

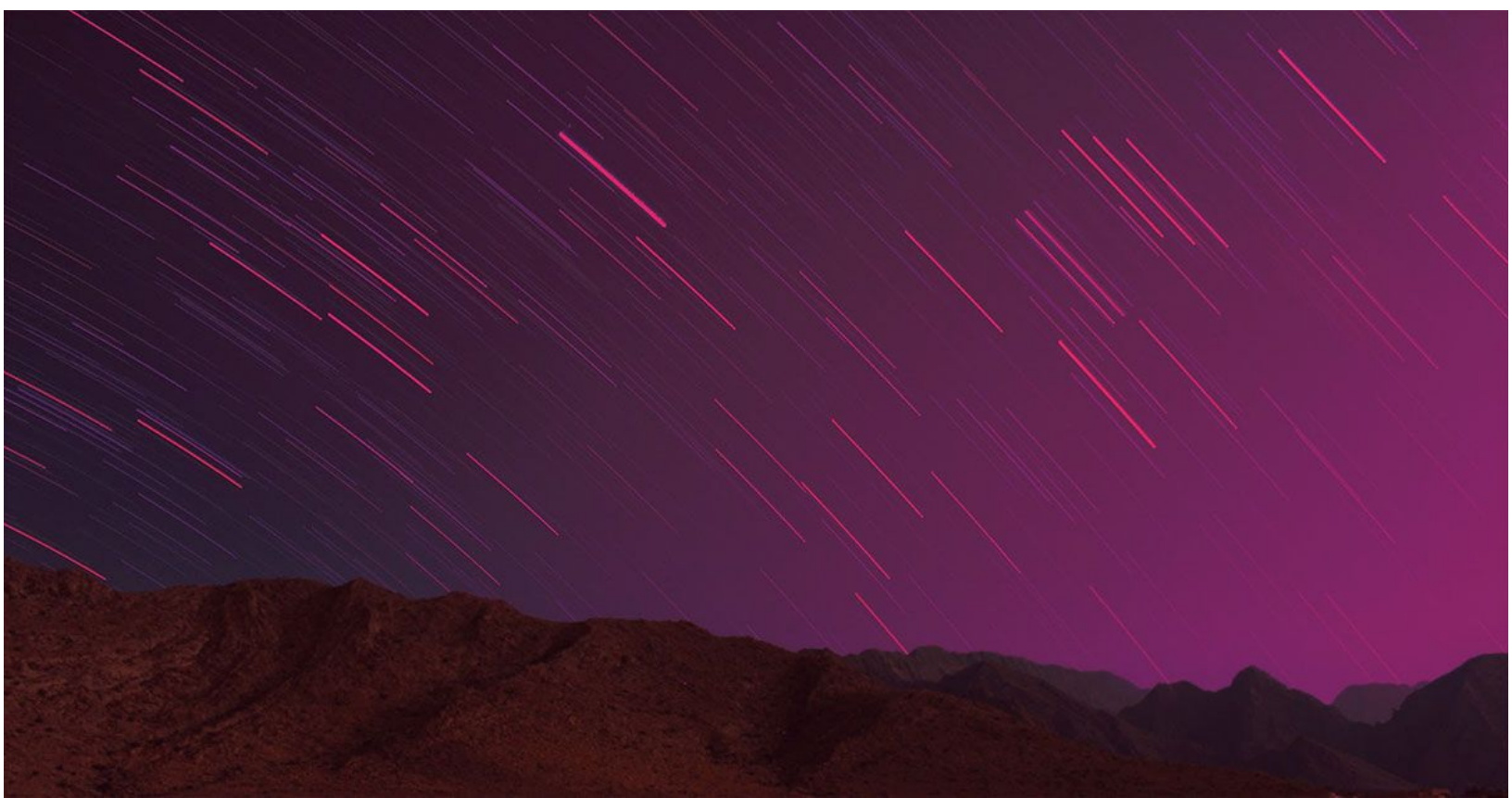


# Aussie Health Co.

*Your Free Guide*

Premium High-Grade Enema Supplies





## An Introduction

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Enema Kits provide a great and popular way for people to cleanse their bowels, with an easy to use tool that 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 Enema Kits are designed to ensure that this process is working efficiently and to help your body along with its cleanse.

**If you're new to Enemas, we suggest you watch this video to get started :)**

<https://www.youtube.com/watch?v=o5kdlaD2QSY>

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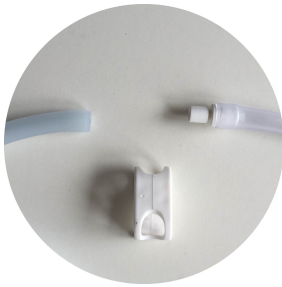
## Preparing your Enema Kit Clamp

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1.

It's important to use the clamp correctly to avoid leaks. This is how your clamp will be attached when you receive your enema kit.



2.

Remove the clamp and pull the tip apart from the tube.



3.

Pull the clamp along the tube and connect the tip again.



4.

This is how the clamp should look. Squeeze the clamp together to lock the clamp.

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## Attaching the Enema Hose to the Bag

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You will need:

- 1 x white nozzle
- 1 x translucent tube
- 1 x enema bag



Take the white connector and plug it into the hose. Push the white connector down until it meets the first ridge.



Take the Enema bag and push the other half of the white connector into the bag opening. Push the white connector into the bag until it has reached the opposing ridge and is properly secure.

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## Using The Flow Valve

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If a one-way flow valve is supplied with your kit (to prevent enema water from flowing back into the hose) and you wish to use it, please follow these assembly instructions.

1. Place clamp on enema tube as per above instructions.



2. Insert white end of the one-way valve into the tube.
3. Attach tube to the black end of the one-way valve.



4. Insert connector and tip onto the tubing.



The final setup using the one-way flow valve should now look like this:



## The 8 step guide to performing an Enema at home

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1.

**Understand what a cleansing enema is.** A cleansing enema is what most people think of when they hear the word "enema": designed to be quick and easy, this enema is supposed to cause quick evacuation and help clean the colon. There are several different kinds of cleansing enemas.



2.

**Mix whatever herb or supplement you choose with water, making sure to dilute the solution properly.** Err on the side of caution: Always dilute the enema solution more than you think is necessary. An enema is supposed to be mainly water. The supplements are the supporting acts, not the main gig.





**3.**

**Use the clamp to control the flow, and fill your bucket or bag with clean, distilled water and any additional supplements.** Hold the insertion end of the tube over the bathtub or toilet. Open the clamp to let the water travel through the tube until it comes out steadily. Be sure that there aren't any air pockets in the tube. Once you are sure of this, clamp the tube to stop the flow.



**4.**

**Lie on your back, with your knees drawn towards your chest.** Depending on your comfort level or size, you might also find it more advantageous to lie down on your side; some people find it easier to take in more liquid while resting on their side.



5.

**After you are comfortable, insert the nozzle about three inches into the anus.** Stop if you feel any resistance and adjust the angle slightly until you can easily insert the tube.



6.

**Slowly release the clamp to start the flow of water.** Go slowly, as going too quickly can create the need to evacuate immediately. The key to a successful enema is to take in and hold in the liquid until the body's natural peristaltic movements begin. If you experience cramping, clamp the tube and take a deep breath before continuing. Lightly massaging the abdomen will also help.



7.

After you have taken as much water as you can hold, gently remove the nozzle. Continue lying on the floor, or move to the toilet.



8.

After you have retained the liquid for several minutes, sit on the toilet and relax. Wait until you are able to expel what you need to.

**DONE!** - Clean your equipment and let it air-dry before storage.

This Guide was originally posted on [WIKIHOW](https://www.wikihow.com/Perform-an-Enema).

## Cleaning your Enema Bag

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It's important to ensure your enema kit 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 bag, tubing and tips out 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 weak hydrogen peroxide to ensure any bacteria is killed.

**Step 1** - Take your enema kit apart, removing the tube from the bag and the tip from the tube.

**Step 2** - Wash each part of the kit separately using a mix of anti-bacterial soap and water. Turn the bag inside out while washing to ensure all contents are cleaned thoroughly. Wash off with warm water.

**Step 3** - Reconnect all the pieces of the kit and pour two cups of 3 percent hydrogen peroxide into the enema bag and let it flow through the tube and the tip before applying the clamp to trap most of the liquid.

For an even deeper clean, keep liquid in the bag and tube using the clip for 2 to 10 hours.

**Step 4** - Drain the liquid and thoroughly wash with water. Leave to air dry with the clamp open 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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