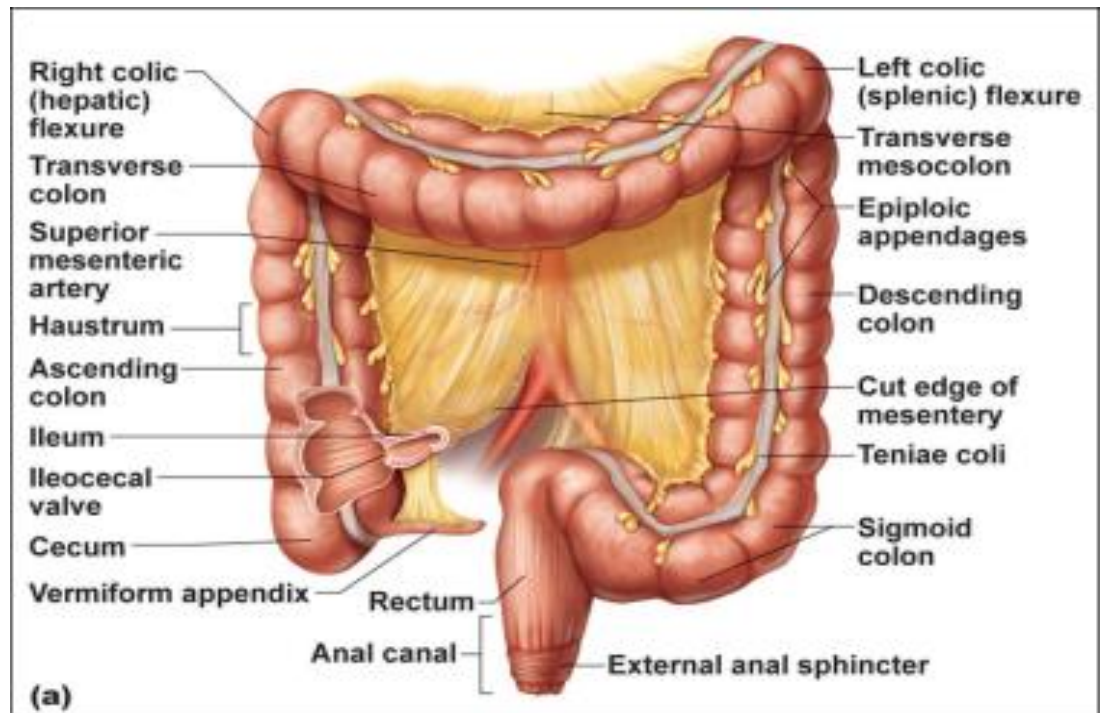


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Instructions for a High Enema and Colonic Implants

Background: Most over the counter fleet enemas clean the sigmoid flexure or lower colon but rarely go past the splenic flexure and into the cecum where most of the decomposing fecal matter and toxins are harboring. That is why colonic irrigations that wash the colon out numerous times are more effective than enemas. The same effect can be created with an enema using these instruction, patience and persistence.



Equipment and Sanitation Procedures and Preparation: The following are instructions for giving yourself an enema at home. Use a hot water bottle-type enema bag, (that can be purchased at any drugstore). Please be careful to properly sanitize your equipment. Sanitation solution: Soak in Clorox solution 1 part bleach to 4 parts pure water for one hour. Do not boil. Rinse thoroughly before using. When finished sanitize and air dry to store, do not store wet.

Preliminary Instructions: Hang the bag with a string through the top loop so the bottom of the bag is 18 inches above where you will be receiving the water so that the water pressure will not be too strong. Adjust the water pressure with the clamp on the tube so that the water pressure flows at a slow trickle. Pressure that is too strong will give you the urge to release the contents before it has filled to the pocket of debris in the cecum, so it is best to use a slow fill. Check the temperature of the water with your wrist that is warmed to about 100 ° F which will be comfortable and relaxing. Be sure to use purified water as the colon absorbs the water to become the fluid of the blood and lymphatic system. Tap water which has chlorine, bacteria and rust from the pipes in it can be quite toxic. This natural absorption process of the colon is the main reason why it is so important to do enemas, so that toxins harbored in the fecal matter are not absorbed through the colons natural process of absorption back into the blood stream and lymphatic system.

Doing a Self-Administered Enema: Find a comfortable location near a toilet so it is readily available for you when you need to evacuate. Doing an enema in a warm bath is comfortable. Placing a beach towel on the floor between the tub and toilet so residual water can be tidied up after the procedure is completed. Start by lying on the left side as you lubricate the small enema tube for insertion (a non-petrochemical ointment or soap will work fine). This position allows gravity to help in filling the descending colon up to the splenic flexure. When you feel pressure like a bubble of gas in the splenic flexure, under the left rib, turn onto your back. This allows the water to move into the transverse colon to fill further. If the pressure is not relieved by this move then place your left hand just under your left rib cage and give the intestines a little jiggle to release this pressure. When you feel full across the transverse colon, the diaphragm area, and then roll onto your right side. Massage the

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hepatic flexure just below your right rib by jiggling it to open and let gravity move the water through from the transverse area up to the cecum (near your right hip). You can slow the water pressure down by pinching the clamp on the tube to the enema bag to alleviate that urgent feeling to release if the water is coming in too fast. Once the urge to release has passed you can open the clamp a bit to let more water in. Deep breathing and relaxing helps to take long fulfills that can go all the way up to the cecum. Follow your urge to release whenever you get really uncomfortable. The more practice at relaxing and letting the water in the better you will get at taking the entire bag on the first fill. The longer fills the bigger the release of toxins. Repeat this process until releases come out clear.

When releasing on the toilet you can help your cecum by putting a fist or a tennis ball above the right hip bone. By leaning or squeezing the cecum you will stimulate the peristaltic (involuntary muscle spasms) of the colon to release its contents. Only use pressure that feels good and never force the treatment if you feel pain. Caution: Frequent or repeated enemas can wash the friendly bacteria and electrolytes out of the colon causing health problems. These can easily be replaced either by taking them orally or dilute the powder by opening a cap or two into in the enema bag with the last fill. See other suggestions for implants and additives below.

Colonic Implants and Rinses: A colonic implant is a term to describe additives are put into the colon during a colon hydrotherapy treatment or enema. Implants are usually given at the end of a treatment and are intended to be retained for a given length of time, approximately 15 to 20 minutes. The implant will be absorbed through the colon wall into the lymphatic system and then eventually into the bloodstream. This is the reason for retaining the implants for such a length of time. Rinses on the other hand, are intended to be released right away. Their effect is that they stimulate the colon to release its contents. Both should be done with warm purified water so they can go further into the colon.

Implants

- Wheat grass or chlorophyll: Oxygenates and purifies the colon, lymphatic system and blood stream through the colons absorption process. Dilute 4 oz. to 1 pint of warm purified water.
- Aloe Vera (Cactus gel): A natural anti-inflammatory, anti- fungal and anti-bacterial. Dilute 2 tablespoons of Aloe Vera Gel to 1 pint of warm purified water.
- Friendly Bacteria: Open contents of 4 -10 capsules of a broad spectrum pro-biotic into 1 pint of warm purified water.
- Electrolyte or Liquid Minerals: This can be added with any of the above in the dosage that is directed for oral ingestion or add to 1 pint of warm purified water.

Rinses

- Saline Solution: Use 2 tablespoon of sun dried sea salt and 1 tablespoon baking soda to in 1 quart of warm purified water. This is a normal saline solution and draws toxins from the colon wall through the process of osmosis.
- Coffee Rinses are recommended in Gerson's Cancer Treatment Therapy because of its astringent properties which detoxifies the liver in order to support the liver's immune functions. Use one quart of very strong organic coffee cooled to 100° F.

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.

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