

*Roman Chamomile (Anthemis Nobilis Flower Oil) – to encourage relaxation and ease aches. English Peppermint (Mentha Piperita Oil) – cooling, clearing and enlivening. Coriander (Coriandrum Sativum Seed Oil) – uplifts and fortifies. Sweet Orange (Citrus Aurantium Dulcis Oil) – warming, nourishing and refreshing – soothes and relaxes. Sweet Marjoram (Thymus Mastichina Oil) – deeply relaxing, eases everyday aching muscles and joints. Cardomon (Elettaria cardamomum Seed Oil) – soothing to the nerves. Limonene, Linalol, Geraniol, Citral, Citronnellol*

## Why do we get constipation?

Of course the reasons for constipation can be many. It usually comes down to poor food choices over many, many years. Many put this down to a lack of fibre and too much consumption of ‘clogging foods’ like wheat and dairy and not enough of the cleansing foods like fruit and veg.

I know of many, many people who call my office, who do everything right with their diet yet still find themselves totally constipated. If you are one of these people, then I recommend a colon massage to you wholeheartedly.

Overcoming your constipation is vitally important for your long term health. Many natural practitioners are convinced that the health of your bowels is the key to your overall health and that you should be eliminating at least twice per day.

Most people, when confronted with constipation will go for the quick fix of a laxative to ease their situation. The problem with a laxative is that it ‘artificially’ stimulates your bowel into action. Over time, this can make your constipation worse by making your bowel ‘lazy.’

This is why finding a natural alternative is, in my view, a better option even if means a little extra work in the short term.

I have been interested in bowel health since I experienced my own Irritable Bowel Syndrome some years ago. It was clear to me that if your bowels are not performing efficiently, then it is difficult to lead a normal life and be healthy.

Many people dismiss constipation as just an inconvenience that they have to live with. Some don’t go to the loo more than once every two days and believe that is normal!

I wrote my book ‘How to overcome constipation, a toxic colon and diarrhoea’ because I feel that so many people underestimate the importance of evacuating their bowels efficiently on a daily basis.

I also wanted to explain how your bowels do not work in isolation.

They are in fact an important part of a complex elimination system which also includes your lymphatic system, your kidneys, your liver and your skin.

But it is important to understand that your bowels are the key – and if they are not eliminating effectively then this puts pressure on other parts of your elimination system as well, not too mention your complete digestive system.

So, making sure you don’t get bunged up has to be a priority. In my experience there is no one simple thing that will overcome constipation if you want to do it in a thorough, gentle and natural way. It is usually a combination of things.

One of these – and perhaps the most relaxing – is a regular colon massage with aromatherapy oils.

Give it a try!

**Peter Jackson**

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# Colon Massage

**Now you can ease constipation,  
trapped wind and even a sensitive  
bowel with a gentle colon massage  
using soothing aromatherapy oils**



**A report by Peter Jackson  
Author of ‘How to overcome  
constipation, a toxic colon and  
diarrhoea once and for all.’**

## **If you suffer from constipation or sensitive bowels and you wish to find a natural way of easing your symptoms, I am going to recommend that you try a colon massage with aromatherapy oils which can be performed in the privacy of your own home.**

A gentle self massage of your abdominal area can be a great way to relieve your constipation and trapped wind. It can also strengthen and tone your entire colon.

A colon massage – when performed regularly- can loosen compacted faeces enabling the muscles of the colon to move it along more effectively. This ultimately leads to improved digestive health through better elimination and improved detoxification of the body. It can also help other internal organs as well.

The benefits that a colon massage can give you will be enhanced by using a blend of soothing aromatherapy oils that can uplift and fortify your bowels.

This type of massage is good not only for constipation, but also for Irritable Bowel Syndrome where symptoms can vary from constipation to diarrhoea - and other colon disorders in general.

The great thing about a colon massage with aromatherapy oil is that it is relatively simple and cheap to do, yet so effective!

## **How to perform a colon massage!**

A colon massage should not be performed after eating. Give yourself a break of at least one hour.

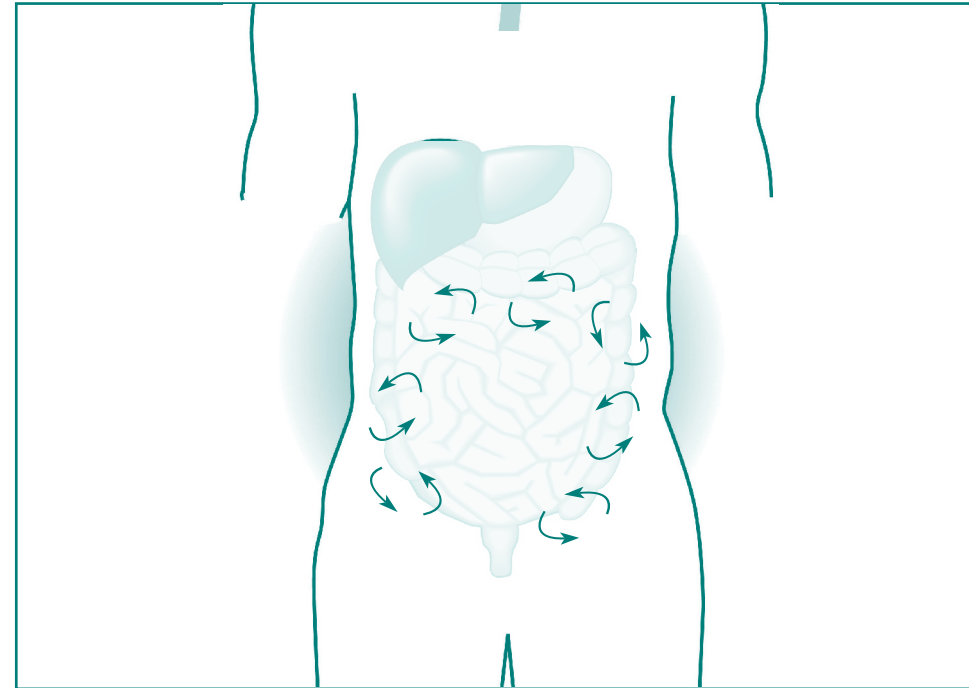
For best effect use a blend of gentle, soothing aromatherapy oil.

Lie on your back, either on your bed or on a flat comfortable surface, with your knees up.

Start on your right side near to your appendix. To do this, locate the top of your hip bone and move inwards 2 inches, and then down a further two inches.

Using the oil, start with small circular, anti-clockwise movements and move upward toward your rib cage. This is the direction in which your waste matter will travel in your colon.

Apply gentle pressure to begin with, but this may be increased gradually in the coming days. You may find it helpful to use both hands when applying greater pressure.



By massaging in the appendix area, you are also massaging and strengthening your ileocecal valve. This is a one-way valve which controls the flow of waste matter from your small intestine into your large colon. It prevents it from going back into the small intestine.

Massaging in this area also prevents waste matter getting stuck there and causing inflammation. You can massage this area for a minute or so.

Keep massaging in an upwards direction until you reach the rib cage and then you move left across your transverse colon until you have reached your left rib cage.

Now massage in a downwards direction until you are level with the top of your hips. After that, continue to massage towards your groin.

This whole procedure should take around four minutes.

If you experience any slight pain when applying pressure, you can continue to work on this area with daily massages until the pain subsides. If however you experience severe pain when applying pressure, then you should consult your doctor as you may have some sort of blockage.

After completing your massage, try and remember to drink half a pint (250ml) of fresh water.

A colon massage should not be carried out during pregnancy.

## **Benefits of massaging your colon**

Performing a daily colon massage is a great way to keep your digestive system strong and performing at its best. By helping to free the accumulated waste in your colon, you can begin to feel lighter and healthier and your body will be better able to combat illness more effectively.

Overall, you can lower your chances of developing many chronic illnesses simply by removing waste so your body isn't burdened with excess toxins and organic debris.

If you have experienced constipation for many years, then it may take a number of massages to stimulate your colon and get some rhythm back to your peristalsis action (colon contractions which propel waste matter along your colon), but keep persevering.

Remember that massaging and 'working' your colon is a bit like going to the gym. You won't see great results overnight, but if you stick at it, then things will start to happen.

## **Why use aromatherapy oils?**

Aromatherapy oils are very gentle and if you select the right ones, they can be really helpful for sensitive bowels as well as for constipation.

If you have diarrhoea and your doctor has ruled out anything serious, then you will find that regular massage with the right blend of soothing aromatherapy oils can also be particularly beneficial. They can help to 'calm things down'.

## **What is aromatherapy?**

Aromatherapy is the practice of using volatile plant oils, including essential oils, for psychological and physical well-being when used correctly and safely.

Essential oils that are applied to the skin can be absorbed into the bloodstream.

You can get blended oils to create appealing and complex aromas. Essential oils can also be blended for a specific therapeutic application such as a colon massage.

The aromatherapy oils I would recommend for a colon massage for both stubborn and sensitive bowel conditions are:

*Prunus Armeniaca (Apricot) Kernel Oil, Simmondsia Chinensis (Jojoba) Seed Oil, Rosa Canina (Rosa Mosqueta) Fruit Oil, Helianthus Annuus (Sunflower) Seed Oil, Daucus Carota Sativa (Carrot) Seed Oil, Sesamum Indicum (Sesame) Seed Oil,*