CERTIFIED COLON HEALTH ONLINE COURSE - SESSION 5:

- NATURAL TREATMENTS: COLON CLEANSING, COLEMAS, COLONICS, RETENTION ENEMAS, AND OTHER FORMS OF COLON CLEANSING

With each session we will list books, charts, audiotapes, and other educational material that will be helpful. They can be purchased through JLS.

Additional Recommended Pamphlet, Chart, and Audio Tape for this session:
1. Tissue Cleansing Through Bowel Management Pamphlet by Bernard Jensen
2. Colon Reflex Chart – Patient by Bernard Jensen
3. Colema Board (optional if you are planning to do colemas)
4. Colema Tube Kit (includes tubing and tips) (save as #4 above)

COLON CLEANSING

Retained debris in the colon leads to the absorption of toxins, resulting in systemic intoxication (poisoning). Symptoms of this condition can include mental confusion, depression, irritability, fatigue, gastrointestinal irregularities, and even allergic reactions such as hives, sneezing, and coughing. Many nutritionists and researchers believe that this toxicity can eventually lead to more serious disorders. Colon cleansing can rid the colon of debris, and help prevent and treat a variety of health problems.

FASTING

The best means of removing toxins and wastes from the body is a fast. This should be the first step in any colon-cleansing program. In addition to following a fast, use a wheat grass, fresh lemon juice, garlic, or coffee enema. If bowel problems or related symptoms are chronic, repeat this program once monthly.

NUTRIENTS

The following supplements aid in cleansing the colon:
1. Fiber - Ground flaxseeds, oat bran, and psyllium seed husks are good sources. Essential for a clean colon. Not habit forming.
2. Acidophilus - Take on an empty stomach. Restores the normal “friendly” bacteria in the colon. If you are allergic to dairy products, use a nondairy formula.
4. Wheat grass Juice or Capsules – To assist in keeping the colon clear of toxic debris and aid in healing of an inflamed colon.
5. Aloe Vera Juice – Heals colon inflammation. Use a pure form.
6. Vitamin C – Protects the body from pollutants. Use a buffered or esterified form.
7. Herbal Laxative/Cascara Sagrada/Other – Helps remove debris from the colon and detoxifies the liver.

COLONICS

Colon lavage was first recorded 1500 BC, in the ancient Egyptian document, Ebers Papyrus which dealt with the practice of medicine. These enemas were described as the infusion of aqueous substances into the large intestine through the anus. Hippocrates (4th and 5th century BC) recorded using enemas for fever therapy. Galen (2nd century AD), also recognized and was a proponent of the use of enemas. Pare in 1600 AD, offered the first distinction between colon irrigation and the popular enema therapy of that age.

Colon therapy since the turn of the century has experienced periods of popularity alternating with periods of reaction. The factors that contributed mainly to this ambivalence primarily were due to the practice of colon hydrotherapy by the untrained and unskilled, which was very detrimental to its professional growth. When the therapy gained the attention of such physicians as James A. Wiltsie, MD and Joseph E. G. Waddington, MD, great value was placed on the therapeutic benefits of this modality. The philosophy attributed to colon therapy by certain physicians of this era was depicted by Dr. Waddington: “Abnormal functioning of the intestinal canal is the precursor of much ill health, especially of chronic disease conditions. Restoration of physiologic intestinal elimination is often the first, but too often ignored, important preliminary to eventual restoration of the health in general.” Dr. Wiltsie contends that “our knowledge of the normal and abnormal physiology of the colon, and of its pathology and management, has not kept pace with that of many organs and systems of the body. As long as we continue to assume that the colon will take care of itself, just that long will we remain in complete ignorance of perhaps the most important source of ill health in the whole body.”
In summary, through misconceptions, misunderstandings and preconceived emotionalism, controversy has prevailed, but accomplished nothing. Historically, we recognize two unequivocal conclusions. First, there is something of value to this modality or it would have been conclusively withdrawn; second, that through lack of professional control and study, colon hydrotherapy never received the attention and recognition it justly deserves.

Today, with modern technological advancements in colon hydrotherapy instrumentation, particularly with regard to safety, along with educated and skilled therapists, colon hydrotherapy has become a valuable adjunctive modality to the physician in treating disease. At the time of this writing, colon hydrotherapy is still relatively unknown and misunderstood. Combined with sound nutrition, exercise and a positive mental and spiritual outlook, colon hydrotherapy can play an important role in achieving and maintaining vibrant health.

**Definition**

Colon hydrotherapy is an extended and more complete form of an enema. The concept involves the mechanical process of infusing warm filtered water into the rectum with the objective of cleansing and balancing the colon. This procedure removes fecal material from colon walls and dilutes the bacterial toxin concentration in the large intestine. The therapeutic effects of colon hydrotherapy are improved muscle tone which facilitates peristaltic action and enhances the absorption of nutrients from the cecum and ascending colon while minimizing the absorption of toxic waste material. The cleansing effects of colon hydrotherapy reduce stagnation and subsequent bacterial proliferation in the colon and maintain harmony of the intestinal flora in promoting optimal colon health.

Colon hydrotherapy is not a cure-all, but an important adjunctive therapy in the overall health care of the patient. The trained and skilled colon therapist alternately fills and empties the patient’s colon with temperature and pressure regulated water. While on the empty cycle (only) the colon therapist gently manipulates the abdomen enhancing the removal of waste material.

The standard enema and colon hydrotherapy treatment both utilize the infusion of aqueous substances into the rectum. A standard enema involves the injection of water (one way) into the colon, which is retained and evacuated by the patient. Colon hydrotherapy is an instrument controlled continual bathing of the colon for cleansing and therapeutic purposes. The patient is not involved in the emptying of material from the rectum. There is no offensive odor or health risk to those in contact with sick patients as with enemas and bedpans and the dignity of the patient is maintained. The enema’s cleansing ability is limited to the area of the rectosigmoid and shorter periods of time because of the body’s natural wish to expel material from the rectum. Colon hydrotherapy extends beyond the natural expulsion area to offer greater cleansing and therapeutic benefits.

Variations in enema therapy include: The cleansing enema softens the feces and promotes evaluation of the bowel. The retention enema softens the feces and lubricates the lower bowel and rectum. The carminative enema is used primarily to relieve flatus (gas). The nutrient enema provides liquid nutrition for repaid absorption by the colon and rectum.

Colon hydrotherapy in itself encompasses all of these forms of enema therapy and the benefits of a closed system can be attained. Various prescribed supplemental solutions, i.e., saline, kayxelate, etc., or others may be implemented through the colon hydrotherapy (Model 1085) instrumentation (as prescribed by a Physician).

Colon hydrotherapy not only removes impactions, parasites, intestinal flatus and cellular debris, but is thought to cleanse and rejuvenate the portion of the immune system that resides in the intestinal tract (recent European studies indicate a greater portion located in the intestines than previously recognized). In summary, colon hydrotherapy provides tubular and cellular drainage outwardly from the rectum and inwardly via the portal and mesenteric lymphatic system.

**Why Colon Hydrotherapy?**

Diseases and functional disturbances of the digestive organs are the most frequently complained about problems today. The health of most organs as well as our overall well being depends upon how well our bowel (intestine) functions. A change in diet after many years of wrong eating habits does not assure optimal colon health.

Consider these current Medical Facts:
1. Over 400 million dollars are spent annually on laxatives in the U.S.
2. Over 70 million Americans suffer from bowel problems.
3. 100,000 people undergo colostomies each year in the U.S.
4. Worms outrank cancer as man's deadliest enemy on a worldwide basis.
5. Colon cancer is the second leading cancer killer in the U.S.
6. Over 100,000 Americans die annually due to this disease.
These facts demonstrate that the medical profession recognizes the important part, which the colon plays in health and disease. In all sickness, the status of the bowel is inquired into as a matter of routine and a laxative or enema prescribed when indicated.

Research has shown that regular use of refined carbohydrates and lack of fiber in the diet increases the transit time of bowel wastes and stimulate putrefaction in the colon. Both of these factors have been linked to constipation and certain bowel disease such as: Diverticulitis, colitis, and colon cancer which have a high success rate for cure with surgical management when detected early. The American Cancer Society has provided evidence in recent years which suggests that bowel cancer is caused by environmental agents such as: pesticides and herbicides sprayed on crops, hormones and antibiotics fed to animals and carcinogenic agents in the air we breathe. Periodic cleansing could minimize exposure of these potential carcinogens to the colon wall.

**Pros**

1. Laxatives act as chemical irritants and stimulate the muscular walls of the colon to abnormally contract to expel the irritating substances. It is very easy to become dependent upon these drugs and permanently destroy the normal ability of the colon to eliminate naturally on its own accord. The oral route of administration is the least optimal method of evacuation of the large intestine. Very important digestive processes occurring higher up in the alimentary tract (stomach and small intestine) are interfered with. Most laxatives and other cathartics precipitate dehydration in the patient. Colon hydrotherapy alternately fills and empties the colon and would improve the hydration status of the patient.

2. Electrolytes, or minerals, are elements that are responsible for cell function throughout the body. When the body is properly nourished with good quality organic foods containing sodium, potassium and magnesium, the electrolyte level of the colon is replenished as part of the diet. The Colon Hydrotherapy (Model 1085) Instrumentation allows for supplementation via the rectum (saline, kayxelate, etc.) at the direction of the physician.

3. The intestinal flora are billions of microscopic organisms including: bacteria, yeast, fungi and viruses which inhabit the bowel and play a very important role in health and disease. Bacteria synthesize valuable nutrients and proper balance of these microorganisms is essential to the healthy colon. The large intestine is producing bacteria on a daily basis and adherence to proper nutrition will enhance the colon’s ability to maintain balance following colon hydrotherapy. The physician may elect to prescribe lacto-acidophilus/bacillus culture to facilitate this process or incorporate low fat dairy products (yogurt, etc.) into the patient’s dietary program.

4. Following a colon hydrotherapy treatment, the instrument is thoroughly cleansed and disinfected. A potent germicidal solution is used to properly disinfect the instrument and its contents are not harmful to the colon environment. When the disinfection procedure is completed, the instrument is generously cleansed with water clearing the germicidal solution completely from the instrument. The colon hydrotherapy instrumentation contains a check valve, which prevents wastewater from returning to the water supply. In addition, the application of a disposable unit consisting of: waste hose, water line, speculum and obturator which is discarded following each treatment, ensures against any possible contamination to the patient.

**Cons**

1. Possibility of weakening the colon from too many sessions.
2. Dependency.
3. Loss of minerals (leaching) from bones and teeth from too many sessions.
4. Uncomfortable both physical and emotional.

**Indications for Colon Hydrotherapy**

The history and physical examination of the patient (by the physician) would dictate the need for colon hydrotherapy in the overall treatment plan. Colon hydrotherapy has been shown to be beneficial for the following conditions:

1. Acute Fecal Impaction
2. Constipation
3. Colitis
4. Diarrhea
5. Parasitic Infections
6. Atonic Colon
7. Mucous Colitis
8. Fever Therapy
9. Hyper/Hypothermia
10. Paraplegics & Quadriplegics (Bowel Training)
11. Prevention
12. Abdominal Distention/Flatulence
13. Hemorrhoids (mild to severe)  
14. Intestinal Toxemia  
15. Nutrient Supplementation via Rectum  
16. Diverticulosis  
17. Balance Physiologic Flora of Large Intestine  
18. Preparation for diagnostic study of the large intestine:  
   19. Barium Enema  
   20. Sigmoidoscopy & Colonoscopy  
   21. Surgery

AN UNHEALTHY COLON

Through detoxification, proper diet and supplementation, vitality and health can be yours.

ATONIC CONSTIPATION

Abnormally distended descending colon and sigmoid colon. Atonicity or distention of the lower descending sigmoid commonly caused by excessive use of enemas and laxatives. Such conditions of this section of the colon will cause pressure on the left ovary, bladder, uterus, and kidney.

BOWEL ADHESIONS

Adhesions occur a great many times after surgery and will interfere mechanically with the peristaltic wave of the colon. They are common sights after surgeries: gall bladder, duodenum, appendectomy, hysterectomy, cesarean section, etc.

PTOSIS

Ptosis of the first, second, third, and fourth degree are common mechanical conditions. Third and fourth degree ptosis cause such symptoms as lower back pain, frequent elimination of urine and pressures on uterus, ovaries, prostate, etc.
SPASTIC CONSTIPATION

Pinching down of the descending colon. Spastic irritability: the descending colon is commonly the site of ulcerative colitis, mucous colitis, and irritable run colitis. This spastic colon also causes constipation, alternation constipation, or running off of mucous.

Indications under Prescription and Direct Physician Supervision
1. Diverticulitis
2. Ulcerative Colitis
3. Crohn’s Disease
4. On Site Preparation Following Trauma
5. Early Pregnancy (up to 4 months)

The Benefits of Body Cleansing
1. Colon stimulation and rehabilitation
2. Cleanses the entire large intestine from the rectum to the cecum, providing relief and prevention of chronic constipation.
3. Facilitates the removal of stagnant fecal material and subsequent proliferation of bacteria and their toxins, along with gas, mucus, parasites and cellular debris, allowing the large intestine to perform its natural functions of absorption and assimilation optimally.
4. Is an effective therapy for acute fecal impactions.
5. An excellent screening device for early detection of colon cancer.
6. A valuable aid in promoting accuracy of their diagnostic colon procedures, i.e. barium enema, sigmoidoscopy and colonoscopy.
7. Would be an effective part of the preparation procedure prior to bowel surgery, promoting an optimal surgical field, and potentially decreasing the risk of post-operative complications due to the presence of bacteria at the suture line.
8. Would dramatically reduce problems associated with bowel function secondary to general anesthesia following surgery.
9. Would minimize defecation in the surgical suite while saving valuable surgical time.
10. Extremely useful to alcohol – drug detoxification as an aid in the internal cleansing process. Enhances the elimination of toxins from the large intestine and circulatory system.
11. A natural solution vs. chemical application.

COLEMA

The Colema Board® is usually setup in the bathroom by placing the evacuation end (splashguard) over the toilet and the other end over a stool or chair. The bucket is placed on a counter near by, or on the tank of toilet. Another option is to place both ends of the board over five gallon buckets (metric conversion), so that the Colema® may be taken anywhere.

Extra Items Needed
1. Aside from the Board (and included tubing assembly and tips) and a 5 gallon bucket (or a similar container), you may want to obtain some extra items to make your Colema® experience more comfortable and relaxing.
2. Comfort Pad - placed on the Board and provides cushioning for your back while you take your Colema (which take about 45 minutes to 1 hour).
3. Lubricant - KY-Jelly® or a lubricant salve to apply to the rectal tip for easy insertion (do not use petroleum products as they will clog the holes of the tip).
4. Colander - to place in the toilet before taking the Colema® so that you can see what material comes out (a kitchen accessory).
5. Towel & Pillow - A towel may be placed on the board (where you will lie or over the comfort pad.) A pillow may be placed at the head end of the board to provide extra support and comfort.
6. Reading Materials - A book or magazine may be read while on the Board if you so choose. (Optional)
7. Candles & Music - To give a calm relaxing atmosphere to your Colema experience, you may add a few candles and soft, relaxing music in the background.

**Water Purification Suggestions**

We suggest using only purified water (as opposed to tap or municipal sources). Here are some suggestions for purifying your water for the Colema® procedure:

1. BOIL: Bring several gallons of water to a boil and let cool down before using.
2. FILTER: A home water filter or purifier may be used.
3. You may also purchase a 5-gallon container of purified water and heat half and mix with the other half. Cool to body temperature.
4. FILLING YOUR BUCKET: You can fill your bucket by using some of the following suggestions:
   - Shower Extension
   - Pitcher
   - Fill bucket in tub and lift to position. (Do not attempt if you are weak.)

**Solutions for the Water**

Here are some suggested ingredients you may use in your Colema water solution:

1. Coffee: 3 Tablespoons of ground coffee in 1 quart of water – Bring to a boil and simmer 15 minutes. Strain through strainer and cloth, put in bucket (5 gallon) and add water to make 5 gallons. Coffee - Stimulates the colon wall and helps to promote peristaltic action. However, a word of caution: If you have a toxic liver do NOT use coffee or if necessary, use a diluted solution.
2. Epsom Salts: 1 Tablespoon of Epsom Salts dissolved in 5 gallons of water.
3. Lemon Juice: ¼ cup strained Lemon Juice in 5 gallons of water.
4. Garlic: 4 cloves of garlic – put into blender with 1 cup of water. Strain and add ½ cup of Detoxificant #16 (put into bucket and fill with water).
5. Catnip: 2 cups of catnip in 2 cups of water – bring to a boil and boil 3 minutes. Strain and put in bucket and fill with water. This has a particularly calming effect on the system. (Recommended for children).

**Other Preparations**

1. Herbal tinctures (such as Black Walnut and Black Cohosh) may be used for parasite removal, Wheat Grass Juice helps to re-establish healthy intestinal flora, Hydrogen Peroxide (3%) (20 drops).
2. Note: Most water temperatures for colonics range from cold to very warm, but should be a comfortable temperature for the user.

**Cleaning Tips**

**Tips & Tubing**

Plastic tips are disposable (designed for one use only). Stainless Steel Tips are reusable and may be cleaned with a bleach and water solution, germicidal solution and/or boiled to sterilize. The tubing may be cleaned with a bleach and water solution, then rinsed with fresh water. It is important to hang to dry for several hours before storing.

**Board**

Gently wipe the surface areas of the board with your choice of cleaning solution:

1. A bleach and water solution
2. Germicidal cleaner
3. A natural disinfectant cleaner
4. The comfort pad (included with the Deluxe Board only - available for purchase separately) may be cleaned with similar solutions as noted above.

**Cautions**

1. We do NOT recommend submerging the Boards in a tub filled with water.
2. We do NOT recommend abrasive cleaners.
ENEMAS
Over time, toxic wastes can accumulate in the colon and liver, and then circulate throughout the body via the blood stream. A clean and healthy colon and liver, then, are essential for the health of all the organs and tissues of the body.

Definition
There are two types of enemas – the retention enema and the cleansing enema. The primary action of the retention enema, which is held in the body for about fifteen minutes, is to help rid the liver of impurities. The cleansing enema, which is retained for only a few minutes, is used to flush out the colon.

Pros
1. A coffee retention enema is quite helpful during a serious illness, after hospitalization, and after exposure to toxic chemicals. This enema can also be used during fasts to relieve the headaches sometimes caused by a fast-induced release of toxins.
2. Anything taken by mouth can be taken in an enema if there is severe vomiting. This will allow the individual to absorb the herb/mineral without the worry of nausea.

Cons
1. When using any enema, keep in mind that they should never be used if there is rectal bleeding. In such a case, contact a physician immediately.
2. If you experience tension or spasms in the bowel while using an enema, try using warmer water – 99°F is a good temperature – to help relax the bowel. If the bowel is weak or flaccid, try using colder water – 75°F to 80°F – to help strengthen it.
3. Remember that excessive use of coffee enemas over six months or more may deplete the body's stores of iron, as well as other minerals and vitamins, causing anemia. Do not use coffee enemas for longer than four to six weeks at a time. If you develop anemia during treatment – or whenever you use this enema daily for a long period of time – be sure to take desiccated liver tablets as directed on the label.
4. Do not use hot water or very cold water.
5. Consult your physician before giving enemas to children, the elderly, the very ill, persons with hypertension, persons with bowel disease, or pregnant women.
6. If constipation persists after giving an enema, check with your physician.
7. Some people cannot tolerate coffee enemas as they spasm. Garlic enemas tend to be safer for first timers.

IDEAL SOLUTION FOR AN ENEMA
1. Take 3 buds of garlic; put in a blender with three cups of distilled water; blend until liquid. Use ½ cup of solution to 2 quarts of warmed water.
2. The addition of ½ teaspoon to one teaspoon of an organic soap, which is of a surfaction, can greatly help in softening. Sometimes the addition of an herb such as Lobelia or Chamomile is also very relaxing.
3. Do not worry if the water does not come out immediately or at all many times: the retaining of water is helping with dehydration, although you can use the last water entered into the body at a cooler temperature, which will cause rapid expulsion, if need be. Relieve yourself when there is discomfort.

COFFEE RETENTION ENEMA
When used as a retention enema – an enema that is held in the body for a specified period of time – coffee does not go through the digestive system, and does not affect the body as a coffee beverage does. Instead, the coffee solution stimulates both the liver and the gallbladder to release toxins, which are then flushed from the body.

Procedure
1. To make the coffee enema solution, place 2 quarts of steam-distilled water in a pan, and add 6 heaping tablespoons of ground coffee (do not use instant or decaffeinated). Boil the mixture for fifteen minutes, cool to a comfortable temperature, and strain. Use only 1 pint of the strained coffee at a time, and refrigerate the remainder in a closed jar.
2. Place 1 pint of the enema solution in an enema bag. Do not use petroleum jelly to lubricate the tip of the enema bag. Instead, use vitamin E oil (buy it in oil form or pierce the end of a vitamin E capsule and squeeze the liquid onto the tip). The liquid will both ease insertion and have a healing effect on the anus and the lining of the colon, if these areas are inflamed. Aloe Vera may also be used for the purpose.
3. The best position to assume when receiving the enema is “head down and rear up”. After the liquid has been inserted, roll onto your right side and hold the solution in your body for fifteen minutes before allowing the fluid to be expelled. Do not roll from side to side.
4. Do not be concerned if the liquid is not expelled after fifteen minutes. Simply stand up and move around as usual until you feel the urge to expel the liquid.
Recommendations
1. To maximize the benefits of this or any other retention enema, use a cleansing enema first.
2. Do not abuse coffee enemas by using them too often. Use them only once daily while following a
   program for a specific disorder, unless you are being treated for cancer. People with cancer may need up
to three enemas a day. You may also use coffee enemas occasionally as needed.
3. If you have cancer, AIDS, or another serious illness, or if you have a malabsorption problem, add 1 cc of
   B-complex vitamins or 2 cc of injectable liver extract, plus a dropperful of liquid kelp or sea water
   concentrate to the enema solution. If you are unable to locate injectable forms of these supplements,
   open 2 capsules of a B complex supplement and add the contents to the enema solution, making sure it
   dissolves before use. Used daily, these supplements replace any lost B vitamins, help rebuild the liver,
   and provide an extra boost of energy.
4. To kill unwanted bacteria in the colon – or for any type of colon disorder, including diarrhea and
   constipation – add 5 drops of either Aerobic 07 from Aerobic Life Industries or Dioxychlor from American
   Biologics to the enema solution.

THE L. BIFIDUS RETENTION ENEMA
This retention enema, which should be used only three to six times a year, is helpful in cases of candidiasis and
other yeast infections, and in cases of severe gas and bloating. When gas is the problem, the L. bifidus enema
may provide relief within minutes. This remedy may also be beneficial when high colonics have been used or
when antibiotics have been taken over long periods of time – practices that can kill the body’s “friendly” bacteria.
The L. bifidus enema replaces this flora, helping the body fight yeast infections and improving digestion. In fact,
this enema can be useful during any severe illness.

Procedure
1. To make the L. bifidus enema solution, place 6 ounces of Digesta-Lac from Natren in 1 quart of lukewarm
   steam-distilled water. (Be sure to avoid using very cold or very warm water.) Kyo-Dophilus from
   Wakunaga may also be used (empty the contents of 6 to 8 capsules into the water), although the Digesta-
   Lac works best. Mix until formula is dissolved. Use only 1 pint of the solution at a time, and refrigerate
   the remainder in a jar.
2. For best results, use a plain water enema before using the L. bifidus enema, as this makes it easier to
   retain the L. bifidus solution for the necessary period of time. After expelling the plain water enema, place
   1 pint of the L. bifidus solution in an enema bag. Do not use petroleum jelly to lubricate the tip of the
   enema bag. Instead, use vitamin E oil (buy it in oil form or pierce the end of a vitamin E capsule and
   squeeze the liquid onto the tip). The liquid will both ease insertion and have a healing effect on the anus
   and the lining of the colon, if these areas are inflamed. Aloe Vera may also be used for this purpose.
3. The best position to assume when receiving the enema is “head down and rear up”. After the liquid has
   been inserted, roll onto your right side and hold the solution in your body for fifteen minutes before
   allowing the fluid to be expelled. Do not roll from side to side.
4. Do not be concerned if the liquid is not expelled after fifteen minutes. Simply stand up and move around
   as usual until you feel the urge to expel the liquid.

THE LEMON JUICE CLEANSING ENEMA
The lemon juice enema is an excellent means of cleansing the colon of fecal matter and other impurities and of
detoxifying the system. This enema also balances the pH of the colon, and is useful whenever cleansing of the
colon is desired, as well as for colon disorders, such as constipation.

Procedure
1. To make the solution for the lemon enema, add the juice of 3 lemons to 2 quarts of lukewarm steam-
   distilled water. (Be sure to avoid using either very cold or very warm water.) If desired, add 2 droppersful
   of liquid kelp to boost the mineral content of the solution.
2. Place all of the solution in an enema bag. Do not use petroleum jelly to lubricate the tip of the enema
   bag. Instead, use vitamin E oil (buy it in oil form or pierce the end of the vitamin E capsule and
   squeeze the liquid onto the tip). The liquid will both ease insertion and have a healing effect on the anus
   and the lining of the colon, if these areas are inflamed. Aloe Vera may also be used for this purpose.
3. The best position to assume when receiving the enema is “head down and rear up”. After the liquid has
   been inserted, roll onto your right side and hold the solution in your body for fifteen minutes before
   allowing the fluid to be expelled. Do not roll from side to side.
4. Note that 2 quarts is a lot of liquid. If you experience any pain during insertion, stop the flow of the enema
   bag and, remaining in the same position, take deep breaths until the pain subsides. Then resume the
   enema flow. If you expel the liquid before all of it has been inserted, simply begin the process over again.
   If pain persists, discontinue the enema procedure.
5. Hold the solution in your body for three or four minutes before allowing it to be expelled. After two or three such sessions, you will find it easier to insert and hold the liquid.

Recommendations
1. If you have trouble with constipation, use the lemon juice enema once a week and the coffee retention enema once a week. The bowels will shortly move on their own, the colon will be clean, and the stool will not be foul smelling.
2. If you suffer from colitis, use the lemon juice enema once a week. Any time pain from colitis is experienced; this enema will quickly relieve the discomfort.
3. If allergic to lemons, prepare the enema solution with 1 to 2 ounces of wheat grass or garlic juice in place of the lemon juice, or fill the enema bag with plain steam-distilled water.

THE CATNIP TEA ENEMA
Catnip tea enemas are a good way to bring a high fever down quickly and keep it down. These also relieve constipation and congestion, which keep fever up. When body temperature goes above 102°F (102°F in children over two), take a cleansing catnip tea enema. Repeat the procedure every four to six hours, and continue taking the enemas twice daily as long as fever persists. Catnip tea enemas should not be used by children under two years of age.

Procedure
1. To make the solution for the catnip tea enema, place about 8 tablespoons of fresh or dried catnip leaves in a glass or enameled pot. (If you are using bagged catnip tea, use the amount recommended on the package to make 1 quart of tea.) In a separate pot, bring 1 quart of steam-distilled water to a boil. Remove the water from the heat and pour it over the herbs. Cover the pot and let the tea steep for five to ten minutes. Then strain out the catnip and allow the tea to cool to a comfortable, slightly warm temperature.
2. Place all of the solution in an enema bag. Do not use petroleum jelly to lubricate the tip of the enema bag. Instead, use vitamin E oil (buy it in oil form or pierce the end of the vitamin E capsule and squeeze the liquid onto the tip). The liquid will both ease insertion and have a healing effect on the anus and the lining of the colon, if these areas are inflamed. Aloe Vera may also be used for this purpose.
3. The best position to assume when receiving the enema is “head down and rear up”. If you experience any pain during insertion, stop the flow of the enema bag and, remaining in the same position, take deep breaths until the pain subsides. Then resume the enema flow. If you expel the liquid before all of it has been inserted, simply begin the process over again. If pain persists, discontinue the enema procedure.
4. After the liquid has been inserted, roll onto your back, and finally roll over and lie on your left side. As you are doing this, massage your colon to help loosen any fecal matter. Start on your right side and gradually move your fingers up toward the bottom of your rib cage, then across your abdomen and down the left side. Hold the solution in your body for three or four minutes before expelling it.

COLON CLEANSES

Ivy Bridge
“The key to good health is getting nutrients into the blood stream. This happens once the bowels have begun to be cleansed” – Ivy Bridge

Ingredients
1. ½ glass apple juice
2. 2 tablespoons Aloe Vera Juice
3. 2 tablespoons Liquid Chlorophyll
4. 1 heaping teaspoon Psyllium Hulls

Procedure
1. Combine in blender or stir with spoon. This mixture will thicken if allowed to sit, so drink it immediately. Follow with a full glass of pure, delicious-tasting water and two Cascara Sagrada capsules.
2. This drink should be taken first thing in the morning every day for 60 days. Thereafter, it can be taken every other day indefinitely.
3. NOTE: It is important to drink plenty of good, clear water, while on this regime.
Six Month Colon Rejuvenation Program To Restore Natural Peristaltic Action by Dr. Jack Ritchason

This program is designed to restore the natural peristaltic action of the colon. It is done by alternating the two following programs for a period of six months. You change the program every thirty days. Hence, you would follow program one for thirty days and then do program two for thirty days and then go back to program one again. After six months you will have spent three months on program one and three months on program two.

Program Number One
Take the following at night before retiring. Add the following to 4-6 oz. Of juice and drink:
1. 6 oz Aloe Vera Juice
2. 1 oz. Liquid Chlorophyll
3. 2-4 capsules of lower bowel (laxative) herb formula*
4. 1 oz. Hydrated Bentonite Clay
5. 1 tablespoon of Psyllium Hulls

During the day, take the following
1. 3 Acidophilus capsules three times each day between meals
2. ½ teaspoon of Plant Cell Salts twice each day in juice.

Program Number Two
Take the following anytime day or night:
1. 1 oz. Aloe Vera Juice
2. 1 oz. Liquid Chlorophyll

At night before retiring, take the following
1. 1 teaspoon of Psyllium Hulls in 4-6 oz. Of juice
2. 2-4 capsules of a lower bowel (laxative) herb formula*

*Persons may not wish to take this much of a lower bowel formula as they progress with the program. In fact, they may not need any of the lower bowel formula by the end of their thirty days.

Comments
1. With this program you are attempting to have a loose bowel elimination for six months to rebuild and restore the natural muscular action of the colon. The colon is a muscle, but it cannot be exercised in the same manner that you would exercise an arm. You can take a weight and put it in your hand and lift it repeatedly to build up and tone your arm muscle, but you cannot take your colon out of the body to exercise it. Hence, you need to put fiber and other material into the colon that stimulates it to action so that it can be strengthened and toned. One other benefit of this program is that people can lose weight on it.
2. This program will slowly clean out the pockets and crevices in the colon and will restore the natural muscular action called peristalsis. We stress we want a loose bowel elimination, but we also want this bowel elimination to be controlled. If the bowel elimination becomes too loose (that is watery or excessively runny) you should back down on the lower bowel formula. If the elimination continues to be too loose, you should take a teaspoon of Psyllium in a glass of juice in the morning.
3. This does not replace other colon cleansing programs. This program is specifically designed to restore the natural peristaltic action (or to build it up in the person who has never had it). This program does not eliminate the need for other supplements a person might need to take. Some people have also used anti-parasitic herbs (like black walnut) or combinations. One does not need to have enemas or colonic irrigations with this program; however, a person could use a very high colonic irrigation with a garlic solution if they desired, as this would aid the process.
Seven Day Bentonite Colon Cleanse
Eat nothing for seven days other than specified during the cleanse. Drink plenty of water (at least 5 glasses in addition to the instructions). You may have herbal teas or herbal beverages.

Items Needed
1. An empty quart jar with a screw top
2. An enema bag
3. 2 quarts water with ½ dropper garlic oil
4. Combination potassium 100
5. Acidophilus
6. Hydrated Bentonite (2 bottles)
7. Cascara Sagrada*
8. Psyllium Hulls Combination
9. Liquid Chlorophyll
10. Fasting Plus
11. Vitamins & Minerals
12. Vitamins-Calcium w/Magnesium & Vitamin D
13. Bioflavinoids w/Vitamin C

Directions
5 times per day (every 3 hours) do the following:
1. Pour 4 oz. Juice into quart jar
2. Add 8 oz. Water
3. Add 1 teaspoon Chlorophyll
4. Add 2 tablespoons Bentonite
5. Last of all, add 1 tablespoon Psyllium Hulls Combination
6. Shake Violently for 10 to 15 seconds, or run through a blender.
7. Drink Immediately. Follow with an additional glass of water.

5 times per day (1-½ hours after drinking the above) take
1. 2 Vitamins and Minerals
2. 2 Vitamin Calcium w/Magnesium and Vitamin D
3. 2 Fasting Plus
4. 2 Bioflavinoids w/Vitamin C
5. 2 Cascara Sagrada*
6. 2 Potassium 100
7. 2 Acidophilus capsules
8. ½ teaspoon Cell Salts

*Adjust the amount of Cascara Sagrada as required to have several bowel movements per day. Some individuals may need to take from 2 to 12 Cascara Sagrada per day. On rare occasions, some may need to take several enemas per day.

Enemas
There needs to be an enema done the day before you start this program, one done every night for the total of 7 days on the program, and one done the day after coming off the program for a minimum total of 9 for the total program. It is of the utmost importance to take a daily enema while on this cleanse. Coffee enemas or garlic enemas or an interchange of the two has been suggested. People who are extremely toxic and need this program the most sometimes will get sick a few days into the program. It is advised that they take high colon irrigation in the morning also. This will prevent them from becoming nauseated while on the program. This will enable them to complete the 7 days on the program.

Coffee Enema
Use 8 rounded tablespoons of regular grind coffee to 2 quarts of water. Boil thoroughly or perk. (You can make up to 1 gallon at a time).

Garlic Enema
Put ½ eyedropper full of garlic oil in 2-quart enema bag with water.
After Seven Days
1. After completing this program individuals should take 3 Acidophilus capsules twice a day – 3 upon arising and 3 before retiring each day for 2 months minimum to restore back the natural flora in the colon. Also one capsule of licorice root can be added each time the vitamin and minerals are taken if the person has low blood sugar.
2. Most individuals or families will want to stay on the cleanse for the full seven days and repeat twice a year. This is especially true of all those who are interested in prevention and in maintaining their good health. As for people with chronic health problems, the cleanse should be repeated 4 times a year, with a building program followed in the meantime.
3. Some nutritionists suggest a year-round use of the Bentonite; however, it has been suggested that the Bentonite Cleanse should be alternated with an individually designed building program. This program would use LBS, Psyllium, Cascara Sagrada, possibly Special Formula #1, and any other specific herbs and supplements for individual problems.

Nature’s Sunshine Tiao He Cleanse
1. Balance and harmony – that’s Tiao He. It’s a path that leads to personal peace and happiness. Using the time-honored and popular Chinese system of herbal nutrition and adding respected Western herbal experience, Nature’s Sunshine developed an important breakthrough: a cleansing system that blends both East and West for the best of both worlds – the Chinese Tiao He Cleanse.
2. Many years ago a Chinese herbalist from San Francisco designed a 10-day program to “balance” and “cleanse” the entire body.
3. The Tiao He Cleanse is perfect for those who are just getting acquainted with herbal supplements, or who have never experienced a cleansing program. The Chinese Tiao He Cleanse is prepackaged and simple to use. It’s gentle, too.

Product Information
1. LIV-C: Bupleurum root, peony root, pinellia rhizome, cinnamon twig, dong quai root, fushen plant, zhishi fruit, scute root, atractylodes rhizome, Panax ginseng root, giner rhizome and licorice root.
2. Special Formula #1: Gentian root, Irish moss plant, cascara sagrada bark, golden seal root, slippery elm bark, fenugreek seeds, safflowers flower, myrrh gum, yellow dock root, parthenium root, black walnut hulls, barberry bark, dandelion root, uva ursi leaves, chickweed herb, catnip herb and cyani flowers.
3. LBS II: Cascara Sagrada bark, buckthorn bark, licorice root, capsicum fruit, ginger rhizome, barberry bark, Turkey rhubarb root, cough grass herb and red clover blossoms.
4. Psyllium Hulls
5. Burdock Root
6. Black Walnut Hulls
CERTIFIED COLON HEALTH ONLINE COURSE - SESSION 5 – QUESTION & ANSWER SESSION

NAME:  ______________________________________________________________
ADDRESS: ______________________________________________________________
PHONE: ______________________________________________________________
FAX:  ______________________________________________________________
E-MAIL: ______________________________________________________________

Please be sure to fill out the information above, complete the test and e-mail or fax it back to us at iridology@netzero.net or 530-878-1119. We will grade your question & answer session and will let you know if we have any questions or concerns.

1. Go on the web. Research colon cleansing and how it’s been viewed in the alternative and orthodox community. Write a paper about the differences of opinion (including quackery) and your view.

2. A standard enema involves:

3. What are the 2 variations of enema therapy: a. 
   b.

4. Have you ever had an enema, colonic, or colema? Write about your experience before, during and after. We are interested in the physical effects of the treatment. If you have not had had an enema, colonic, or colema, please tell us if you have researched them. If you have, what has kept you from being treated?

5. What are bowel adhesions?

6. __________ & __________ may be used for parasite removal during a colema.

7. When would you use a coffee retention enema?

8. Should you use petroleum jelly to lubricate the tip of the enema bag?

9. What is the purpose of bentonite in cleansing?

10. What are the benefits of acidophilus in the body?