

Basic Colonic-Board Technique

The Purpose:

Colonic irrigation is different from enema where the main purpose is temporary relief of constipation or rectal impaction. While a series of enemas can result in cleansing of the sigmoid and part of the descending colon, it usually only relieves the rectal area. It will seldom remove encrusted material from the colon lining or relieve pockets of hardened feces, lumps known as fecoliths, or relieve the cause of diverticulosis.

Because the colonic-board treatment uses 5 to 10 or more gallons of pure water at a session, it can gradually flush the entire colon. This is important for anyone wishing to do a general detox because if the colon is clear and functioning well, it is able to remove toxins efficiently and thus ease the load on kidneys, liver, lungs and skin.



The Uses:

It is my opinion that every home should own a colonic-board set up. This could and should replace all those over the counter bottles of 'pills for your ills' and bottles of this and that which fill the average medicine cabinet. If you have a head-ache or upset in the stomach or bowels, or if you feel like a cold or 'flu' is coming on, if you have sinus congestion or lung problems, if your bowels feel congested or you are experiencing a lot of flatulence, if you feel feverish, all these problems can usually be solved by running a bucket or two on your colon-enema board; and by doing that you are assisting your body to remove the cause of the problem, instead of dumping in some dose of chemical poison to add to its burdens.

It is especially a valuable tool for anyone trying to detox and recover from many chronic disease problems. For people with chronic bowel problems, a series of colonic irrigations may save you from dreaded bowel surgery and having to end up with a colostomy bag.

Because the flowing of so much clean water is part of this therapy, it also counteracts dehydration, which is a major cause of pain and many other disease conditions. Migraine headaches, for example, often have their root in dehydration coupled with a clogged bowel containing much dried matter.

Contraindications:

Folk with kidney failure, severe congestive heart failure, or pregnant women are not recommended to use this treatment.

Planning your detox:

There is much misunderstanding about how to help a toxic body to cleanse; some focus on treatments, such as massage and fasting, that stir up the toxins the body has stored in the cellular and interstitial level. It is important to realize that the average body is 75% water but only a small amount of that is in the blood; in your body you have three fluid compartments: fluid in your cells; if you weigh 150 lbs., the fluid in the cells would be about 60 lbs. Fluid around your cells; about 23 lbs. and fluid in your blood vessels about 8 lbs. Before we start cleansing the tissues we must keep this in mind, so the body can do its work wisely and well. You don't want to dump 83 pounds worth of toxins into only 8 pounds of blood!

This is why starting a detox by cleansing the colon is ideal. If we start mobilizing toxins when we have a clogged and toxic colon, they have nowhere to go; they will back up into the other organs causing damage because the colon is not prepared to deal with it. Did you ever flush a toilet when the drain was plugged? It is a messy affair right? It just backs up and overflows; that is what some detox methods do to an unprepared body!

If you have not done colon-enema treatments before and are wanting to start with a series to assist in your general detox program, You need to plan yourself a time when you can say NO to activity and then care for your detox. If you are really tired, the bowel does not cleanse as well because it takes a certain amount of energy to do the colon-enemas; the bowel gets a real work-out! Also the body does most of its work during our sleeping hours. So we will need extra down-time to do the job right.

Plan your schedule of boards according to your work load! The ideal is to do a bucket or so every day for a series of about 10. You should have a time when you will be less active and can plan some extra rest and relaxation. You might try every other day, if you have chronic weakness or fatigue.

The Buckets:

Your main bucket is a 5 gallon plastic food-grade bucket that can be acquired at hardware store or from bakeries, or cafeterias, places where they buy food ingredients in these large plastic buckets. Usually they are only too happy to give you a couple.

You may want more than one if you need to set your bucket on a stool and it is not high enough for proper flow of the water you can stack up a few buckets. The bottom of the water bucket should be about 2 feet higher than where your hips rest on the board.



The tubing:

There are two ways to use tubing on your bucket, you can purchase a spigot with the needed washers and making a small hole in the lower side of the bucket, you install the spigot. I prefer a metal one but the plastic ones

would likely work as well.

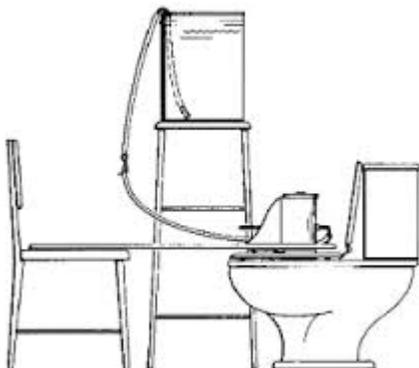
Buckets with spigots on them are sold for bottling homemade beer so they are fairly easy to get.

You then get some vinyl or other type of plastic tubing which will slide onto the outside of your spigot and in which on the other end, your plastic enema tip should fit snugly. On the tubing you will need some sort of a clamp so you can stop the flow of water any time you wish. The clamp should be placed where you can easily reach it from your position on the board.



< A Siphon Set up.

The second way to set up tubing on your bucket is to have a long tube that goes into the bucket to the bottom of it with a weight on the end to keep it from floating, and over the edge with a firm U type insert, then tubing with a clamp that leads to the insertion tip. With this set up you have to suck the air out of the tubing to start the flow and if you let the bucket run dry you



will have to do that again to restart the flow. Personally, I prefer the spigot method.

The Water:

It is essential that you have reasonably pure water to do your therapy with. The easiest way to do this I have found is to purchase a charcoal shower filter; www.Aguasana.com sells a good one. Then attach it to your shower and you will need to attach a hose and hand-held spray with which you fill your bucket as it is set up on a stool or step ladder in your tub. Change the cartridges as recommended according to the amount of use you give it. This is also a great aid to health because when showering in hot water containing chlorine and other chemicals, you are breathing in and absorbing through your skin as much chlorine etc. as if you drank 10 large glasses of this chemical water at a shot! So having this for showers as well as filling your colon-enema buckets is a good plan.



If you are really stuck and have no way to filter your water, you can add a tablespoon of activated charcoal to a quart of water, shake it up to mix it, and add it to your bucket of water. This will absorb most of the chemicals in your water. It is messy though and tends to stick to the insides of your buckets and tubing.

Water Temperature:

You need to have the water quite hot but not enough to burn. I find the best way to test it is to place my hand in the water and if it feels hot but I can easily keep my hand in and can move it around without distress, then that is about right.

Do not use tepid water as this relaxes the bowel and the water from your bucket tends to pool in the colon, it seems to fall asleep and not expel like it is supposed to do. If this happens you need to add more hot water until it is as described above. Never add water to your bucket without first closing your clamp so it does not flow right into your colon. When adding more water, always check the temperature again before turning on the flow.

You can finish up with a short session of cool water if desired. It should be distinctly cool but not icy cold. Mostly this is optional and not needful. It might be used if the person felt over heated by the hot irrigation; and sometimes it is a good way to get a lazy colon to expel the rest of the water it is retaining.

Position and draping:

You lie on your colonic board on your back on a pad or folded towel for comfort; your knees are bent up and your feet are on either side of the raised part where the tubing goes through. It is best to drape a towel over your raised knees to keep warm and prevent splatters.



Inserting the Tip:

In my experience the most comfortable tips are the hard plastic ones. Even though they are called 'disposable' by some vendors, I have used the same one for years. Just rinse it off in soapy water. It is best if each person using the board can have their own. You can see the hard plastic tip in the picture. Don't be scared at the length, only the first inch or so gets inserted and because they are firm and slim the expelled water and matter just comes out around the tip into the toilet without having to remove the tip.



Even though stainless steel sounds like a good idea, in my experience, the stainless steel tips are horrible and keep falling out when you try to use them. They feel cold, and they drag at the anal opening because of their

weight and are uncomfortable. It is worth it to have a comfortable tip because comfort is the whole secret of this treatment; you can't relax and cleanse if your bottom is hurting!

To insert the tip when you are ready to start, just rub a little olive or coconut oil on the anal area, rather than oiling the tip, then they insert easy. A little oil on your bottom makes it easier to clean up after also. You can also oil the tip as well if you wish. The person receiving the treatment should always insert the tip themselves because they can feel what they are doing and thus injury is avoided. A properly positioned tip will enter the rectum about 1-2 inches and feel quite comfortable there. If it is uncomfortable it is either in too far or not far enough, you can adjust it and get it right.

The angle of the pelvis while inserting is the secret of comfortably getting it in the right place. If one finds it painful one should never proceed to use force, but correct what the problem is, which is the angle of the pelvis--if one is sitting erect, one cannot do it; nor if pelvis is rocked to the back (back arched). One has to partially recline on one elbow while other hand holds tip close to the insertion end; then the pelvis must be lifted slightly and sort of curled up and forward towards belly button a little. (back humped) sort of put your feet on their toes to raise the knees a little at the same time; this straightens the anal canal and insertion with a well lubricated tip and bottom is easy and painless--anytime it hurts to insert a tip, the angle is wrong and one must not proceed.

One way to understand the correct angle is a posture exercise called "Happy dog or Sad dog". With Happy dog position the 'tail' is up and back arched; but with sad dog, the 'tail' is between the legs and the bottom arched forward. Pretend you are a sad, scared dog and tuck your imaginary tail between your legs curling forward and you have the position.

By the way, you can practice happy dog vs sad dog not connected with the board, because the happy dog position is how we should sit in a chair, erectly with good posture, having tail up and seated on the flat of our bottom. Sad dog is bad posture unless you are inserting a tip on the colonic board!

You need to be careful how you hold the tips so you don't break them; hold them with your fingers close to the end you are pushing into the tubing or inserting into the rectum; be sure not to bend them as they break if you do. I snapped a couple before I learned to be careful. The reason they are hard is so they don't flush out when the stream of water and matter expels past them into the toilet.

Relaxing:

The first couple times you may not get much from the bowel, because this is all new to you, there is some tension, but later when you learn to relax, then more of the hard lumps and dried material will start to come away. Also, where dried matter is in the colon, it takes a few sessions to soak and soften it so it comes away. It is important not to try to 'hold and push' like you would with an enema, when on the board, just relax and let it do its work. If you find yourself pushing to expel, that shows you are not relaxing; just take some slow, deep easy breaths and let yourself relax as you breathe out. The water will flow in and then the bowel automatically expels it from time to time.

It is good to read a book or listen to something calming while doing your therapy. It can take about ¾ to 1 hour to run a 5 gallon bucket of water and if you are doing something you enjoy, you relax more and the bowel flushes better. It never pays to do a treatment if you are in a hurry for any reason, this will prevent the relaxation needed for a successful cleanse.

Abdominal massage:

As you gain experience in doing your colonic therapy, you will get to know your own colon better. You will be able to feel how far along the water is reaching and you will be aware of tender areas or hard areas in the bowel. Massage can be used to help loosen the dried and hardened material in the uncleaned colon.

This should always be gentle and not over done, or it can cause the colon to stop expelling and retain the water. When the first flow is turned on, I find it best to just allow the water to do the work of clearing the mater from the rectal area, as long as lumps and matter is coming out, I do not disturb the bowel. Then later when mostly only clear water is coming out, I then massage gently in a circular motion, following the direction the bowel normally flows. If I find hard areas I gently kneed them with my fingers to loosen them up.

If there is a lot of water retained in the area of the cecum, (right-lower quadrant) and as I massage I can hear it swishing there, then I begin to press gently in that area with fingers together or the heel of my hand, encouraging the water to move up the ascending colon and across the transverse and down. You will know when the cecum area expels because there is always a certain amount of gas that comes away.

How to deal with cramping:

When you are initially cleansing a colon for the first time, and doing a series of colonics, you may get a certain amount of cramping. There is a technique to deal with this. First breathe slowly and relax as you breathe out. Feel gently around your abdomen and locate the place in the bowel where the cramp is occurring; you may feel a hard lump or mound there. Then using just the tips of your fingers, gently drag and stroke around and around your abdomen in the direction of the normal flow of the bowel, the pressure should be as light as if you were dragging a cloth over the skin. Soon the cramp will stop and you can follow up with some slightly firmer massage over the area where you feel the mound or lump. It will let go and you will get a rush of expelled matter, sometimes containing hard lumps of stool.

Ending a Colonic Session:

Let the bucket get down about $\frac{3}{4}$ then if you still feel pressure and fullness, or a lot of matter is still coming away, turn off the clip and refill the bucket with hot water, or have someone do this for you. Remember always clamp off your tubing when adding water to your bucket and check the temperature before letting it run freely into your bowel again.

When you feel comfortable, and there is not a lot of retained water still obvious in the colon, then you can stop running the water and wash up and rest. You may have to go to toilet a few times after to finish clearing the retained water.

Incomplete or problematic sessions:

Sometimes, if you finish up a little too soon, you find yourself more uncomfortable instead of feeling refreshed. This happens when a session is ended before all the loosened matter is actually cleared out. The only real cure for this is to do a follow up session the next day or right away if there is a lot of discomfort.

Sometimes, in your early sessions, you may find some bleeding occur; this happens when infected diverticula open and the purulent matter clears out. You may see or hear a little rock-like plug get washed out; this opens up an infected pocket, which will then drain and heal. If it is only a small amount of bleeding, then ignore it and continue your session. If it seems like a lot, simply end your session and rest. In a day or so you can try again and by that time the area will likely have healed.

Occasionally parasites may get dislodged and this may also cause a little bleeding. Some bleeding may also happen in persons with hemorrhoids if care is not taken in inserting the tip.

Realize that there is no way that water flowing in and freely out of your bowel can injure it. If severe bleeding ever were to occur, there is something else causing it, and you need to get it investigated.

When to use your Colonic Board:

Once you have completed a series of colonics and you find your colon feels clean, free and happy, you may wish to follow up with a routine session every two to four weeks depending on how you feel. As you get more aware of how a healthy, clean, colon feels, you will know when you need to do one or a few sessions again. If colon cleansing has relieved a chronic disease condition for you, which is often the case, you will want to do follow up sessions whenever you feel that condition is activating again.

Use your board when you feel you are coming down with a cold or flu. It is a great help in chest congestion; in fact it is almost impossible to get pneumonia if the colon is cleansed. You can use it to end a session of food-borne illness by flushing away the cause. It is an old saying that disease begins in the colon, so keeping it clear by simply flushing it out now and then, can prevent much misery.

Questions:

Does using a colonic board interfere with the normal action of the bowel? No, actually it tends to improve it because the colon muscles get exercised by expelling the water. Often the person will have a normal bowel movement the very next morning.

There are many who declare colon therapy is 'wrong' and we should not do it and so on. Some folk have serious psychological problems in dealing intelligently with their own excretory organs and tend to have poor elimination habits. Then too, some say it is 'habit forming'; you could say maybe so, like drinking water and bathing, we need to do it; but is not taking drugs for the rest of your half-poisoned life habit forming? Colonics aid the body to rid poisons and do its work well, where drugs slowly or not so slowly kill your body.

Is colon cleansing 'habit forming'? This is one of the objections one often hears regarding this therapy. It is hard to know for sure just what they mean by 'habit forming'; if they mean that after a few uses of it, your bowel will not move without it, this is absolutely untrue! Actually, a series of colonics is an ideal way to restore tone to a sluggish bowel and have it moving well on its own.

There are some treatments that can become habit forming, regular enemas day after day, because of the stretching of the bowel walls in retaining large amount of fluid, can increase sluggishness of the bowel. This is not so if you are only using an enema on occasion, to deal with illness or fever.

I would sound a caution in the use of any chemical laxatives and even certain herbal teas used to move the bowels; anything containing Senna is actually habit forming to the bowel and people can become dependent on it. This does not happen with plain colonic irrigations.

What about disturbing the normal flora of the bowel? Unless you are using water or solutions that are highly anti-microbial normal flora would not be disturbed by colonics; in fact it probably would be improved.

What about 'getting all washed out' and losing nutrients? Once the matter of the intestines has reached the large bowel, very little absorption of nutrients takes place except for water. When one is doing a series of cleanses, you need to eat heartily of a healthy, whole plant-based diet; except in rare situations one does not combine fasting and a colonic series; don't eat skimpily, but nourish your body well.

Disclaimer: This article is for educational purposes only and is not intended to be any type of medical advice. It is based on my own 20+ years of successful experience with using the Colon-Enema Board and it reflects my own personal opinions. '7emca7'