

COLON CLEANSING GUIDE

excerpted from The Decadent Detox

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the **decadent detox**

#thedecadentdetox

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This practice can hugely benefit your health, and is a part of our own self-care.

Still, who wants to talk about colonics, fecal matter, or voluntarily having tubes stuck up the backside? We get it. However, any ill-at-ease feeling that comes in reading this may be far outweighed by the discomfort you'll feel if you skip this part of the program.

Colonics before the juice fast portion of our program will make you more comfortable and help you get more out of the cleanse. Before beginning a juice fast, it is best to clean out the colon as fully as possible. This clearing slows down the processes of digestion, reduces detox symptoms, minimizes hunger, encourages healthy bowel habits, and retrains the colon as one of the main detoxification passages. If the colon is not cleared, toxins will remain trapped in the body and can cause discomfort.

We highly recommend getting a colonic with a trained professional or administering home enemas. So, please schedule colonic appointments ahead of time or purchase home enema supplies at home prior to beginning the cleanse.

Colonics

The ideal time for a colonic is on Day 7 in the late afternoon or evening before Day 8 (the first full day of juice fasting). Once you have your colonic or cleanse the colon, the fast begins and you will not consume solid foods for three days. You can also have a colonic first thing in the morning on Day 8 before you drink the breakfast juice. We also recommend having a second colonic on Day 10 or 11 if feasible before breaking the fast.

After extensive experience with both the open- and closed-system colonics, we recommend the closed system, which enables the therapist to perform body work such as lymphatic-drainage massage, acupuncture, and aromatherapy during your session.

To find a good colon hydrotherapist, ask a trusted doctor, chiropractor, massage therapist, reflexologist, or acupuncturist. If you live in the United States, consult the [International Association for Colon Hydrotherapy](#). Make sure the therapist uses a closed system, and remains in the room doing bodywork throughout the session.

Juice fasting (liquid nutrition) is a wonderful way to loosen toxins found in the body's five organs of detoxification and elimination: the liver, kidneys, gall bladder, large intestine, and skin. This cleansing process is accelerated by colon hydrotherapy (flushing the colon with water). Colonics are a safe, effective way of softening, dislodging, and releasing the waste in your colon. Furthermore, during a juice fast and after a juice fast additional toxins have been released, and if you don't flush them out they will be reabsorbed by the body, resulting in detox symptoms.

If you experience acute detox symptoms, we recommend getting an additional colonic at any time during the cleanse OR self-administering enemas as described below.

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Enemas

If you don't have a professional colonic, we highly recommend administering daily enemas throughout our program to clear toxins from your bowels. Enemas are not necessary if you choose a colonic, but they can aid the detox process for anyone at anytime in the cleanse, especially if you are experiencing strong detox symptoms.

To administer a double enema, fill the colon with the contents of one enema bag (filled with warm water only), and expel immediately. Then, do a second enema with the bag 2/3 full, this time adding 3 or 4 drops of fresh lemon juice and 1 cup of chamomile tea. Hold this solution for 5 to 15 minutes before expelling.

You can purchase enema kits at most pharmacies or online. Look for the simple bag-and-tube kits labeled "douche/enema/hot water bottle" in the feminine hygiene section of the store. We don't recommend the enema kits that come with prepared enema solutions. These often contain chemicals that do not support cleansing. Check out the [resources page](#) on the dashboard of our site for our recommendations.

Administering your first enema will likely be awkward. Relax, breathe, and you'll quickly get the hang of it. Enemas soon become an easy 20-minute routine. Allow time for this practice, as you don't want to be rushed. If you don't have time to do an enema in the morning, work it into your evening routine. The easiest position to administer an enema is on your hands and knees in the bath or on the floor.

After inserting the catheter or pipe (a natural balm or coconut oil makes it easier), take several deep breaths to relax the stomach muscles so the water can reach the transverse colon. After filling the bag, bleed the air from the line by hanging the bag higher than your body for gravity flow.

During a juice fast, your body will be moving toxins into the colon every 24 hours. As the peristalsis and defecation reflex slow down and ceases with an all-liquid diet, toxins don't effectively exit the colon unless you do enemas or colonics.