



# The Glorious art of Pooping



## Ayurvedic Potty Training

Wake up and drink hot water until you poop.



Many of us were not potty trained very well. The human being is designed to wake up and evacuate urine and feces. If you don't.... things aren't quite optimal in your body. Let's correct that.

If you're not waking up and having a complete bowel movement with an hour of arising, you are caring waste from yesterday's activities into today. Your energy won't be as optimal, and you won't be able to experience the natural really good sensation of prana circulating in your colon that comes from a complete bowel movement, and is the natural antidote to the heavy quality of morning (Kapha time of day).

### Cate's tips for optimal poop:

#### Obvious tips

- hydrate. Drink only water between meals. Optimally, spring water or well water that has been boiled for 5 minutes, then consumed hot or at room temperature. Drink 2-4 cups of water upon arising.
- Reduce meats, grains and processed foods. These slow and clog the digestive tract.
- Start your daily nutrient intake with green juice. Add beets, beet greens, cucumbers and sprouts for a stronger laxative effect

### Cate's not so obvious tips:

- add flax oil to your diet. Add to green smoothies or soups. Or take in capsules.

- Take Apana Flow (from Cate) or triphala (from Whole Foods) before bed.
- Take time each morning to sit on the pot after drinking hot water. Doing a down dog or handstand before can also help.
- Do water based enema series, followed by an oil enema. Instructions follow!



# Enema Therapy (Vasti)

## Directions

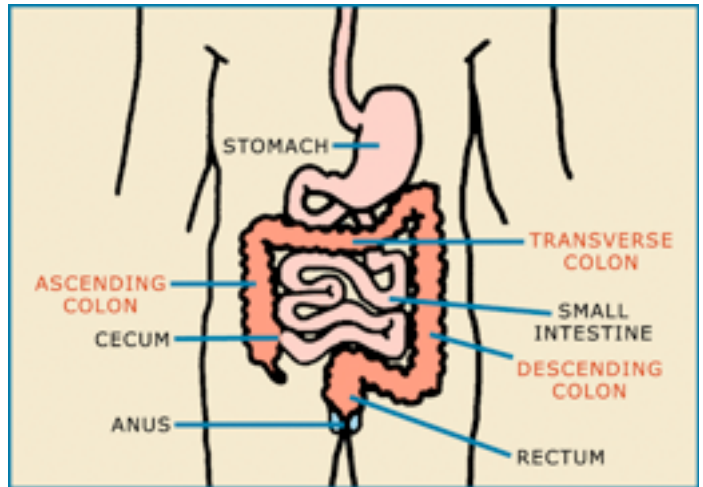
Ayurveda uses enema therapies for cleansing and purification of the colon.

### **Water-based Enema** (for those who are fasting or juice fasting)

- o Purchase the enema bag and rinse it out. This is the one I like:

<http://www.enemasupply.com/founsyrenbag.html>, for sale at local drugstores.

- o Fill with the solution of your choice from the direction sheet, or simply warm water. Temperature about 103°Fahrenheit
- o Evacuate the bowels and bladder, if possible before you begin the enema. o Spread a clean towel or two on the floor in a comfortable and warm place. o Lubricate your anus with olive oil or ghee.
- o Do not use force to insert the enema tip into your rectum as this may result in injury.
- o If using a bottle – squeeze until empty. If using the bag, use the release valve and take in as much as your body easily allows, until you feel peristaltic action
- o Empty bowels.
- o Repeat enemas until the bowel is clean and the water comes out clear (6 times is a close to colonic dosage).
- o Wash your bag or bottle with hot soapy water.



### **Oil Enemas** “implants” (for those who tend towards dryness & constipation)

- o Use a fleet enema kit to avoid getting oil in your enema bag, as it’s difficult to remove. Empty contents. Fill with warm sesame oil. Lubricate your anus with sesame oil. Insert the tip of the enema (with the tip pointing toward your belly) into your rectum with gentle, steady pressure and a slight side---to---side movement.
- o Squeeze until bottle is empty.
- o Retain enema as long as you are comfortable, ideally up to 20 minutes.

### **Positions for Using Enema**

- o **Left-side position:** Lie on your left side with your right leg forward and bent close to your abdomen. Let your arms rest comfortably.
- o **Knee-chest position:** Kneel on a clean bath towel spread on the floor and crouch forward on your elbows. Keep your head and chest as close to the floor as possible with your hips up. You may find you are better able to retain the enema in this position.

More info on enemas: <http://www.healthandyoga.com/HTML/clean/enema.html>

<http://www.enempo.com/mm017.asp?pageno=205>

### To relieve constipation:

Start with a series of water based enemas to relieve your bowels. Once you are relieved, do an oil enema (you might use a Fleet Enema Kit for this). Hold for at least 20 minutes or overnight. This will prevent your colon from becoming dry.

## Enema Recipes

### Salt & Soda Enema Recipe:

1 tsp. sea salt per quart of water  
1 tsp. baking soda per quart of water  
1 quart warm filtered water

This is a simple easy enema for a healthy colon cleansing program. Use 4-5 quarts until your release is clear. The do a final rinse with plain water or the chlorophyll recipe below.



**Liquid Chlorophyll Enema Recipe:** Alfalfa is a rich natural source of chlorophyll, vitamins, minerals and protein which supports a healthy colon. Alfalfa has also been used to treat kidney stones, relieve fluid retention and swelling, and nourish the digestive, skeletal, glandular, and urinary systems.

- 1oz. [alfalfa powder](#)
- Make a Tea with the powder then add to warm filter water, or add 1 tbsp. Liquid Chlorophyll to 1 quart warm filtered water (Mix well)

**Acidophilus Enema Recipe:** Establishing balanced bowel ecology is a priority. Replacing beneficial body flora with acidophilus. Do not use yogurt if you have an allergy to dairy products. The imbalance of intestinal microorganisms requires replacing the friendly bacteria on a regular basis orally and/or rectally. Studies show that reestablishment rectally is faster than when taken orally.

4 Tbl. yogurt or  
4 - 5 capsules dry acidophilus or  
1 tsp. powdered acidophilus  
2 quarts warm filtered water ( Mix well )

**Slippery Elm Enema (Ulmus fulva ) Recipe:** Slippery elm has been used as an herbal remedy for centuries. This mixture will help neutralize an acidic colon and absorb foul gases and is very soothing for the intestinal lining. **Slippery elm** has been used in Holistic Medicine for gastrointestinal symptoms including diarrhea, bloody diarrhea and hemorrhoids. It is thought to work for such intestinal problems because of its demulcent properties, it means that it coats and soothes the digestive tract. Recent laboratory research on slippery elm suggests that this application may prove to have scientific merit in treating inflammatory bowel disease (such as Crohn's disease and ulcerative colitis)

Prepare by pouring 2 cups boiling water over 4 grams (approximately 2 tablespoons) of powdered bark and then steeping for 3 to 5 minutes. Blend and strain.  
2 cups of slippery elm mixture. mixed with 1½ qts. of warm filtered water.

### Oil & Dashmula Tea Enema Recipe:

For irritation and chronic dryness or constipation in the colon, or osteoporosis in the hips. Simmer ½ c. dashmula in 1-2 qts. Water for one hour uncovered. Allow to cool. Pour into a sterilized jar Store in fridge until use. Combine ½ c. dashmula tea with ½ c. sesame oil. Hold liquid in colon for 20 minutes or overnight.