

Health Positive: Therapeutic Enemas and Implants

Therapeutic enemas involve the introduction of various liquids into the rectum and colon. This procedure can help cleanse the lower bowel, deliver nutrients, and support overall health. Therapeutic enemas are used for detoxification, hydration, or to relieve constipation.

Colon implants are therapeutic substances held in the colon after an enema or colonic. Depending on the ingredients in the implant solution, implants can be used to stimulate colon peristalsis, increase liver bile secretions, soothe inflamed colon and rectal tissues, increase colon microorganism levels, and/or increase absorption of therapeutic substances into the body.

How to Use Colon Implants

Preparation and Administration:

1. **Cleanse the Colon:** Begin with a standard enema or colonic to clear out any waste material from the colon.
2. **Prepare the Implant Solution:** Depending on the desired benefit, prepare the implant solution using the appropriate ingredients and mix with filtered water to create a homogeneous solution.
3. **Administer the Implant:**
 - Fill an enema bag or 50-60 ml syringe with the prepared solution.
 - Lie on your left side with your right knee drawn towards your chest, or assume another comfortable position for administering the implant.
 - Gently insert the enema nozzle into the rectum and slowly release the solution into the colon.
4. **Retain the Solution:** Hold the implant solution in the colon for as long as comfortably possible, typically 10-15 minutes, to allow for maximum absorption and therapeutic effect.

Examples of Colon Implants and Their Ingredients

1. Coffee Implants:
 - Ingredients: Organic coffee (1-2 tablespoons) brewed and cooled, mixed with 1 quart of filtered water.
 - Benefits: Stimulates peristalsis, increases bile secretion, supports liver detoxification.
2. Chamomile Implants:
 - Ingredients: Chamomile tea (brewed from 2-3 tea bags or 2 tablespoons of dried chamomile flowers) cooled and mixed with 1 quart of filtered water.
 - Benefits: Soothes inflamed colon and rectal tissues, reduces inflammation.
3. Aloe Vera Implants:
 - Ingredients: Pure aloe vera gel (1/4 cup) mixed with 1 quart of filtered water.
 - Benefits: Heals and soothes irritated tissues, reduces inflammation.
4. Probiotic Implants:
 - Ingredients: High-quality probiotic powder or capsules (contents of 2-3 capsules) mixed with 1 quart of filtered water.
 - Benefits: Increases beneficial gut bacteria, restores healthy microbiome balance.
5. Yogurt or Kefir Implants:
 - Ingredients: Plain, unsweetened yogurt or kefir (1 cup) mixed with 1 quart of filtered water.
 - Benefits: Provides live probiotics, enhances gut flora.
6. Vitamin C Implants:
 - Ingredients: Vitamin C powder (1-2 teaspoons) dissolved in 1 quart of filtered water.
 - Benefits: Boosts immune function, provides antioxidant support, improves nutrient absorption.
7. Magnesium Implants:
 - Ingredients: Magnesium chloride or magnesium sulfate (Epsom salt) (1-2 teaspoons) dissolved in 1 quart of filtered water.
 - Benefits: Relieves constipation, relaxes muscles, supports overall colon health.
8. Herbal Implants:
 - Slippery Elm:

- Ingredients: Slippery elm powder (1-2 tablespoons) mixed with 1 quart of filtered water.
- Benefits: Soothes and protects mucous membranes, reduces inflammation.
- Marshmallow Root:
 - Ingredients: Marshmallow root tea (brewed from 2-3 tea bags or 2 tablespoons of dried root) cooled and mixed with 1 quart of filtered water.
 - Benefits: Provides mucilaginous coating, soothes and heals inflamed tissues.

Safety Considerations

1. Quality of Ingredients:
 - Use high-quality, organic ingredients to avoid introducing toxins or contaminants into the colon.
2. Hydration:
 - Ensure adequate hydration before and after the procedure to support detoxification and prevent dehydration.
3. Consultation with Healthcare Provider:
 - Consult with a healthcare professional before starting any new colon implant regimen, especially if you have underlying health conditions or are pregnant.
4. Frequency:
 - Limit the use of colon implants to once or twice a week to avoid disrupting the natural balance of the gut microbiome and to prevent irritation.

By choosing the appropriate ingredients and following proper preparation and administration guidelines, colon implants can be a beneficial addition to a holistic health regimen, supporting various aspects of digestive and overall health.

At Health Positive all of our rectal implants and enemas are priced at \$38.