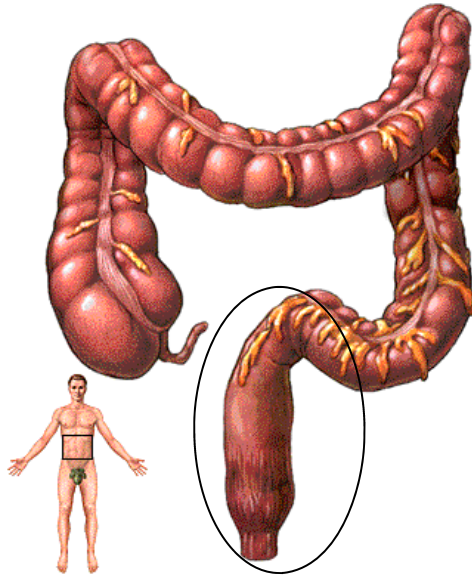


Colonic Board or Enema

There is often some confusion about how an enema using an enema bag or can, compares to Colonic Irrigation or Colon-enema board therapy however they actually serve different purposes. Enema is used for quick relief of



constipation but is not an efficient means of colon-cleansing and detox. The enema bag is useful for children's ailment when colonic board treatment is not easily done until around 10 or older. For the very small child or infant only a small baby syringe is usually sufficient. Enema's effects are mainly limited to the area circled in this illustration.

the above but also it is helpful when a herbal solution is used or coffee enemas are to be done.



Uses for the enema can include

Colon-Enema Board:

While this certainly deals well with relieving constipation, its real virtue lies in the irrigation of the entire colon, removing of plaque or dried material from the colon walls, healing of diverticula and so promoting entire body cleansing by increasing colon efficiency.

Equipment: A board specially designed to fit onto a toilet bowl with a well and trough-like apparatus that allows one to lie on their back in relative comfort while water or solution runs in from a 5 gallon pail via a rubber siphon tubing. Waste and water can be expelled as necessary and goes into the toilet.

The special rectal tip for this device is long and narrow, made of hard plastic, and does not have to be removed to expel colon contents. This is a very useful device for home therapy and is great for both cleansing and medicinal solutions. The user can also massage his own abdomen during the procedure and this assists the cleansing process and exercises and tones the colon muscles. The user retains only as much solution at a time as is comfortable for him and can allow the bowel to expel on its own without straining.

Complete equipment sets can be purchased on the internet. The solid plastic boards have some advantages over the wooden ones, but either is a good investment for your health. This device has many advantages: it is relatively simple to use and is not as exhausting as the bag enemas. Many gallons of solution can be run through, thus giving better cleansing results.

Being able to do it at home is a big saving to clients who require long term colon therapy or frequent irrigations in treatment of chronic disease states. About the only disadvantage is having to do it yourself as opposed to having the therapist to do it for you, and some people are not cut out for that, while others like it much better. Colon-enemas, of course can be administered with someone else's assistance and this is needful in weak, ill, or elderly people. A family member can easily be taught to do this. From personal experience with this device, this writer is inclined to say that a person's best friend is his colon-enema board!

