



**The following article is an excerpt from Richard Anderson's classic text, "Cleanse and Purify Thyself."**

Learn to appreciate and enjoy enemas. Nothing short of Divine Intervention (also known as miracles) can come to your rescue faster to relieve you of headaches, constipation, pressure, various pains, gas and massive accumulations of toxic mucus, pus, and poisonous waste – which all contribute to disease.

Some people are downright afraid to take enemas. This is generally due to either embarrassment or lack of knowledge. **Anything this good for you should not be embarrassing.** Taking enemas is wise and intelligent. They are fully constructive, lifting you to a higher level of existence through purification. If you are going to be embarrassed, consider being embarrassed by the things you do which are destructive to your Temple – like drinking alcoholic beverages, coffee, and soda; eating meat, sugar, and dairy products; eating more than you need; swearing; or being overweight.

On the other hand, you simply may not know *how* to take an enema. Don't let that stop you; it's easy to learn. Be brave! Consider it a new dimension of living yet to be explored. A vast, new frontier of experience awaits you! I guarantee you it will become the most enjoyable part of the Cleanse – seeing the results of your efforts coming out of you in vivid living color!

When on the Cleanse, taking enemas twice daily will usually help a person rid himself of an extra ten feet of mucoid layers in a seven-day period. I know a friend who refused to take enemas during the Cleanse. Being an herbalist, he figured that if he took extra *cascara sagrada* he could keep things moving and avoid enemas completely. But there were times when he did not feel good – a clear indication that toxic substance was being stirred up and needed to be released. He would have had relief had he taken an enema. The next time he went on the Cleanse, he decided to use enemas. He overcame his aversion to them very quickly when he saw the benefits. His cleansing went much easier and he now recommends enemas to everyone during the Cleanse.

Most toxic people I have seen go on this Cleanse without taking enemas have had a worse-than-average experience. When you become really miserable and your friend, Mr. Pain, brings you to your senses, your silly embarrassment or lack of knowledge will be something you will want to conquer, instead of letting it conquer you.

**[NOTE:** Enemas are wonderful and valuable tools. But if you have any administering one, didn't get much or any results, or need something even more effective, a colonic usually brings immense relief.]

### **INSTRUCTIONS AND EQUIPMENT NEEDED:**

I recommend a douche bag instead of the enema/hot water bags you find in the drug stores. The point is that you want a bag that is open at the top so you can easily refill it and keep it clean. Douche bags are also easier and faster to use and less expensive. Olive oil or an ointment that contains natural herbs and beeswax is the best lubricant to place on the injection tip for easy insertion. A dab of the same lubricant is also placed on the anus. This combination makes for easy injection. Any kind of salad oil is ok, but olive oil is very healing and purifying – in addition to being good for most rashes.

It is helpful to use a gallon jug to fill the douche bag with water or herbal tea. You can use any size of container, but the gallon jug makes it easier and faster to use.



### **WHAT TO USE FOR ENEMA LIQUID:**

Most of the time, I use an herbal tea, but you can use plain old tap water. But, it must be free of contaminants, including chlorine and fluoride. Obviously, we would not use tap water in most areas of our country. Where I live, the water is just about as pure as it gets. In Chicago, I wouldn't even consider it. You must also be careful with well water; in many areas of the country, the well water is highly contaminated. Distilled water is best; purified water of high quality is fine. The following herbs make excellent enemas:

**CATNIP** has a soothing effect on the body. It is good for energy, improves circulation, and is excellent for colds, fever, and gas. Children or those who have trouble taking enemas may especially benefit from catnip.

**BURDOCK ROOT** is one of the best blood purifiers you'll find; it is the best herb for skin; it improves kidney action, helping to eliminate calcium deposits; and it assists the liver in removing toxins.

**YARROW** is one of the bitter herbs; it is good for the liver, stomach, and glands. A blood purifier, it opens the pores of the skin (the body's largest elimination organ) for rapid elimination. It is good for colds, cramps, fever, and flu; and also good for infusion in a healing bath.

**RED RASPBERRY** is excellent for all kinds of gynecologic problems. High in iron, it is good for the eyes and for elimination; it is very nutritious.

**KIDNEY TEA** is a combination of herbs for the kidneys and urinary system. I made these into a wonderful formula that I use in almost every enema I take.

**WILD CHERRY BARK** is very useful for those who do not eliminate their enema water easily. Make a tea using one (1) teaspoon in a quart of water, and add it to approximately one and one-half (1½ ) gallons of enema water.

**OTHER EXCELLENT ENEMA HERBS** include blessed thistle, hyssop, elderflower, mullein, and dandelion.

### **TEMPERATURE OF ENEMA LIQUID:**

I prefer the liquid to be right at body temperature. If it is too warm the muscles will temporarily weaken, and this prevents the water from rushing back out, which you want it to do. The muscles will stay strong with liquid that is at or slightly below body temperature.

To awaken and bring strength to the peristaltic muscles in the colon, use cooler or cold water for your last half-gallon of enema liquid (it is best to do this after you feel you've removed all of the loose matter out of the colon with a gallon of water at body temperature first). You will feel a wonderful sensation down in the colon that will strengthen the whole lower abdomen.

### **INJECTION PROCEDURE:**

Place the empty enema bag on the shower or bathroom door handle, or on the towel rack. This is a comfortable height. After you get used to enemas, feel free to hang the bag higher. However, the higher you hang the bag, the more pressure there is, making the liquid flow out faster. (However, you can control the flow with the enema bag shut-off valve, which is about two inches from the tip.) Then fill it from your gallon bottle.



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**[NOTE:** When putting liquid in the enema bag, be sure the valve is shut. After you've sprayed your feet and clean bathroom with an herbal-tea enema the first time, you won't have to remind yourself of this anymore!]

Put the lubricant on the enema tip and on the anus. Place the tip over the toilet, sink, or bathtub, or into the gallon jug you poured from, and open the valve, allowing the liquid to flow until the air bubbles are removed from the tube. Then shut the valve, get into position and insert. After insertion, open the valve gradually, allowing the liquid to flow up the colon slowly until you get used to it. Always keep your hand on the valve for quick shut-off when needed and to keep the tip from slipping out.

### **POSITION FOR THE ENEMA:**

Some people prefer lying on the back; this way they are in a good position to be comfortable and massage the colon. I like to be on my knees with my head on a towel; it feels like the liquid flows in easier and more easily reaches all areas of the colon than when I'm on my back. Always massage the abdomen while in that position and before getting up to eliminate, so that much more debris will be removed.

Starting with the descending colon (left side of the lower abdomen), gently massage upwards to the transverse colon (found just behind the lower rib cage, unless you have a prolapsus), and then down the ascending colon (right side). Work it well- get the liquid all the way down to the ileocecal. If you aren't sure where all these parts of the colon are, just massage the heck out of your lower abdomen, moving from the lower left, up the left side, across just below the ribs, and down the right side. Then go to the toilet and release! Be prepared to be amazed and astounded at what you will eliminate. Now you will begin to enjoy enemas. Keep in mind that, depending on your pre-cleanse preparation, you may not get any of the "real stuff" out until your fourth or fifth day.

At times, when the liquid has difficulty flowing up into the colon, it helps considerably to take deep breaths – all the way in and all the way out. This changes the pressure in the abdomen area and makes it easier for the liquid to pass through.

### **AMOUNT OF LIQUID:**

When you first begin the enema, you may only get a cup or so of liquid in, depending upon how compacted you are. That's ok, don't force it. As soon as the pressure gets uncomfortable, shut off the valve. Try to work the liquid past the congestion by massaging as indicated above; then add more liquid; you will know when it's too much. Then evacuate. You should pass some blockages. Let it all out, and then repeat the procedure. This time you will get more liquid in. Although you may never reach it, make a goal of continuing the procedure until all chunks stop coming out. Who would want putrefying toxic garbage in their bodies even a second longer than absolutely necessary? I recommend going through two or more gallons. If you are pressed for time, remember that a shorter enema is infinitely better than no enema. And you'll be a *lot* more comfortable whenever you're going if you take that extra time for your enema before you go.

I would recommend you take the enema first thing in the morning and at five or six in the evening. If you take one just before bed, you may have to get up during the night, since liquid is often left in the colon, and gradually seeps into the bladder, until pretty soon you will need to awake to eliminate.

If you already have to get up several times during the night, try chewing juniper berries. This will help break up uric acid deposits and clean the urinary system. It will also help relax the bladder. After taking juniper for a day or two, you will experience how much it can assist you in sleeping through the night.



Using juniper tea can make that happen even sooner. You can also use an herbal formula that contains gravel root, juniper berries, uva ursi leaf, burdock root, hydrangea root, parsley leaf, marshmallow root, ginger root, and lobelia leaf. I created a formula with these herbs, which I personally use. I can tell you, it produces

wonderful results. If a man has a slow urine flow and uses this formula without results, then he may have a prostate enlargement. Using a quality tincture of saw palmetto should relieve the problem within a few days. If it fails to do this, either it was a poor-quality tincture or he may have a serious prostate problem and should plan on doing some serious cleansing and rebuilding.

### **THE COFFEE ENEMA:**

The following is based upon Dr. Gerson' work. More information is available in his book, *A Cancer Therapy: Results of Fifty Cases*.

For reducing pain of the worst kind or for eliminating extreme toxic side effects produced by drugs or other toxins affecting the liver, there is nothing more effective than a coffee enema. The liver must handle most of the poisons and other toxins that have found their way into the liver, and a coffee enema is the fastest known method for reducing liver toxicity.

Coffee enemas help removed toxins from the liver quickly and safely. They often provide quick relief when fatigued, sleepy or headachy, or just plain malaise. They help reduce or eliminate spasms, precordial (heart, throat, chest) pain, and difficulties resulting from the sudden withdrawal of all intoxicating substances. They also help eliminate headaches caused by coffee withdrawal. Chronic and degenerative dis-eases are usually associated with a faltering liver, a condition that is often associated with liver toxicity; and coffee enemas have been effective in purging the liver of toxins that diminish liver function.

A coffee enema, when used properly, causes the liver to produce more bile and open the bile ducts. This causes the bile to quickly flow out of the liver. During this process, a toxic liver can dump many of its toxicants into the bile, thus getting rid of them in just a few minutes. This can give great relief to all parts of the body, especially the liver. It can easily make the difference between someone feeling so poorly that he or she has to lie down, or feeling well enough to keep active; and in some cases, it can make the difference between life and death.

In extremely toxic individuals, the bile may contain poisons that can cause spasms in the duodenum and small intestines. In rare cases, it is possible, during these times, that some bile may flow into the stomach, which can cause nausea, or vomiting of bile. This usually occurs when the colon has not been emptied prior to using the coffee enema. Therefore, it is important to empty the colon with enemas or colonics before doing a coffee enema. If nausea does occur, drink large amounts of peppermint tea to help wash the bile from the stomach.

There are two other reasons why we should empty the colon prior to using the coffee enema: 1) An empty colon allows the coffee to remain in the colon for the allotted time, and 2) colonics or enemas eliminate colonic toxicity that could "hitchhike" with the coffee and enter the liver. Obviously, we never want this to occur. Therefore, it is important to always flush out the colon before using the coffee enema.

Drinking a cup of coffee has an entirely different effect, one that is detrimental to the body. Drinking Coffee causes the following problems: increased reflex response, low blood pressure, increased heart rate, insomnia, constipation, heart palpitation, over-stimulation of the adrenals, stomach irritation, and



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toxic residues in the body. A Coffee enema when done properly will not produce these effects. In fact, a coffee enema will completely eliminate withdrawals associated with the ceasing of habitual coffee drinking.

**WARNING:** Great care should be used if taking coffee enemas when water fasting. Coffee enemas cause bile to be excreted from the liver. The bile contains many valuable mineral salts, the loss of which can be very harmful, if they are not replenished. People using one or more coffee enemas per day must be on a

good diet of broths and fresh juices or a natural electrolyte minerals supplement such as my main alkalizing supplement, to assure the replenishment of these mineral salts.

During intestinal cleansing, one coffee enema daily may be helpful as long as pH tests were passed before starting to cleanse. Otherwise, the drinking of fresh juices, especially carrot, beet, and celery juice, are highly recommended. Taking alkalizing minerals (electrolyte minerals from food sources only) will also help to replenish the bile salts lost through coffee enemas.

In serious cases of cancer, especially when pain is being experienced, it may be necessary to perform a coffee enema every six hours, night and day – in the most serious cases, every hour. A coffee enema may be helpful once a day for about 7 days during cleansing. Otherwise it should be used only when one is feeling bad – having headaches, etc. Remember each person needs to choose what is best for his or her body.

### **PREPARING THE COFFEE ENEMA:**

Use three (3) tablespoons of ground coffee (organically grown coffee is essential) to one (1) quart of water (preferably distilled). Boil for three (3) minutes, and then simmer for 20 minutes. Strain and cool to body temperature. Prepare only the amount to be used that day; do not store overnight.

**IMPORTANT!** Lie down on your right side, with both legs drawn close to the abdomen. Deep breathing is recommended to draw the greatest amount of fluid into the necessary parts of the colon. It also helps to let all the air out of the lungs and suck the abdomen in and out while in this position.

The fluid should be retained for 15 minutes. It helps to have a clock in clear view. It may also help to have something to read while the water is flowing in and being retained. Dr. Gerson found that all the caffeine is absorbed from the fluid in 10 to 12 minutes. The caffeine goes through the hemorrhoidal veins directly into the portal veins and then into the liver, causing the effects already described.

Note: It is a very good idea to be taking at least two psyllium-bentonite shakes daily to help absorb the toxins that are released from the bile into the small intestine by the coffee enema.

Additional note: For thorough liver purification, it is also suggested to follow the liver program in my booklet, *The Liver: The Vital Organ*. Also, you should be on the Mildest Phase, as indicated in the booklet. Besides the herbs indicated in the booklet, take the Blood Purifying formula.

- Richard Anderson, ND, founded Arise and Shine in the late 1980's. [www.ariseandshine.com](http://www.ariseandshine.com)



Because the Road to Health is Paved with Good Intestines!!!!