

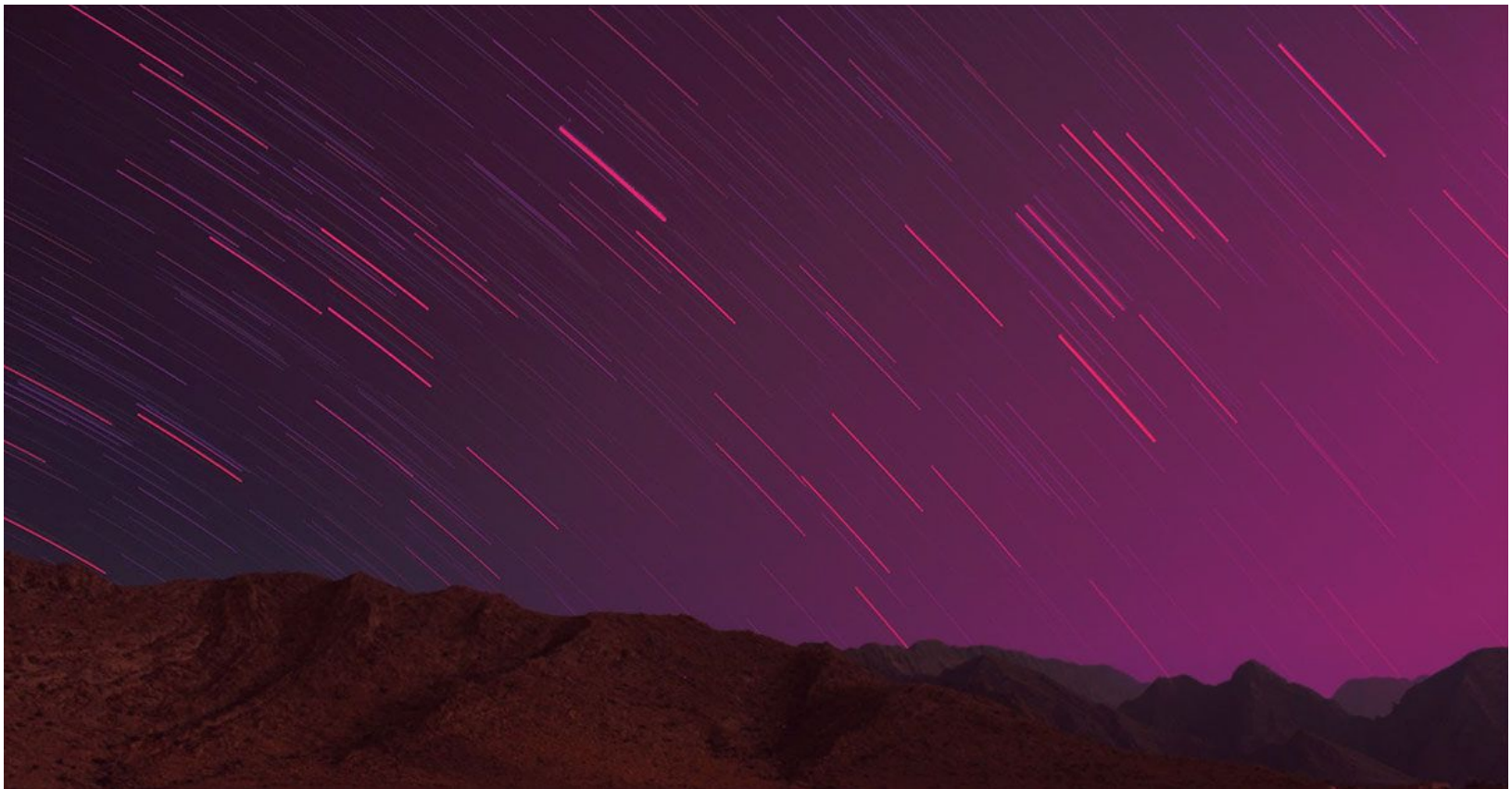


# Aussie Health Co.

*Your Free Guide*

Designed for all official Aussie Health Co  
**Enema Bulb Kits**





## An Introduction

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Anal Bulbs provide a great and popular way for people to cleanse their bowels at home with a pump system designed to cleanse the colon and help relieve constipation. This easy to use tool leaves you feeling cleaner, lighter and healthier almost immediately. The main job of the colon is to absorb water and nutrients from food and remove unwanted waste and toxins. Our Anal Bulbs are designed to ensure that this process is working efficiently and to help your body along with its cleanse.

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## Preparing your Enema Bulb Kit

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1.

Remove your Enema Bulb from the bag and run it under warm water to ensure it's clean and ready for use.



2.

Select one of the three tips provided with the kit. You may have a preferred tip already, but we recommend using the metal tip.



3.

Attach your choice of tip securely to the clear silicone bulb and push the tip down as far as it goes.

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## The 7 step guide to using your Bulb

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1.

Fill a bowl or small tank with lukewarm water. It's recommended you perform this first step so you have complete control over the temperature of the water before filling up your device. Purified water is ideal.



2.

Remove the tip from your bulb and run an antiseptic wipe over it. This is a precautionary step that ensures that no bacteria remains on the tip after using it a first time.

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**3.**

Place the bulb into your bowl/tank and squeeze tightly. By compressing the bulb once it's underwater, it will be forced to suck in the lukewarm water on re-expansion. The tip should be re-attached to the bulb at this point. Ensure your bulb is filled with water before removing it. Our clear silicone material should help you see the level of water.



**4.**

Remove the bulb from the tank and apply a few drops of lubricant to the tip. You may wish to apply more if you find it helps with your level of comfort. You might also want to remove the tip from the bulb while applying the lube.

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**5.**

Lay down on your back and place the tip into your anus. Stop if you feel any resistance and adjust the angle slightly until you can easily insert the tube.



**6.**

Slowly squeeze the liquid into your anus, while allowing gravity to help the flow of liquid. Go slowly, as going too quickly can create the need to evacuate immediately.

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7.

Gently remove the tip and wait until you feel the natural urge to expel the water. You may want to repeat the whole process until the water runs clear and you've properly cleansed your colon.

## DONE!

Clean your equipment and let it air-dry before storage. For cleaning instructions, see the next section.

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## Cleaning your Enema Bag

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It's important to ensure your bulb has been properly cleaned and dried after each use to remove any bacteria and to ensure that no mold grows inside. As an extra precaution, a visual inspection of the equipment should also be undertaken before each enema. At a minimum (and for most people), we recommended that you flush your bulb and tips with hot soapy water after every use and air dry before storage. However, some people prefer to go to further measures (such as boiling their equipment or dishwashing it) of cleaning after each use or on a semi-regular basis.

The following is a more detailed method that some people like to follow using.

**Step 1** - Remove the tip from the bulb and clean the tip with an antiseptic wipe.

**Step 2** - Fill the bulb again with soapy water with the tip removed and sharply spray the bulb into a sink or toilet until completely empty.

**Step 3** - Repeat the Step 2 until your bulb is clear and clean. Our transparent design should help with this process.

**Step 4** - Drain the liquid and thoroughly wash with water. Leave to air dry for up to 8 hours. Ensure the kit is completely dry before storage.

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## Replacing your Disposable Enema Tips

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Fortunately Aussie Health Co provides **separate replaceable Enema Tips** for all our official Enema Kits, making it easy and cost effective for our customers to continue using their Enema Kits without having to purchase a new kit.

To purchase replacement tips, please visit Amazon and type in “Aussie Health Co” to locate our listing.



## Disclaimer

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All material presented in this guide is provided for your information only and may not be construed as medical advice or instruction.

No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

The information and opinions expressed here are believed to be accurate, based on the best judgement available to the authors, and readers who fail to consult with appropriate health authorities assume the risk of any injuries.

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