organic products that you can use with confidence. Look out for Manifest Health's natural and naturopathically inspired products to use in enema solutions. Use enema solutions at the recommended temperature (usually your body temperature).

A guide to taking an enema

Don't use tap water, use good quality bottled water instead.

Before use:

1. Before and after you take your enema you should always make sure your enema equipment is absolutely clean – sterilise it to be sure. Flush out the bag, tube and tap with a little water to ensure that they are clean and clear throughout.
2. Connect all the equipment together. The enema attachment is the small tip, the vaginal douche attachment is the longer tip. Make sure that the tap mechanism is closed. Fill the enema bag with fluid which is at body temperature.
3. Suspend the enema bag less than one metre above the hips from a convenient hook on the wall or door, or supporting rail. Open the tap mechanism over a sink or bath and run some of the fluid through the tube and out of the tap end to release any air in the long tubing or tap before use. Close the tap mechanism again ready to start.
4. Apply lubricating jelly to the enema tip and also to your anus. Lie either on your side, kneeling head down bottom up, or on your back. Insert the lubricated enema tip gently into the anus and open the tap mechanism allowing the fluid to flow in. Gravity will feed the fluid down through the tube for as long as the tap is open. You may feel more comfortable letting the fluid feed down in stages to allow the fluid to settle, in fact that is preferable to trying to take it in all in one go. Opening and closing the tap is a bit fiddly, but with practice it gets simpler.
5. Now, lie on your right hand side (Remove the tip if it is easier). Hold the fluid inside you for as long as you can without it being uncomfortable. When you feel an urge to open your bowels turn off the tap, remove the tip from your anus and sit on the toilet to allow the evacuation of the faecal matter and fluid. Don't rush, strain or force. You will be able to hold onto the fluid for longer periods with practice. Don't forget that it's really important to clean the equipment after use. Use a gentle but effective sterilising solution like Virkon disinfectant. Replace your enema kit annually, after 50 uses or as required.

Storage

Store the equipment safely where it will be secure and cannot be tampered with. Keep it out of the reach of children. Ideally the equipment needs to be stored in a constant coolish temperature, away from direct sources of heat and avoid damp environments. Do not fold the water tube as it will create a kink in it.

Enema recipe - Plain water

An enema kit plus 1 litre fresh, filtered or purified bottled water at body temperature. This enema will effectively cleanse the rectum and release toxins which may be causing headaches and flatulence. Its effects are superficial, but can be relied on whenever any of the other enema fluids are not readily available or should not be used. Great for beginners.



Price List

Valid until 06/2016

Item	Cost
Artsana reusable enema bag ~ 2 litre capacity	£10.50
Artsana replacement tubing assembly	£8.34
High reach enema catheter ~ 16 inch	£8.00
saWILSONS fine grind enema coffee* ~ 1 kilo	£28.40
Burdock Root (chopped) * ~ 70g	£9.78
Catnip flower & leaf (Chopped)* ~ 100g	£6.00
Chamomile flowers (whole flower)* ~ 30g	£8.99
Fennel seed powder * ~ 100g	£6.99
Green tea leaves (Whole leaf)* ~ 65g	£7.75
Epsom salts (Food grade bittersalts) ~ 250g	£5.95
Epsom salts (Food grade bittersalts) ~ 2.5 kilo	£25.00

* Certified organic at source



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Enema recipe - Epsom salts

Associated with soothing and calming the colon. This enema has a laxative effect.

1. Place 2 tablespoons of Epsom salts to one litre of water (at body temperature)

Follow the instructions marked '#' in 'administering enema solutions'

Enema recipe - Fennel seed powder

Associated with calming the nervous system. Also good for detoxification.

Relieves gas, stimulates digestion. May help in the removal of worms.

1. Place 2 tablespoons of Fennel seed powder to half a litre of water. Bring the mix to the boil in a non-aluminium saucepan.

2. Reduce the heat and simmer for 15 minutes.

3. Remove from hob and let cool down to room temperature.

4. Strain mixture through a fine metal sieve.

5. Make mixture back up to 1 litre with more water.

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Enema recipe - Catnip flower & leaf

Associated with soothing and relaxing the intestines, for stomach and digestive disorders. Detoxifies. Is good for combating unfriendly intestinal bacterial.

Relieves gas and can help with diarrhoea or constipation.

1. Bring a litre of water to the boil in a non-aluminium saucepan and pour over 8 tablespoons of the Catnip flower and leaf.

2. Let the mixture brew for 10 minutes.

3. Strain mixture through a fine metal sieve.

4. Make mixture back up to 1 litre with more pure water.

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Enema recipe - Chamomile flower tea

Associated with soothing and cleansing the colon, and is helpful with haemorrhoids

(piles). Gently cleanses the liver.

1. Bring a litre of water to the boil in a non-aluminium saucepan and pour the boiling water over 3 teaspoons Chamomile flowers in a teapot or similar.

2. Let the mixture brew for 5-10 minutes.

3. Strain the Chamomile flowers from the mixture.

4. Make Chamomile flower tea mixture back up to 1 litre with more water.

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Enema recipe - Green tea

Associated with replenishing good bacteria in your intestines, Antioxidant.

1. Bring half a litre of water to a light boil in a non-aluminium saucepan and pour over 2 tablespoons of the Green Tea leaves immediately.

2. Let the mixture brew for 5 minutes.

3. Strain the mixture.

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Pre-clear the rectum with a plain water enema.

Follow this with the enema solution. Retain for up to 20 minutes if you can. If you are new to taking enemas you may work up to the times and amounts as you become more experienced.

Enema recipe - Burdock root

Associated with the kidneys, bladder and to break down calcium deposits. Good for the skin, blood and hair.

1. Place 2 tablespoons of chopped Burdock roots to half a litre of water.

Bring the mix to the boil in a non-aluminium saucepan

2. Reduce the heat and simmer for 15 minutes.

3. Remove from hob and let cool down to room temperature.

4. Strain mixture through a fine metal sieve.

5. Make mixture back up to 1 litre with more pure water.

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Enema recipe - saWilson's fine ground Coffee

1. Place 1 litre (32 fluid ounces) water plus 3 rounded tablespoons of saWilson's coffee into a non-aluminium saucepan. Stir well.

2. Bring to boil and boil for 3 to 5 minutes (stir occasionally).

3. Reduce heat, cover pot and simmer for 15 to 20 minutes.

4. Remove from hob and let coffee cool down to room temperature.

5. Strain coffee through fine metal sieve.

6. Make mixture back up to 1 litre/32fl oz with more water.

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Enema recipe - Fresh Wheatgrass juice

Associated with stimulation of the liver, peristalsis in the colon and for old waste removal. To add oxygen and energy levels to the body.

1. Juice 120gms fresh wheatgrass, add juice to 1 litre of water at body temperature.

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Enema recipe - Organic Flaxseed Oil (Linseed)

Associated with anti-inflammatory properties. Releases sodium from the cells, promotes cellular activity and liver and bowel functions.

Best before bedtime – wear padding in your underwear overnight.

1. Mix 250ml of Flaxseed Oil with 750ml of water at body temperature.

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An electrolyte broth to drink when taking enemas

To 6 pints mineral or spring water add a basic mix of vegetables i.e. 3-5 chopped organic potatoes, 3-5 chopped organic celery stalks, a large handful of mixed organic greens like kale, turnip, collard, parsley etc.

You may also add Kelp and any other organic vegetables to taste. In a stainless steel saucepan bring all the mix to a light boil with the lid on. Simmer for 20 minutes.

Remove from the heat, and after it has cooled a bit, strain and dispose of chunks, keeping only the broth. Refrigerate. Drink 3-5 cups a day.

There are other recipes available for enema solutions beyond those printed here. These recipes are suggestions based on typical traditional enemas. Please check the suitability of taking enemas & the chosen enema solution with your qualified health care practitioner prior to use.

For recipes & detox tips visit www.easydetoxexpert.com
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