

Colon Manipulation

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I hadn't poo'd in several days. I didn't "feel" constipated. I was comfortable and happy.

But Dr Campbell-McBride's chapter on enemas (recommended for any day without a bowel movement) was nagging at me.

Reluctantly, I Googled 'enemas' and 'colonics'. There were videos! I became fascinated with the results people were getting with professional colon cleansing, a process which included both the insertion of water and physical manipulation (massage). Upon seeing the, er, output of one guy's treatment, I was sold. However, I was at least a weekend away from any actual treatment.

Upon waking the next morning, I thought I'd apply just one of the treatment commonalities right at home, sans water, before I'd even gotten out of bed.

The Approach

Lying down on my back, I:

- placed three fingers a couple of inches above and in from my right hip bone (that seemed like a reasonable place for my colon to be)
- gently pressed the three fingers and did a little massaging circle
- moved my fingers over just a touch to the left and massaged further
- continued this, horizontally, to the opposite side
- continued this upward, to just below my ribcage
- continued this horizontally, just below my ribcage, from left to right
- continued this way down the right side, back to my starting point
- took little breaks here and there, during which I relaxed and breathed deeply

I continued this route several times, each time going slightly deeper, as comfortable, and doing larger movements in areas. As per instructions from various online sources, when I felt a slight hardness, pressure, or tenderness, I massaged a little more deeply and thoroughly, but still gently and lovingly. At any random point, I took a little rest and did deep breathing (this is supposed to help the process along).

I was delighted every time I felt a block or heard gurgling. My colon was responding!

I took my time. An actual colonics session is supposed to take a good 45-60 minutes, so I didn't rush it. I spent about 10-15 minutes on my massage experiment.

At one point, I felt a slight urge to go poo. I chose to relax and breathe more.

Results

When pee called me to the washroom more urgently, I hopped out of bed and took a seat on my throne. As is my usual poo practice, I propped my feet a couple of feet up, bringing my body a little closer to a squat position. (This is a trick I learned years ago for helping poo make its way comfortably.)

The urge came. I pushed a little (hey, it's my first day), then relaxed. A bit of gas...

Then the *longest coily poop of my life* moved on out!

(And, thanks to GAPS, it was completely digested and healthy.)

Now it wants to do some more, so I'll end here!

Helpful Videos

Video of Colonic & Ouput

<http://www.youtube.com/watch?v=6kL6Gle-iu8> (Output starts at 14:20)

Video From Which I Learned the Manipulation

<http://www.youtube.com/watch?v=EbiwPKojVk4>