

HOME GROWN MOMMY

Garlic Enema *from HomeGrownMommy.com*

Garlic Enemas will reduce a fever in a very short amount of time.



Ingredients:

- 1 Clove of Garlic
- 1 Pint of warm water

Directions:

1. Put both the ingredients into a blender. You'll want to start with almost-hot water so that by the time you are ready to administer the enema, the water is at body temperature.
2. Mix on high for about 60 seconds.
3. Pour the liquid through cheesecloth.

Item You'll Need:

- Towels
- Bulb Syringe
- Olive Oil or Coconut Oil

Directions To Administer the Enema:

4. In the bathroom, have the patient lay on the left side – either on your lap or on some towels on the floor.

5. Lubricate the bulb syringe with some oil. Also, lubricate the anal opening.
6. Squeeze as much air out of the syringe as possible, then put the tip into the enema solution and let go slowly in order to allow the solution to be sucked into the syringe.
7. Squeeze the syringe again just a bit to make sure there are no air bubbles inside or you will put air bubbles into the patient and that is extra uncomfortable.
8. Slowly, insert the tip of the syringe into the anal opening, talking calmly to the patient. You want it in far enough that the solution goes in and doesn't just drain right out, but not so far as to cause additional discomfort.
9. Gently squeeze the syringe. Help the patient to relax if you feel too much resistance. As you withdraw the syringe, make sure you don't release any tension.
10. Have the patient hold the solution as long as possible before going to the bathroom. If the patient is very dehydrated, the body may absorb all the solution, which is good. You may want to administer more solution until the patient is able to go to the bathroom. If the patient has a hard stool, administer more until the stool is soft.