

# PurEnema Kit

## Information Booklet



### Seeking Health®

- Free of Latex, BPA, Phthalates, PVC
- Food Grade Stainless Steel Bucket
- Medical-Grade Silicone Tubing and Enema Tips
- Easy to Clean, Assemble, Use and Maintain
- Quality Replacement Parts Available



2 ½ Quart Capacity



## Congratulations!

You now have the safest and most functional enema kit ever made in your possession!

The *PurEnema Kit* is the result of thoughtful design, thorough study of materials and feedback from countless enema users.

The *PurEnema Kit* is exactly what it says it is: a Pure Enema kit with two major features:

- 1) Assists cleaning your colon without introducing chemicals.
- 2) All parts are completely reusable (and replaceable) as they are made from durable non-toxic materials.

This feature reduces impact on our environment – and your wallet.

All tubing, connectors and nozzles are made from 100% medical grade silicone. The 2½ quart enema bucket is made from food grade 304 stainless steel which is not only durable but extremely safe to use. The *PurEnema* Bucket will last you a lifetime.

The 1.8 quart and 4 quart *PurEnema Bag* is made from 100% medical grade silicone and will last you for many years.

There are absolutely no components or parts of the *PurEnema Kit* which contain toxic or harmful materials.

At Seeking Health, we believe it is our responsibility to produce quality, safe, effective, reusable and durable natural health tools. *PurEnema Kit* meets and exceeds our strict demands.

Enjoy your *PurEnema Kit* for years to come!

## Disclaimer

The contents of this booklet have been thoughtfully presented, edited numerous times, researched and written by a physician.

In no way is any information herein intended to be used as a prescription, diagnosis or treatment. How you decide to apply the information explained in this booklet, on the SeekingHealth.com website or the packaging is at your own risk.

Always seek the advice from your physician.

## Who should **NOT** use the PurEnema Kit?

**Safety first.** While we make the *PurEnema Kit* safe in terms of workmanship and materials, there are certain medical conditions, symptoms and precautions that either prevent the use or limit the use of the *PurEnema Kit*.

## Contraindications:

The *PurEnema Kit* should not be used when the following medical problems exist:

- pregnancy
- intestinal blockage
- rectal bleeding
- kidney disease
- appendicitis
- heart disease
- high blood pressure
- acute diverticulitis

- Do not use the *PurEnema Kit* if your health professional does not permit it.

ⓘ Do not use the *PurEnema Kit* with symptoms of abdominal pain, bleeding, nausea, fever, vomiting, severe dehydration or weakness.

ⓘ Do not use the *PurEnema Kit* if pregnant or breastfeeding without the permission of your health professional.

ⓘ Frequent or prolonged use of enemas may result in loss of natural bowel function. Use only when needed or as prescribed by your physician.

- ⓘ Children and Senior Citizens: Only perform enemas as directed by your physician.

## **Precautions:**

Do not administer enemas to children under 2 years of age except on the advice of your physician. In dehydrated or weak feeling individuals, the amount of solution given must be carefully determined since the solution prepared may cause further dehydration and electrolyte imbalance.

## **Importance of Colon Cleansing**

Our food, water and air are impure. Since your colon is the final barrier between the outside environment and our bodies, it is essential this barrier be maintained.

Regular use of the *PurEnema Kit* may provide instant colon cleansing and flushing of unwanted matter from your colon.

## When to Colon Cleanse?

The best time of day to use your *PurEnema Kit* is in the morning, after your bowel movement and after you eat a healthy snack (to balance blood sugar).

## Parts of Your PurEnema Kit

**There are three sizes and styles of the *PurEnema Kit*:**

1. 1.8 quart medical-grade silicone bag
2. 2 quart food-grade stainless steel bucket
3. 4 quart medical-grade silicone bag

1—Enema Bucket or Enema Bag

1—6 foot medical grade silicone tube

1—6 foot medical grade silicone colon tube

1—medical grade silicone straight enema tip

1—medical grade silicone retention enema tip

1—standard enema clamps

1—rolling enema clamp

1—PurEnema Kit Enema Booklet

All parts of the *PurEnema Kit* may be bought individually at [www.SeekingHealth.com](http://www.SeekingHealth.com), quality health stores or health professionals.

## **Assembling the PurEnema Kit**

Before assembling, thoroughly wash all components with hot soapy water. You may also want to place them all into boiling water for 1-2 minutes. Please note, connectors, clamps and tips should only be boiled for under 2 minutes to prevent warping or instead washed with hot water and mild soap. Take caution to avoid burning yourself. All components are dishwasher safe.

*There are two ways to set up your PurEnema Kit.*

### **Assembling the Basic PurEnema Kit:**

*(This is for standard enemas and is the safest set up.)*

- 1) Attach the 6 foot tubing to the enema bucket's, or bag's, spout.
- 2) Attach the desired enema nozzle to the end of the tubing.

### **Assembling the Advanced Kit:**

*(This set up is for high enemas or those not wanting to use an enema tip. Not recommended for beginners.)*



- 1) Attach the 6 foot *PurEnema* Colon Tube directly to the bucket or bag spout.
- 1) Ready to use as no enema nozzle is needed.

## Preparing for the Enema

Prepare the area where you will be performing the enema – typically your bathroom.

- Adjust the temperature of the room so it is comfortable for you.
- Lay a soft mat on the floor.
- Cover with a towel.
- Decide where you will have the *PurEnema Kit's* Bucket or Enema Bag. It is best to have the bucket or bag 18 inches to 30 inches above the anus. This way the flow is not too fast or too slow. Doorknobs are an option.
- Obtain filtered water using a water filter.
- Consider preparing the enema solution between 98° to 100° Fahrenheit. *Do not exceed 100° Fahrenheit.*
- Obtain a book or music especially if you are performing longer enemas as they take time.
- Lock the doors and turn off the phones.

## **Water Quality**

Only use filtered water, spring water, distilled water or reverse osmosis water.

Our water is polluted no matter where we live. Given that you are introducing water directly to the inside of your colon, it must be free of toxins as much as possible.

Water contains chlorine, jet fuel, oils, bacteria, heavy metals, pesticides, herbicides, pharmaceutical drugs, solvents and other potentially harmful things.

## **Electrolytes**

Add as directed by your health professional. A general guideline is to add a teaspoon of natural sea salt to each quart of water or some pure electrolytes.

## **Filling and Preparing Tubing**

*(Perform these while standing at a sink)*

- 1) Slide the enema clamp closer to the end of the tubing. This way it is easier for you to control the flow.
- 2) Press and lock the enema clamp down to pinch the enema tubing completely. This prevents contents from coming out of the enema tubing.
- 3) Fill the *PurEnema* Bucket or Bag with filtered water or your desired enema solution. The temperature should be lukewarm ( $98^{\circ}$  F ~  $100^{\circ}$  F).
- 4) Over the sink, unlock the enema clamp and allow some of the contents of the *PurEnema* Bucket or Bag to push air out from the tubing. Once some of the solution comes out of the tubing and is free of large air bubbles, lock the enema clamp once again.

- 5) Place the *PurEnema* Bucket on a stool, chair, counter or hang it, or the Bag, on a door knob or hook about 18 inches to 30 inches above your anus. Make sure it is stable so it does not tip over or fall accidentally.
  
- 6) Apply lubricant (Coconut oil or Olive oil) to the enema tip or the first 6 inches of the colon tube.

Do not use chemical lubricants loaded with hard to pronounce words. There is no need for 'special' or costly lubricants.

## Body Positions

The depth in which the enema solution reaches depends on how you are laying down.

Laying on your left side allows the contents of the *PurEnema Kit* to travel up into the sigmoid colon and into the descending colon.

If you initially lay on your right side, it is difficult for the contents to proceed deeper into your colon.

### **For Standard Enemas:**

Choose a position most comfortable for you:

#### **1) On your back**

This position allows the enema solution to enter in quite quickly and may lead to cramping. This is recommended for advanced enema users only. This position is useful when performing the enema in the bathtub.

## **2) On your left side with left leg straight**

The left leg is straight and your right leg is bent about  $45^{\circ}$  at the knee. Your right knee will be resting slightly in front of you with your right foot resting behind your left calf.

This position is great for general enema users. It does not allow the enema solution to get too high so if you desire to get the solution higher, use the next position.

## **3) On your left side with both knees drawn up into your chest**

This brings the fluid deeply up into your colon. After a few moments, roll over slowly onto your right side keeping your knees to chest position.

This position allows the enema solution to reach the top of the descending colon and then when you roll over, the enema solution is allowed to travel across the transverse colon and down into the ascending colon.

#### **4) On Hands and Knees**

On the mat, go down on your knees and then sit your buttocks down onto the back of your legs. Allow your heels to be on either side of your buttocks. Then lean forward until your forehead, hands and forearms are on the mat. Then, lift your buttocks above your feet by about 6 inches from your ankles.

This position is commonly used, comfortable if you do not have knee pain and allows the enema solution to quickly get to the top of the ascending colon.

This position may cause cramping and a sudden urge to evacuate. Control the flow in and cramping is less likely to occur.



**5) On your right side with both knees drawn to chest.**

It is a must that you lay on your right side while performing enemas where you want to keep the enema solution down low in the sigmoid colon.

This prevents the enema solution from going too high into your colon thereby bypassing the portal circulation.

## Taking in the Enema Solution

After making sure the enema equipment is ready for use and you are in chosen, correct and comfortable body position, carefully and slowly insert the lubricated enema tip into your anus.

*(If you are using the PurEnema Colon Tube, slowly and carefully insert the lubricated colon tube 8 inches into your rectum.)*

Take a deep breath and then while exhaling through your mouth, unlock the enema clamp allowing the enema solution to enter the colon.

Stop the flow after a few seconds. This is important to prevent cramping or spasms.

*(High Enema Users: If using the 6 foot PurEnema Colon Tube, now is a good time lubricate it an additional 6 inches. Pull the PurEnema Colon Tube back out an inch or two and then slowly and carefully, insert the colon tube a few more inches deeper into the colon. If you feel any resistance or pain, stop inserting the colon tube immediately!)*

Relax for a bit, breathe, and when ready, take in a deep breath and while breathing out through your mouth, unlock the enema clamp and take in more enema solution.

Repeat this until the enema bucket, or bag, is empty or you have taken in the desired amount of enema solution.

Once the enema bucket, or bag, is empty or you have taken in as much enema solution as you desire, lock the enema clamp.

*(You know the enema bucket is empty when you see the enema tubing without liquid, large air pockets or simply sit up a little and look into the enema bucket.)*

## **Preventing the Enema Tip or Colon Tube from Slipping Out**

While performing the enema, you may want to hold the colon tube or enema tip in place to prevent slipping out. This is ok to do.

It is best to not use your anal sphincter muscles to hold in the enema nozzle or colon tube. This prevents full relaxation and may encourage a faster elimination of the enema solution.

If you have difficulty with this, it is highly recommended you use the *PurEnema* Retention Enema Tip. This tip is designed to stay in your rectum until you remove it. It will not accidentally slip out.

## **Removing the Colon Tube or Enema Tips**

Once the enema bucket, or bag, is empty or you've taken in the desired amount of enema solution, you may carefully remove the enema tip or colon tube at this point.

If you have difficulty retaining the enema solution, it is recommended to use the *PurEnema* Retention Enema



### **TIP**

Keep the enema tip in until just before you are ready to evacuate.

## **Holding the Enema Solution**

Breathe in slowly through your nose and then slowly out your mouth. Focus on your breaths. Count them.

Think of other things. Listen to music. Read a book. Visualize positive thoughts. Just don't use your cell phone or text! (*Seriously!*)

Try to hold the enema solution in your colon for about 5 to 15 minutes.

## CAUTION

*It is the frequent use of high volume enemas that are main causes of enema-induced loss of normal bowel evacuation. This is because the colon uses stretch receptors to signal a natural bowel movement. If you overstretch the colon repeatedly with high volume enemas, the stretch receptors will no longer function properly. That said, high volume enemas should be done very rarely and cautiously.*

Keep the lights on in the bathroom while performing enemas. It is not ideal to fall asleep or become too relaxed.

## Expelling the Enema Solution

At the end of 5 to 15 minutes or when you feel you have to evacuate, simply make sure you carefully remove the enema tip or colon tube, if you haven't done so already.

Be careful while trying to stand up. Stand up slowly after being on the floor.

Being in a relaxed state, low electrolytes, low blood sugar, medications or weakened adrenal are all possible factors which may cause you to fall down if you stand up too quickly.

The best way to evacuate all the enema solution is to sit on the toilet with your feet above the ground on a box or platform about 6 to 12 inches tall. This relaxes the pelvic floor muscles and allows easier passage of stool and enema solution to evacuate into the toilet.

*Suggestion: Using the [Squatty Potty](#) is a great way to relax the pelvic floor muscles each time you have a bowel movement.*

When you feel finished, stand up and walk about the bathroom a bit. Then bend down to touch your toes, lean backwards and side to side. Be careful not to fall down.

Then sit back down on the toilet and more enema solution may come out.

Do not forcefully try and push out the enema solution. That is unnecessary. Simply walk around some more, lean side to side and stretch. In time, the enema solution and colon contents should come out.

Throughout the day, you may experience more bowel movements. This is normal. The next day, you may have none or the stools may be more firm. If stools are firm the next day or you are constipated, make sure to drink plenty of water with electrolytes and eat a nice hearty salad.

You may want to repeat the enema again if you only were able to retain the enema solution for a short time or were not able to accept much enema solution into your colon.

When you are done, you should experience a light and comfortable feeling in your colon.



## Troubleshooting Enemas

### **Pain in the abdomen:**

Sometimes abdominal pain is experienced while taking enema.

### **Solution:**

If you feel pain while taking enema, the first thing to do is to lock the enema clamp to turn off the flow. Then, proceed to gently press the region of pain with four fingers or palm and rub the area. Then gently massage your abdomen in a counter-clockwise manner.

Once the pain subsides, you may continue with the enema. Make sure you control the flow of enema solution ensuring it is slow.

Sometimes pain is the outcome of a small amount of air taken in as the enema solution finishes from the enema bucket.

This is why it is a must you remove all air from the enema tubing prior to taking in the enema solution.

Make sure you stop the enema before the enema solution completely empties from the enema tubing to prevent air from entering your colon.

Make sure the temperature of the enema solution is lukewarm: not too cold as it can cause cramping or too hot as it can burn.

Make sure the water in the enema solution contains 1 teaspoon of sea salt per quart. If too little or too much salt, this can cause pain or burning.

If pain does not subside, stop performing the enema and call your physician.

**Enema Solution Leaks Out:**

This may be due to having large amount of fecal matter in the rectum and colon. Go ahead and try to evacuate in the toilet and restart the enema.

If you still are leaking some enema solution, switch to the *PurEnema* Retention Enema Tip as this is a wider tip and may slow down the leaking.

Repositioning also may help. Lay on a different side, remember to breathe out from your mouth and in from your nose.

**Water does not flow in:**

Sometimes the intestinal walls block the opening of the colon.

**Solutions:**

Adjust the colon tube by pulling it out a few inches, rotate it about 90° and then unlock the enema clamp.

If water still does not flow, lock the enema clamp, remove the colon tube and try to have a bowel movement.

Reinsert the colon tube or switch to a *PureEnema* Tip and unlock the enema clamp. If still not going in, then look at your enema bucket set up.

Is your enema bucket at least 18 inches higher than your buttocks? If not, make it so by hanging it higher or placing on the toilet.

**Tubing broke off a little at the end while removing the bucket spout:**

This occurred because the tubing was removed too quickly or forcefully.

**Solution:**

If this happened, simply take a pair of scissors and cut off the damaged silicone. You now may be able to continue using your tubing. Next time, remove the tubing from the spout slowly as explained next.

## Silicone Parts: Tips for Longevity

When removing the *PurEnema* Colon Tube or the *PurEnema* Tubing from the *PurEnema* Bucket, or Bag, pout, place your thumb and forefinger on the tubing as close as possible to the spout. Then, slowly pull the tubing from the spout. Do not quickly pull off the tubing as this may cause the tubing to break.

When removing the *PurEnema* Nozzles from the *PurEnema* Tubing, place your thumb and forefinger on the enema nozzle as close as possible to the tubing. Slowly pull the enema nozzle from the tubing. Do not pull hard or fast as you may damage the enema nozzles.

Always remove the enema nozzles from the tubing after each use.

## Cleaning the PurEnema Kit

After each use, remove all tubing, enema tips and connectors. Rinse well and then add to boiling for a few minutes. Medical grade silicone is exceptionally durable. Take caution not to burn yourself.

Rinse well and dry thoroughly. Do not store in plastic as it will cause humidity leading to potential mold and bacterial growth.

Hang dry the long silicone tubing and place the *dry* enema tips inside the clean and dry enema bucket – or bag. Once the enema tubing is dry, place it in the enema bucket, or bag, for storage.

All components of the *PurEnema* Kit are reusable for many years – if not a lifetime. You should not throw any components away unless they appear worn or not safe to use.

You may place parts in the dishwasher if you desire; however, I do not recommend it. Boiling the parts is easy and fast – and more sanitary.

## Retention Enemas

Retention enemas are useful for certain symptoms and medical conditions. As named, the goal is to retain the enema mixture in the colon as long as possible in order to experience full benefits.

A retention enema only uses a small amount of a prepared enema solution – no more than 2 cups.

It is suggested to do a normal plain water enema with a pinch of sea salt prior to doing a retention enema. This allows the contents of the retention enema to touch the colon walls and have a stronger effect.

If symptoms do not improve or worsen, seek the advice of your physician and stop doing enemas until they give you permission.

If your physician is unfamiliar with retention enemas, try to find a licensed naturopathic, integrative or functional medicine physician.

## **Need Replacement Parts or Accessories?**

Visit us at [www.SeekingHealth.com](http://www.SeekingHealth.com)

## **Sell the PurEnema Kit:**

Learn more at [www.SeekingHealth.com/wholesale](http://www.SeekingHealth.com/wholesale)

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