

# Enema Instructions

Before you begin you will want to make sure you have all of your supplies and your Heal All Tea solution for the enema ready. Enema supplies can be purchased online or at your local store.

## Making the Heal All Tea solution

- Add 1 heaping teaspoon of herbal mixture per 1 ½ to 2 cups distilled water. Let the mixture cool before pouring it into your enema bag.

## Administering the Enema

1. Make sure you have all of your supplies (they should be in your kit):
  - a. Bag
  - b. Nozzle
  - c. Hose
  - d. Clamp
  - e. Lubricant (water, olive oil or coconut oil based)
2. Hang your enema bag at a height of approximately 3 to 4 feet.
3. Have your Heal All Tea solution ready!
4. Lie on your left side or your back with your knees bent.
5. Lubricate the tube and your rectum gently.
6. Insert the tube into the rectum gently.
7. Release the clamp, if you have one, and let the solution flow very slowly into your colon. A steady, slow flow will make it more comfortable. Relax and breathe deeply to minimize discomfort.
8. Massage your abdomen in a counter-clockwise direction to move the solution deeper into the colon.
9. Stop the flow when you get a feeling of fullness or when you have used all of your solution.
10. Remove the tube or nozzle from the rectum.
11. Try to retain the enema for at least 2 minutes.
12. Expel the enema. It also helps to massage the abdomen in a clockwise direction to bring the solution towards the rectum.

