



# BEGINNERS GUIDE

TO IMPROVING YOUR HEALTH AND DETOXING WITH ENEMAS



TRAVEL • COMFORT • RELIEF • VERSATILITY • FREEDOM

# WELCOME

If you are just embarking on your journey of enemas, detoxification and healing your body naturally from whatever condition you are suffering from, it may seem a bit overwhelming.

A lot of our happy bums prior to getting started have found themselves wondering..."

Where do I start? How do I do an enema? What type of enemas should I be doing? How often? Are they safe? Can I do it wrong? Am I crazy for thinking this will help? What are the benefits? What should I expect? What are detox symptoms I might experience? What if I cant hold it and I make a mess? Are enemas for everyone?

If any of these sound like you, don't worry it's **TOTALLY NORMAL!!!** However daunting it may seem, you have come to the right place and we at the Happy Bum Co are here to help.

We have prepared this beginners guide to enemas and detoxification for you to help guide you seamlessly through the process of getting started with your Happy Bum Bag and guiding you on the path to which products may suit you best and what to expect along the way.

With 1000's of other Happy Bums using their enema kits religiously out there, it's important to remember that you are not alone and that even just by taking the first step and purchasing your enema kit, you are already one step closer to the healing your body naturally than you were before. Plus, now you are a valued member of our worldwide community of Happy Bums whom you can join for support, laughs and tips on our private Facebook Page @happybumcommunity.

***So without further ado, lets get started!***



# THE BASICS

## **What is an enema?**

An enema is a type of colon cleanse using liquid infused into the colon via your rectum. Enema's can be an amazing tool for detoxing and may have many different benefits.

## **How do I perform an enema?**

Enemas can be performed laying on your side or back, whichever you find most comfortable.

Start by preparing your enema solution and allowing it to cool. You can find more information on our enema recipes or which ones to do later in this post or on our recipes website. For this example, we will use water.

Boil and cool 2 litres of filtered water.

Assemble your Happy Bum Bag by attaching the hoses as shown in our guide, and fill the bag with your purified water solution. Ensure the clamp is on so the water does not go flowing before you are ready.

Lay a towel or yoga mat down on the bathroom floor (you can do this anywhere but our preference is the bathroom as you are close to the toilet). Insert the enema tip into your rectum, these are soft silicone and not painful. The tip only needs to go in about 2 inches, until it feels secure. You can lubricate the end with coconut or other organic oil or lubricant for a smooth insertion. Once inserted you are ready to start your enema.

Release the clamp and allow the solution to flow via gravity through the tube into your colon. If you feel an urge straight away, try to flow the flow down by clamping the hose or pinching the hose. This will allow the urge to pass and the water to go around any gas bubbles or waste matter that is sitting right at the end of your colon. There is no right or wrong with enemas, if you do find you need to go straight way, take the enema tip out and sit on the toilet to release. You can come back and finish the bag once you have finished on the toilet. Enemas may be different for everyone as we all have different sensitivity levels. If you are extremely compacted in the colon, you may find you cannot hold as much water in the beginning until more is cleared. That is OKAY!! You have to start somewhere.

Take as much of the solution as you can and just work your way up to holding more. Practice makes perfect, and there is no perfect way to do an enema. Just listen to your body and do the best that you can, anything that comes out is good!

Once you have taken all of the liquid that you can or wish to hold (and again different solutions will have different hold times but this is for a water enema) simply remove the enema tip and sit on the toilet to release your bowels. You may have to sit for awhile as the waste comes through. There may be quite a bit of gas and it may be very liquid as you have added lots of water to soften everything. You should hopefully feel lighter , emptier and more comfortable after this process! It's a great relief for anyone who struggles with bloating or constipation, but there are so many enemas for different conditions, even if you don't suffer from those you can benefit with a clean out.

After you are finished on the toilet, clean your enema bag and tip using the instructions on your kit. You can use vinegar, tea tree oil, non toxic soap or hydrogen peroxide to clean out the bag and allow to dry. You're done!

# HOW LONG DOES IT TAKE?

**10 - 45**  
MINUTES

This whole process can take around 10-45 minutes, for your first few enemas allow at least half an hour start to finish.

# WHAT WOULD I USE AN ENEMA FOR?

You can use enemas to help heal and support so many different conditions in the body.

At the Happy Bum Co, we have broken these down into 5 main categories.

**These include:**

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## IMMUNE SYSTEM

The immune system is your body's main defence mechanism against disease and infection. It is responsible for targeting and destroying substances that it recognizes as foreign or different from normal, healthy tissues in the body.



## WOMENS HEALTH

Puberty, PMS, acne, problematic periods, endometriosis, dysmenorrhea, fibroids, cysts, polycystic ovaries, abnormal hair growth, loss of libido, menopause...the joy of being a woman!



## INFLAMMATION & DISEASES

Inflammation is part of the body's immune system response. Inflammation is a defence mechanism which is a sign that your body is fighting something harmful or irritating.



## GUT HEALTH

Your gut is made up of over 100 Trillion bacteria and is responsible for the digestion, absorption and elimination of food, bacteria and toxins in your body. 70% of your body's immune system is located in your gut and 95% of your serotonin is produced there. Your gut plays an essential role in your overall health and wellbeing.



## MENTAL & PHYSICAL FATIGUE

Fatigue can affect us both mentally and physically as our day to day lifestyles become increasingly taxing. Fatigue can be caused by poor diet, lack of sleep, or a high stress environment where our fight or flight mode is constantly activated, stimulating the nervous system and draining our adrenals.

# WHICH ONE ARE YOU HERE FOR?

This will determine how you use your kit and what products you need to start off with.

On a general note: EVERYONE can benefit from doing water enemas as a form of clearing old waste matter and toxicity from the colon. The colon is around 2 meters long and studies have shown that the average person is holding 5-7 kilos of waste in their colon. When old waste sits in the colon, it gets reabsorbed back into the blood stream and the toxicity goes everywhere. This can often result in headaches, skin conditions, leaky gut, fatigue, feeling heavy, bloated and lethargic.

With diets heavy in processed foods, animal products, alcohol, and lives full of stress, the liver and colon can become overwhelmed and slowly starts to accumulate extra toxicity. For a visual, imagine what happens when you leave your kitchen bin sit too long...or you forget bin day. That waste just keeps accumulating, fermenting, eventually rotting and then we get all sorts of creepy crawlers and other issues. The smell begins to ripen and if we don't clear all the waste away, it will just keep coming and building up. Your body works in the same way.

Have you missed a few too many bin days? If you go to the toilet less than 2-3 times a day (and we're talking good solid movements) then the answer is likely yes and you are well on your way to needing a good colon cleanse.

For anyone new to enemas and detoxing, water enemas are a great place to start.

How to prepare a water enema, visit:  
[happybumco.com](http://happybumco.com) > [About](#) > [Enemas](#)

# IMMUNE SYSTEM

If you are feeling run down, get sick often or have a lowered immune system, enemas can help support you by boosting your body up and helping your fight off those unwanted invaders.

Enemas for your immune system:

- **Coffee Enemas** – liver boosting, can help you fight off nasties in the body.
- **Anti – Inflammatory** – lowering your inflammation can help improve you immunity.
- **Alkalisng** – lemon juice or apple cider vinegar enemas can help reduce symptoms of cold and flu and help you recover quicker.
- **Immune Boost Implant** – COMING SOON – Blend of immune boosting vitamins that your body can use to get you back to health quick.





# WOMENS HEALTH

The female body is so complex, changing as we journey through different stage of life. From puberty, through to menopause and beyond, a woman's body goes through so many hormonal shifts, if we do not regularly detoxify and look after our health these can become quite uncomfortable and challenging.

**At the Happy Bum Co we believe in taking a proactive and natural approach to health and enemas can help to manage the below:**

→ **Pregnancy** – Many women find they get constipated, nauseous, fatigued, sluggish and hormonal during pregnancy. This can be attributed to toxicity levels in the body and the changes occurring. Enemas can be very helpful for gently detoxifying the colon, relieving bloating and constipation and can even help prep for labour by removing built up. Symptoms of nausea, fatigue and acne can also be improved by removing toxicity in the body. Water enemas and simple camomile or anti inflammatory enemas are the only enemas recommended during pregnancy.

→ **Pre-conception/Fertility** – If you are looking to give your body the best chance to conceive and prepare yourself for a healthy pregnancy, it's essential to detoxify. Many of today's pesticides, insecticides, beauty products, cleaning products etc. are latent with chemicals that disrupt our hormones and can make conceiving challenging. Detoxifying these from the body and cleansing can promote a healthy environment for conception and make your pregnancy much more comfortable. Enemas for conception include – coffee enemas, water enemas, and anti inflammatory enemas if you suffer from high levels of inflammation. If you are stressed and trying to conceive, this will also be a challenge so you may benefit from a stress relief enema or implant.



→ **Menopause** – As a women's body begins to slow down the aging process, toxins accumulated in the body can rear their ugly heads.

Helping the body to detoxify will not only reduce the symptoms generally associated with menopause, but can help reduce the weight gain, hot flushes and fatigue that come with. Coffee enemas, water enemas and anti inflammatory enemas are recommended.

→ **Hormonal Acne** – Most skin issues result from toxicity in the gut that is trying to escape elsewhere. Coffee enemas can be very helpful for hormonal acne as they increase liver function and help the body to detoxify. Clearing the colon with water enemas can also be beneficial. Probiotic implants can help the gut to rebuild and anti inflammatory implants can help to lower inflammation.

→ **Period Pain and Cramping** – Heightened levels of toxicity in the body can create PMS symptoms and period pain. Washing away this toxicity can minimise cramping, bloating, irritability and all other symptoms that come around the menstrual cycle. This is also true for women struggling with endometriosis or other reproductive issues. It has been shown that inflammation in the body can contribute to heightening these symptoms and detoxifying and reducing inflammation in the body can have a profound difference. Recommended enemas are coffee, water and anti inflammatory.



# GUT HEALTH

The digestive system is responsible for the digestion, absorption and elimination of food and waste products. Its vital in our energy production, immune system and is directly linked to our mental and emotional health. When we eat lots of inflammatory or processed foods, drink lots of alcohol, smoke and absorb toxins from the environment around us, our bodies become overrun with toxicity and overtime are not able to eliminate and function effectively. This can cause serious strain on the body's internal organs and leave us feeling bloated, fatigued, constipated, depressed, anxious, foggy brained and unmotivated to name a few. Some common gut health concerns include:

- Constipation
- Diarrhoea
- Irritable Bowel Syndrome
- Bloating
- Abdominal discomfort and distention
- Parasites/Candida overgrowth
- Leaky Gut

The enemas we recommend for healing your gut are: coffee enemas, these will boost liver function, help detoxify the colon and can help to rid the body of parasites, yeasts, candida and other nasties which can be causing you discomfort.

For constipation specifically, water enemas are recommended as they will clear the farthest up in the colon and remove the most waste. They can be helpful to do first, prior to a coffee or other enema. Removing old waste matter from the colon will help to create a better environment for good gut bacteria to flourish.



We also recommend doing a probiotic implant regularly using your Happy Bum Bulb which will put the right beneficial bacteria straight back into your colon to recolonise. This will help your gut microbiome to flourish and your gut to heal.

**Anti inflammatory enemas** can also be helpful to help soothe and reduce inflammation in the gut caused by poor diet, stress or inflammation present. In order to heal your gut lining, this is key and can feel very soothing for those suffering from colitis, ulcerative colitis or crohns disease.

**Parasites** – Coffee enemas, garlic enemas, anti parasitic implant – 2-3 oregano oil drops

**Eliminating any processed foods**, gluten, dairy, refined sugar and limiting meat intake will also help reduce inflammation and any gut health issues.



# INFLAMMATION & DISEASE

Inflammation is part of the body's immune system response. Inflammation is a defence mechanism which is a sign that your body is fighting something harmful or irritating. This could be an infection, injury, irritant, damaged cells or toxins. Scientists now believe that chronic, low-level inflammation plays a major role in nearly every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions.

When the body detects an intruder, it launches a biological response to try to remove it.

The attacker could be a foreign body, such as a thorn, an irritant, or a pathogen. Pathogens include bacteria, viruses, and other organisms, which cause infections.

Sometimes, the body mistakenly perceives its own cells or tissues as harmful. This reaction can lead to autoimmune diseases, such as type 1 diabetes, Rheumatoid arthritis, Inflammatory bowel disease, psoriasis, Multiple Sclerosis, lupus, Graves' disease & hashimotos.

Experts believe inflammation may contribute to a wide range of chronic diseases. Examples of these are metabolic syndrome, which includes type 2 diabetes, heart disease, and obesity.



## Enemas can help your body to heal from:

- Autoimmune Disease
- Cancer
- Diabetes
- Joint, back and muscle pain
- Chronic inflammation
- Irritable Bowel Syndrome & Irritable Bowel Disease
- Ulcerative Colitis
- Crohns Disease

**Cancer Specific:** For cancer fighters, you may have heard of the Gerson Therapy which involves using coffee enemas 3-4 times a day with a raw food and juice diet to detoxify the liver and body while building up the immune system. Coffee enemas are definitely recommended regularly and can have a profound impact in eliminating free radical cells from the body. You can read more on coffee enemas and cancer specially on our page and over at [gersontherapy.org](http://gersontherapy.org).

Many of our happy bums have joined us to fight cancer naturally so definitely make sure to join our Facebook group for support!

Enemas & Implants for all Inflammatory Diseases: We recommend anti inflammatory enemas and implants regularly. These are so soothing and can very effectively reduce inflammation in the body. It is more powerful to take the anti-inflammatory blend internally via an enema or implant than it is to have them go through your digestive system. An anti inflammatory implant gets absorbed straight into the colon and bloodstream and can the benefits can quickly circulate through your entire body.



Therapeutic grade essential oils you can add to your anti inflammatory implant: (2-3 drops)

- Frankincense
- Turmeric
- Ginger

**Coffee enemas** can also be beneficial however, these can be a bit acidic for ulcerative colitis and if the bowel is very inflamed.

**Other ways to reduce inflammation:** With any inflammatory disease, trying to reduce the amount of inflammation coming into the body is key. Diet, stress, environmental factors will play a large part in your healing process.



# MENTAL & PHYSICAL FATIGUE

Fatigue can affect us both mentally and physically as our day to day lifestyles become increasingly taxing. Fatigue can be caused by nutritionally lacking diet, lack of sleep, or a high stress environment where our fight or flight mode is constantly activated, stimulating the nervous system and draining our adrenals.

This can lead to depression, anxiety and feelings of apathy, lethargy and lack of motivation.

When your body is overloaded with toxicity, it spends too much energy trying filtering everything through your liver and kidneys and doesn't have much left for your day to day activities.

## **Some common mental and physical fatigue health concerns include:**

- Adrenal fatigue
- Depression
- Anxiety
- Lethargy, lack of energy
- Brain fog
- Lack of motivation
- Extreme Fatigue
- Low moods





→ Poor sleep

## Recommended Enemas for Physical and Mental fatigue:

→ **Coffee enemas** – boost liver function, take strain off organs trying to process toxicity. Stimulate the parasympathetic nervous system and help can allow the body to rest

→ **Stress Relief enema or implant**– herbal blend of stress relief can help to bring the body out of fight or flight mode and allow to rest and heal.

→ **Water enema** – detoxify the colon, cleanse the body, allow for better nutrient absorption as colon less blocked

→ **Apple cider vinegar enema** – helps remove mucus plaque from the lining of the colon and allow for better nutrient absorption and clearing

→ **Probiotic implant** – build healthy gut bacteria balance in the gut which sends positive signals to the brain and can helps regulate bowel movements and all other systems of the body

For depression and anxiety, clearing out your colon is essential as 70% of the body's serotonin is produced in the colon! This means, toxic gut, toxic mind. Supplementing with a probiotic implant will also help promote a healthy gut.

If your symptoms begin to feel worse, this can be a part of the detox process as all of the toxicity and emotions come to the surface before they are released. It is normal but if you feel your mental health declining, we recommend reaching out to your mental health care



## **What are some Common detox symptoms I might experience when starting to detox with enemas?**

When you start doing enemas and clearing out your colon, you may find you experience some detox symptoms as your body begins to cleanse. Especially, if you have been suffering with long term, chronic illness, disease, or chronic gut health issues. This is very normal and actually an important part of the process as you allow your body to begin healing as all of the toxicity is brought to the surface before it released. Detox symptoms can be a bit uncomfortable and will vary from person to person but can include any of the following:

### **Common Detox Symptoms:**

- Headaches
- Bloating and gas
- Fatigue
- Skin breakouts
- Nausea
- Changes to bowel movements
- Appetite changes
- Feeling low or down
- Crying, anger, frustration
- Irritability
- Sugar cravings

The more toxic your body is, often the more severe detox symptoms you will experience. What goes in, must come out and its important to be patient and supportive with your body during this time. Water and coffee enemas can really help to wash away more toxicity in the body and the more that comes out, the better you will begin to feel. Detox symptoms will not last forever, perseverance and consistency is the key to success.

Our Happy Bum Community Facebook group is a great place to find support!

# TIPS TO HELP YOUR BODY DETOXYFY.

- ✓ Drink lots of filtered water (min 2-3 litres a day)
- ✓ Apple cider or lemon juice in your water to help alkalise
- ✓ Eat a wholefood mainly plant based diet high in fibre (vegetables)
- ✓ Eat organic where possible (pesticides and insecticides are very toxic)
- ✓ Avoid processed foods high in refined sugar, salt, gluten, dairy and flavourings
- ✓ Rest when needed
- ✓ Allow your body time and space to heal, be gentle with yourself

# HOW OFTEN SHOULD I DO AN ENEMA.

If you are just beginning to detox, we recommend doing your enemas regularly until your symptoms improve. Water enemas can be used whenever you are constipated or haven't had a bowel movement. Always encourage your body to have it's own natural bowel movements, however if you do not get a motion or feel it is incomplete, then an enema can be a great tool to relieve your bowels. The more enemas you do, the more toned your colon should get and the less compacted matter should be present making your bowel movements naturally better on their own.

Constipation can be caused for many reasons so if your bowel movements do not improve from just doing enemas, there may be other underlying factors causing it. You can read more about these on our website and blog.

Anti inflammatory enemas and implants can be done as often as you feel necessary. Any implants are also completely natural and can be used as you please. All help to build your health, there are no side effects recorded from taking too many probiotics or natural anti inflammatories.

**If at any point you feel unwell or you need a break, always listen to your body.**

# MOST COMMON FAQ'S.

## **How far up in the colon can an enema clear?**

An enema can only effectively clear the lower part of your descending colon. The large intestine is nearly 2 meters long so clearing the entire thing can take time and often requires a colonic or other help to soften the stool farther up. Enemas can help to bring everything that's in the lower portion around and make more space for things to move.

## **How do I clean my Happy Bum Bag kit?**

After each use, wash your Happy Bum Bag or Bulb thoroughly with either soapy water, tea tree oil and water blend or diluted hydrogen peroxide. We always recommend using natural cleaning products without chemicals. Allow to dry thoroughly, fresh air and sunlight can help the drying process. Removing the tip and hoses to promote airflow if needed.

## **How often should I change my enema tip?**

Depending on your usage, we recommend changing your enema tip at the first signs of discolouration. This is usually every 2-3 months if you use your Happy Bum Bag regularly.

## **Where can I go for support?**

Our Happy Bum Community Facebook group is the best place to go for support. Only customers who have bought Happy Bum Bags can join and it's a safe space to ask questions and read other people's experience. You are always welcome to send us an email or message, however just keep in mind we get a large influx of messages from customers and many of the questions may be easily answered in the Facebook page.

We are so excited you have decided to start your detox journey with us!

Good luck on your enema journey and we hope this has provided you with the needed guidance to get you started!

Love  
Happy Bum Co



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