

ENEMAS & DOUCHES

For Education Purpose

The following information is not intended as advice for self-diagnosis or self-treatment. Consult a nutritionally oriented doctor if necessary.

ENEMAS

Taking enemas are so beneficial that HOME ENEMA KIT should be an important item in your home. Appropriate enemas remove built-up toxins, which, in turn, may help to relieve various disease symptoms like headaches, asthma, fever, etc.

BENEFITS OF ENEMAS

- A necessary aid to any deep-bowel or body cleansing programme.
- Effectively eliminates wastes and toxins which are released into the blood and lymph during and after a fast or dietary regiment.
- Relieves constipation, gas, and bloating.
- Contributes towards the maintenance of good health.
- Effectively removes toxins from the blood and the liver.

There are few people who actually like having an enema. When this somewhat negative feeling is compounded by the thought of the enema liquid being coffee, the resistance to the idea may grow stronger. However, the dramatic benefit which a coffee enema can have on detoxifying the liver and the blood makes this something which should be considered more than just briefly, and hopefully something which on reflection will be seen to be safe, effective and therefore desirable as a self-help measure.

As Dr. William Donald Kelley puts it:

"It has been my experience that persons most opposed to enemas soon reverse their prejudice and become the most avid supporters of them! In many cases the enema relieves distress and give a sense of well-being and cleanliness never before experienced. It is most desirable to take the coffee enema early in the morning and it may be repeated again in the early afternoon and/or evening, depending upon the toxic condition of the body."

Dr. Paavo Airola describes the importance of enemas during fasting as follows:

"During fasting a huge amount of morbid matter, dead cells and diseased tissues are burned; and the toxic wastes which have been accumulated in the tissues for years, causing disease and premature aging, are loosed and expelled from the system. These wastes are eliminated from the system by way of kidneys, bowels, skin and lungs. But the alimentary canal, the bowels, is the main road by which these toxins are thrown out of the body. Since, during fasting, the natural bowel movements cease to take place, the toxic wastes would have no way of leaving the system, except with the help of enemas. If you fast without enemas, these toxins remain in your colon and are re-absorbed into the system, poisoning your whole body. Your body will try to get them out through other eliminative organs, particularly through the kidneys, which, as a result, will often be overloaded and even damaged.

This is why enemas during fasting are absolute must. Enemas during fasting will assist the body in its cleansing and detoxifying effort by washing out all the toxic wastes from the alimentary canal."

TYPES OF ENEMAS

Unless otherwise stated, all dosages are for adults.

Distilled Water Enema:

This is a non-retention enema. Release after one to two minutes. DO NOT RETAIN.

- Purpose:
1. Relieves constipation. It is non-addictive and safe to use.
 2. Effectively cleanses the rectum and releases toxins which may be causing headaches, flatulence, bloating, asthma, fever, flu, and abdominal pain due to constipation, etc.
 3. Use before a coffee enema. This helps to clean up the rectum and will better enable you to retain the coffee enema.

Preparation: Mix 1 tsp of Apple Cider Vinegar with 1 glass (8oz) of distilled water.

Dosage: Adult (12 years & above) 2 - 4 glasses
Children (6 years - 12 years) 1 - 2 glasses
Children (2 years - 6 years) 1/2 - 1 glass

Coffee Enema

This is a retention enema. Retain the fluid for 12 - 15 minutes before release.

- Purpose:
1. Aids in body detoxification. It is used extensively for cancer therapy as well as for natural healing of chronic and degenerative diseases.
 2. Effective in relieving symptoms of allergic reactions, skin problems and headaches.

Preparation: Mix 3 heaped tbsp of Pure Organic Enema Coffee with 3-4 glasses (3/4 - 1 litre) of distilled water. Boil, then simmer for 15 minutes. Strain. Cool to body temperature. Add 1 tbsp of Apple Cider Vinegar or dissolve 1/4 tsp of K-Salt. This will help you to retain the enema better. You may prepare the coffee the night before, refrigerate, and warm it to body temperature before use.

Dosage for children: see Distilled Water Enema

Note: If you find it hard to retain the 4 glasses of coffee, you may prepare the coffee by using 3 heaped tbsp of the enema coffee with 3 glasses of distilled water.

If possible, have a normal bowel movement before the enema. This enema is not designed to cleanse the lower bowel as water enema does, but rather for a very special effect on the liver and the blood which is more effectively achieved if the bowels have moved and the lower colon is clear. If a normal bowel movement does not occur, then take a water enema (at body heat) to cleanse the bowel of debris and wind before the administration of the coffee enema.

The detoxification of the liver and the blood will have commenced with this procedure. The coffee released through the bowel wall (into the portal circulation which travels directly to the liver) causes the liver/gallbladder to eliminate vast amounts of toxic debris. This has an immediate effect on feelings of well-being and clear headedness. Many people can "switch off" a migraine or a "sick" headache and feeling of nausea and lethargy by using this method.

Note: For full benefits of the coffee enemas, take NATURE'S CLEANSE to remove the encrustations from the intestinal walls.

Castor Oil Enema

This is extremely detoxifying and 'pushing'. Do not use more than one in a 24 hour period. It is generally not recommended for cancer patients who have recently undergone chemotherapy.

Benefits: Deep cleansing of the blood and liver.

Preparation: Drink 2 tbsp of castor oil with 1 cup of coffee (made by boiling 1 heaped tsp of Pure Enema Coffee in 1 glass of distilled water; strain). Sweeten with honey.

One hour later, administer a coffee enema.

Five hours later, administer a castor oil enema as follows:

1. (Refer to fig. 1 in the insert inside the ENEMA KIT) Take the lower portion of the enema tube E1 and attach to the enema bag (at this stage, E2 is not in use). Drop 4 tbsp of the castor oil enema into the enema bag and allow it to flow into the enema tube E1. When all the oil has gone into E1, close the stop-cork B1.
2. Detach the enema tube E1; reassemble the enema set with E2 connected to the bag and E1 at the bottom. Pour in the coffee (same amount as for coffee enema). Lift the E1 tube higher than the bag and have both B1 & B2 open. Lower E1 until the coffee fills the tubes at the top with castor oil at the bottom. Be careful not to lose too much castor oil. Turn off stop-cork B2. Administer the enema. You may retain this for a short time, but it is not required.

Spirulina Enema

The use of spirulina enemas, together with a fasting and detoxification programme, is an excellent way to purify the blood stream. Spirulina has the unique advantage of supplying strength and power through the absorption of the nutrients into the bowel wall. It is excellent to use in conjunction with a slimming programme.

Preparation: Mix thoroughly 2 heaped tsp of Spirulina powder with a glass of distilled water. Add 2 - 3 more glasses of distilled water; mix well. Fill the enema bag and use immediately.

Repeat once a month on a regular basis for effective bowel maintenance.

IMPLANTS

For all implants, it is advisable to administer a water enema prior to the implant.

Herbal Implant

Dr. Brusck's Essiac Tea is excellent for piles and various diseases of the colon.

Preparation: As indicated on the package.

Dosage: 1/2 cup. Administer slowly; retain as long as possible; it is most effective when entirely absorbed by the colon.

Green Juice Implant

Freshly made green juice of wheatgrass or other green leaves restores positivity to the bowels and blood stream. It is excellent for numerous chronic diseases. Spirulina solution may also be used for the implant. To make Spirulina solution, use 1 heaped tsp of Spirulina in 1/2 glass distilled water.

Flaxseed Oil Implant

This implant relieves inflammation, pain, and bleeding. It is more effective if you combine it with the Spirulina solution.

Preparation: Use 4 tbsp of flaxseed oil and 1/2 cup of Spirulina solution. Administer the same way as a castor oil enema with coffee.

Garlic Implant

This is profoundly purifying and an excellent aid in the treatment of worms. It also helps with anal itch.

Preparation & Dosage: Liquidise 4 cloves of garlic in half a litre (2 glasses) of warm distilled water and strain.

Yoghurt Implant

This helps to implant beneficial intestinal flora into the colon. Use it in cases of candidiasis, severe gas and bloating, all yeast infections, and anal itch. It is ideal when antibiotics have been taken over a long period of time.

Preparation: 1/2 cup of matured plain yoghurt
1/2 cup of distilled water
1 sachet of Bifidus
Mix thoroughly

DOUCHES

VAGINAL DOUCHES

For female hygiene, candidiasis, urinary tract infections, vaginal infection, itch, and discharge, the use of a douche is necessary.

Wonda Oil Douche

Preparation: Place 20 drops of Wonda Oil in 4 glasses (1 litre) of warm distilled water.

Fix the vaginal nozzle to the enema tube E1. Apply with Vitamin E cream. Pour the douche mixture into the bag, then lie down in a bathtub and allow the mixture to flow in and out of the vagina. Use twice a day if there is an infection.

Yoghurt Douche

The preparation for this is the same as for a yoghurt enema. You may try to retain it overnight, but first, place a towel over the mattress to avoid 'leaking'.

Apple Cider Vinegar Douche

Mix 2 tbsp of Apple Cider Vinegar with 10 drops of Wonda Oil in 1 litre of distilled water, then apply.

References:

- *One Answer to Cancer*, W D Kelly (Kelly Foundation, 1978)
- *The Raw Materials of Health*, Leon Chaitow (Thorsons Publications)
- *How to Get Well*, Paavo Airola, (Health Plus Publishers)
- *A Cancer Therapy*, Max Gerson (Gerson Institute)
- *Medical Journalist Report of Innovative Biologocs*, Morton Walker (Townsend Letter for Doctors and Patients - April, 1996)
- *Be Your Own Doctor*, Ann Wigmore (Avery Publishing Group)

灌肠与灌洗阴道

灌肠

资料提供

以下各项谨为资料提供，非建议读者自行诊断和自行治疗；如有需要，请咨询营养科医生。

灌肠对人体益处良多，因此，灌肠器应该被列为药箱里的一个重要项目。适当的灌肠能清除体内积存的毒素，从而有助于解除各种病症如头痛、气喘、发烧等等。

灌肠好处概要

- 清除体内污物或深入肠内清除污物的一种必要辅助方法。
- 在禁食与控制饮食期间或之后，可以有效的清除血液里和淋巴液里的废物和毒素。
- 解除便秘、气体和胀气。
- 有助于保持良好的健康。
- 有效於清除血液和肝脏的毒素。

真正喜欢灌肠的人实际很少，这种不喜欢的想法加上灌肠的液体是咖啡，致使抗拒的念头可能愈加强烈。可是，咖啡灌肠对解除血液和肝脏毒素的显著好处，显示了它的安全有效，因此，是一种理想的自我协助治疗方式。

正如威廉唐纳克利医生所说：

“我的经历显示那些最抗拒咖啡灌肠的人很快就会放弃他们的偏见。反过来接受和赞同咖啡灌肠。很多案例说明咖啡灌肠消除了人们的忧虑，身体受到前所未有的舒服感觉。咖啡灌肠最好是在清早进行，然后午后或傍晚重复，当然，这将视体内毒素的状况而定。”

巴哇阿罗拉医生则提出，在禁食期间进行灌肠有以下要点：

“禁食期间，大量致病物质、死亡了的细胞以及有病的组织被燃烧掉，多年来积存在体内的有毒废物变得松解以及被驱逐出体外；这些造成疾病和使人提早衰老的有毒废物，是透过肾脏、大肠、皮肤和肺部排出；消化道和大肠是有毒废物排出体外的主要通道。禁食期间，大肠停止自然蠕动，因此，除了用灌肠之外，体内的有毒废物就无从排出。如果你在禁食期间没有进行灌肠，毒素将停留在结肠，并被重新吸收入身体组织，为害身体。人体的其他清除废物器官如肾脏也会尝试排掉那些毒素，但是，如此一来，往往就会加重器官的工作和甚至使器官损坏。这就是为什么禁食期间必须进行灌肠，禁食期间，灌肠将协助身体的排污和排毒工作，把有毒废物从消化道排出体外。”

灌肠的方法

除非另有说明，否则所有用量都是供成人使用。

蒸馏水灌肠

这是一种不保留的灌肠法；一两分钟后就释出；不要留住蒸馏水。

作用：1. 解除便秘；没有添加物，使用安全。

2. 有效清洁直肠，释出有可能造成头痛、胀气、气喘、发烧、感冒与腹痛（便秘致使）的毒素。

3. 咖啡灌肠之前进行；此方法有助于清洁直肠，使咖啡灌肠液可以更好地保留在肠内。

配调：把一茶匙的苹果醋加入一杯（8安士）蒸馏水中。

份量：成人（12岁及以上）2至4杯

儿童（6岁至12岁）1至2杯

儿童（2岁至6岁）1/2至1杯

咖啡灌肠

这是保留式的灌肠方法；让灌肠液流在肠内约12至15分钟才加以释出。

作用：1. 协助身体排毒；此方法广泛用在治疗癌症和治疗身体慢性与退化的病症。

2. 有效得消除过敏反应与问题皮肤的病征。

配调：把三汤匙纯有机灌肠咖啡加入3至4杯（3/4至1公升）蒸馏水，煮沸，再以文火慢煮十五分钟；过滤后让它冷却。然后再加入一汤匙苹果醋或加入1/4茶匙的钾质以让溶解。这样做可以让大肠更好地保留灌肠液。（可以前一天晚上配调咖啡，存入冰箱，并在使用之前将温度提高至与体温一样）

儿童份量：参照蒸馏水灌肠

注意事项：如果你发现不易留住四杯咖啡，你可以用三杯蒸馏水加三汤匙灌肠咖啡配调。

可能的话，在灌肠之前先排泄粪便。这种灌肠法并不是为了如同采用水灌肠那样要清洁大肠，而是为达到肝脏和血液的特别效果，如果直肠下段的粪便先加以清除，所达到的效果将会更加显著。如果无法如常地排出粪便，可以用水灌肠（照体温）清洁大肠，稍微休息后再进行咖啡灌肠。

这是为肝脏和血液排毒的开始程序；咖啡从大肠壁释入（进入肛门循环系统直接到肝脏），致使肝脏和胆囊清除出大量的毒素；它会马上令人舒服和精神为之一振，很多人采用这个方法后就消

除了头痛或偏头痛与及头晕和疲乏。要完全得到咖啡灌肠的好处，请先使用天然清洁剂清除肠壁的外层。

蓖麻籽油灌肠

这是一种具有高度排毒效果和“激烈”的排毒方法，24小时之内只可以进行一次，一般上，对于那些不久前才接受化学治疗的癌症病人不予以推荐。

好处：深入清洁血液和肝脏。

配调：喝下两汤匙的蓖麻籽油和一杯咖啡。（制法：把一茶匙灌肠咖啡加入一杯蒸馏水，煮沸后过滤，再加蜂蜜使之有甜味。）

一小时后：进行咖啡灌肠。

五小时后，进行蓖麻籽油灌肠如下：

- 1.（依照灌肠具内说明书，图一）将E1灌肠管子的下端连接灌肠袋（E2这时没有用到）。把四汤匙灌肠蓖麻籽油滴入灌肠袋，并让它流入E1灌肠管子，至完全流进后，再关闭B1活塞。
2. 拆下E1灌肠管子（重新装过灌肠器），将E2管子接到灌肠袋，而E1则接在下端。把灌肠咖啡倒入（份量与咖啡灌肠相同），将E1管子提至高於灌肠袋，启开B1及B2活塞，再将E1管向下移动直至咖啡流入和填满管子的顶端，蓖麻籽油在下端；小心勿使太多蓖麻籽油流失。关闭B2活塞，开始灌肠。灌肠之后可以略为停留，但非必要。

螺旋藻灌肠

配合禁食和排毒疗程采用螺旋藻灌肠法，为清洁血液的良好方法。螺旋藻的独特优点，是透过肠壁供应营养与提供力量；配合减肥法进行会有显著功效。配调：把两茶匙螺旋藻粉末加入一杯蒸馏水，调匀后再加二至三杯蒸馏水，使均匀；倒入灌肠袋，即刻使用。每个月重复进行一次，持之以恒，可以有效保持大肠的状况。

植入治疗

在进行各种植入治疗之前，最好先采用水灌肠。

植入草药

布鲁氏医生的草药茶，对痔疮和各种结肠疾病有显著疗效。

配调：参阅包装上说明

份量：半杯，缓慢进行，留在肠内越久越好，被结肠完全吸收后最有效。

植入绿色的植物汁

一些绿色植物的汁对恢复大肠和血液的功能很有帮助。新鲜的小麦草或其他绿色叶子的汁对很多长期性的疾病有显著的功效，螺旋藻液也可以用以注入大肠。

螺旋藻液配调：一茶匙螺旋藻粉加半杯蒸馏水。

植入亚麻籽油

植入亚麻籽油可以解除发炎、疼痛和出血。与螺旋藻液混合，会更有效。

配调：四汤匙亚麻籽油加半杯螺旋藻液，使用法如同蓖麻籽油灌肠加咖啡。

植入大蒜汁

这是一种深入的净化方法，对治疗寄生虫有显著的帮助，同时也有助于消除肛门发痒。

配调与份量：把四个大蒜绞汁，倒进半公升（2杯）的温蒸馏水后再加以过滤。

植入酸乳酪

此方法有助于将益菌植入结肠，可用来治疗细菌感染、严重的胀气毛病，各种酵母感染与及肛门发痒；对长期服食抗生素的病人有很理想的效果。

配调：半杯成熟的纯酸乳酪
半杯蒸馏水
一胶囊的双叉杆菌，拌均。

灌洗阴道

为了妇女卫生，消除尿道感染、阴道感染、发痒与及反常分泌，灌洗阴道是种必要的方法。

万宝油灌洗

配调：把20滴万宝油加入四杯（一公升）温蒸馏水里。将阴道管连接上E1管，敷上维生素E膏，再把混合液倒进袋里，人躺在浴缸后就让混合液在阴道里流进流出；如果是感染，每日灌洗两次。

酸乳酪灌洗

配调如同酸乳酪灌肠，你可以尝试让酸乳酪灌洗液留在阴道一晚至隔天早上，但是，必须先置一块毛巾於垫褥上，以防泄出。

苹果醋灌洗

把两汤匙苹果醋与十滴万宝油加入一公升蒸馏水，然后使用之。