

Effective, convenient and safe

# Clysmatic®

*Colonic hydrotherapy  
for domestic use*



 **Ledins**

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The Clysmatic is protected by patents in Sweden as well as internationally.  
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## A well-functioning digestive system is the basic of good health

The digestive system forms the foundation of the body's health. Its task is not only to absorb nourishment, but also - in close co-operation with the kidneys, air passages and the skin - to remove waste and toxins.

The body normally handles this elimination without problems, but the system can be upset by the pace of modern living, a faulty diet and different kinds of stress and strain. The result could be, not only constipation, but also several other symptoms and problems.

A colonic rinse, hydrotherapy, is one of the oldest methods in the world for treating various diseases. My father, Birger Ledin, bore this old knowledge in mind when constructing Clysmatic - a modern and comfortable remedy, that stimulates the body's elimination and at the same time helps to train the bowels towards improved, natural function.

Modern research also confirms that hydrotherapy detoxifies the bowels and stimulates colon function.



**Birgitta Ledin-Bonevik**

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# The digestive system

The digestion starts in the mouth cavity. In the stomach and bowels the food is digested further. Nutrients are absorbed and waste products are transported out of the body.

Normally the food should pass through your body in less than 24 hours.

Eat calmly and without stress even if you only have a 15 minute break.

Exercise is also important for the digestion. Half an hour walk every day will do you and your stomach good.

## The diet

Carefully prepared and varied meals are beneficial to the stomach. Fruits, root vegetables and greens provide an important addition of fibres, vitamins, minerals and other nutrients.

Fibres also give the bowels a big enough volume to work with, thus facilitating transportation of the bowel contents. It is vital that you drink at least one to two litres liquid per day, preferably water. Try to drink between the meals – in that way drinking won't disturb the digestion process.

# Many reasons for constipation

## Low-fibre diet

Too little fibre and too little liquid inevitably cause constipation. The bowels, a muscular tube, simply get too small a volume to work on. Too small a volume fails to stimulate the intestinal muscles to work (peristalsis).

## Neglecting the body's signals

We learn as children to recognise the reflex telling us when it is time to go to the lavatory. Since this is an acquired reflex it can also be weakened and fail if it is disregarded.

If you ignore going to the lavatory when told by the reflex, the bowel contents will gradually become very hard, since the colon continuously absorbs liquids. Hard faeces hurt and therefore you postpone going to the lavatory. Finally you cannot defecate whether you want to or not, since the reflex has been weakened from having been opposed. Thus, a vicious circle has been formed! It is normal to empty the bowels in the morning. Therefore, one should try to allow oneself time to go to the lavatory before the day's work begins.

## Stress and worry

Strong feelings may quickly result in constipation just as much as irregular living. Any change in one's professional and/or one's private life influences the bowel function for a short or even quite a long period.

## Serious diseases

Constipation can also be caused by a serious disease. Therefore, it is important not to accept a long-lasting constipation without seeing a doctor for an investigation.

## Medicines

Certain drugs may cause constipation and/or have a weakening effect on the bowels.



## Laxatives

There are different kinds of laxatives. The two most common ones are the muscle stimulating preparations and the bulk fibre preparations.

### **Muscle stimulating preparations:**

plant substances or chemical substances that stimulate the bowel muscles to peristaltic contractions. Since the intestines get used to the treatment, doses must be gradually increased. Doctors warn against extended use of these muscles stimulating preparations, since they are considered to be actually dangerous due to their weakening and, ultimately, constipating effect on the bowels.

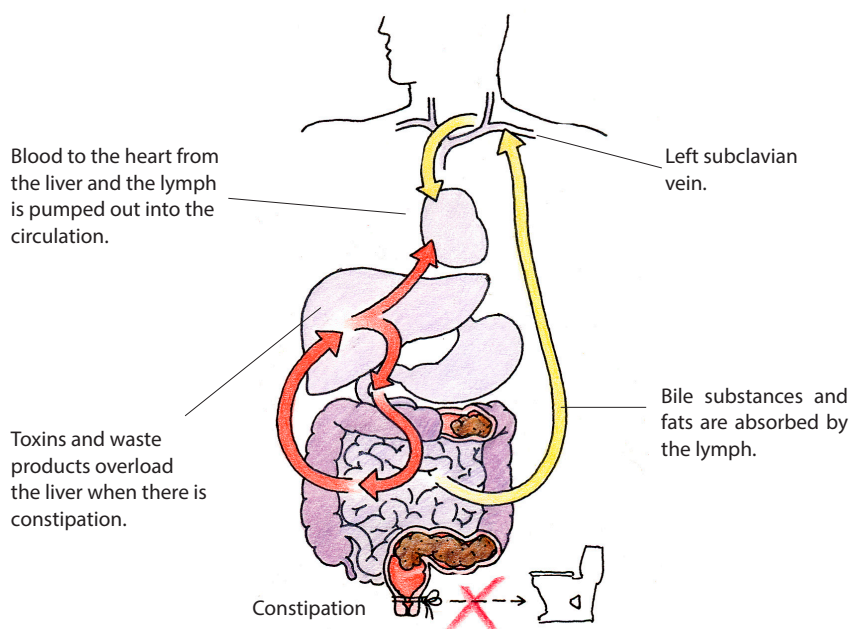
### **Bulk preparations**

Bulk preparations consist of plant fibres. They are designed to absorb liquid, increasing the volume of the colon contents. Bulk preparations supply additional dietary fibre.

## Constipation is unhealthy

Constipation with reduced bowel function is a widespread disease. It is often the original cause for many other health problems, since the entire body and our general condition are affected.

It has been proved that toxins from putrefactive bacteria can be absorbed in the intestines and taken to the blood. The liver is normally designed to handle the detoxification. However, it has not been proved that the liver can handle the increased amount of toxins that may arise as a result of constipation. Toxins absorbed by the lymph are taken into the blood via the left subclavian vein and then round the entire body.



Common symptoms of constipation are headache, discomfort and fatigue. These are the same symptoms as for poisoning. When the constipation has been dissolved, these symptoms normally also disappear, which might indicate that toxic overload disappears together with constipation.



# Leaky Gut Syndrome

When the intestine is affected by toxins during a long time there is a risk that the permeability of the intestinal mucosal wall increases.

This allows substances, which normally would be stopped by the mucosa, to pass in to the blood stream.

This will make the liver to work harder. When the liver is overloaded the "toxins" build up in the blood stream and increase the workload of the immune system, which will become irritated. This may lead to symptoms of immune dysfunction such as rheumatoid arthritis.

The leaky gut syndrome is connected with long time exposure to toxins. This is often associated with constipation.

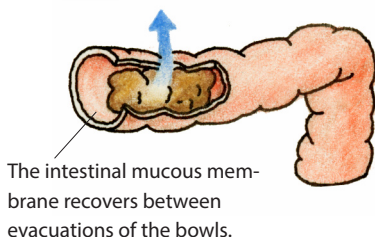
## **Causes (risk factors):**

- stress
- alcohol
- food that you are hypersensitive or allergic to
- NSAID (non-steroidal anti-inflammatory drugs)
- vitamin or mineral deficiency
- viruses, parasites or bacteria infections in the gut

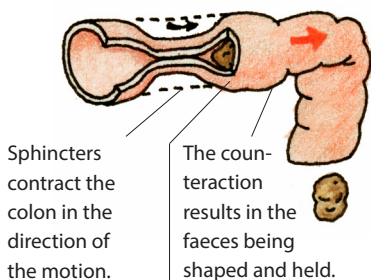
# Intestinal problems

## Large intestine at rest

Absorption of liquid through the intestinal mucous membrane for further transportation to the liver.



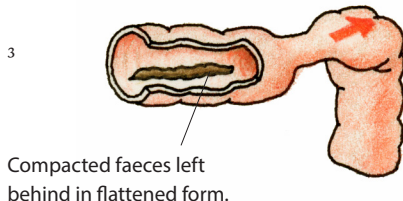
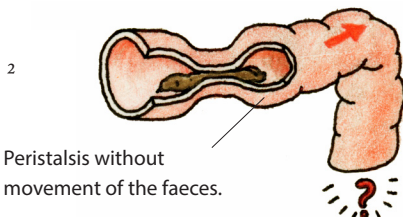
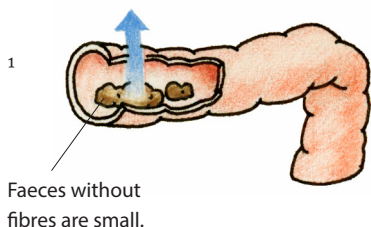
## Peristalsis of the colon



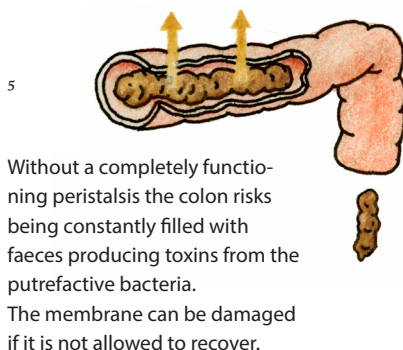
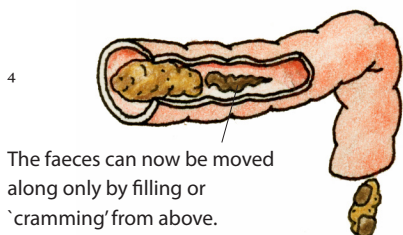
Nerves in the intestinal wall feel the volume, position and contents of the faeces.

## Constipation

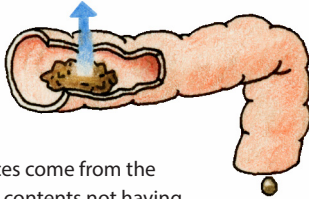
Absorption of liquids.



Too small a volume of faeces causes no renewed peristalsis. When faeces are left behind, putrefactive bacteria start forming toxins that are absorbed by the membrane.

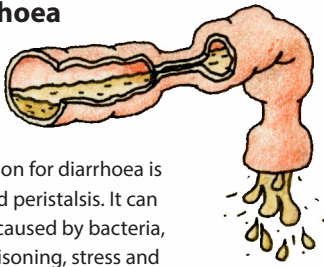


## Hard faeces



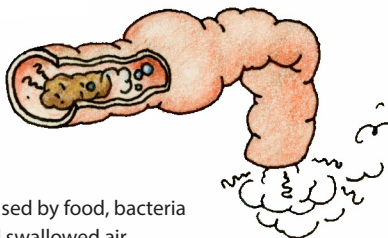
Hard faeces come from the intestinal contents not having been allowed or been able to be eliminated in time. The colon carries on absorbing water until the faeces leave. Since we all know how much hard faeces hurt, we postpone going to the lavatory. Then, even more water can be absorbed and the faeces become even harder.

## Diarrhoea



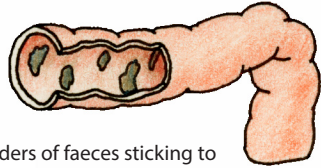
The reason for diarrhoea is too rapid peristalsis. It can also be caused by bacteria, food poisoning, stress and nervousness.

## Gastric gases



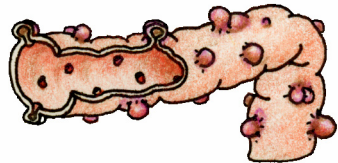
Caused by food, bacteria and swallowed air.

## Plaque coating



Remainders of faeces sticking to the mucous membrane.

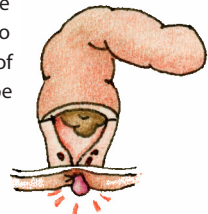
## Diverticuli (intestinal pockets)



When the intestinal muscles contract and there is not enough volume of faeces, the pressure becomes so high that the pockets can form as a result of the connective tissue stretching. The elastic membrane and peritoneum do not burst but instead form pockets.

## Haemorrhoids

In the opening of the rectum haemorrhoids, little blood-filled sacs, form when the muscles and the skin in this area are weakened by hard faeces and straining. Other reasons might be weakening through too much sitting and lack of exercise. Women can be affected in connection with childbirth.



## Colonic hydrotherapy solves intestinal problems

Colonic hydrotherapy means that you introduce a small amount of water at body temperature through the rectum into the large intestine (colon). Hereby the lower part of the colon is being washed and cleansed. At the same time the bowel reflexes and functions are stimulated, with the result that even hard faeces are dissolved and removed.

### Good colon hygiene

Ledin's long-standing experience shows that good colon hygiene can help prevent a number of illnesses and also speed recovery.

The contents of the lower part of the colon are very rich in bacteria. These bacteria are normally very useful, among other things they produce vitamin K. There are also, as a quite normal part of the flora, bacteria which produce putrefaction and fermentation. If too long a time goes by between bowel movements, these putrefactive and fermentative bacteria will further the forming of poisonous substances. Colonic hydrotherapy reduces this risk.

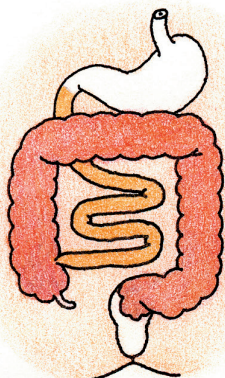
### Ledin's Clysmatic

Ledin's Clysmatic makes it possible, in a simple way, to introduce water into the rectum, making colonic hydrotherapy treatment convenient, safe, yet efficient. Using the Clysmatic is easy even for handicapped people. When and how often to use Clysmatic is individual and depends on the user.

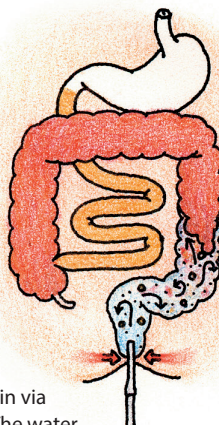
The Clysmatic consists of three main parts: the water container, the hose and the rinsing device. The Clysmatic equipment fits almost any toilet. When the Clysmatic is in place, using it will be just as easy as an ordinary visit to the toilet.

# Colonic rinsing

## The principle of colonic rinsing

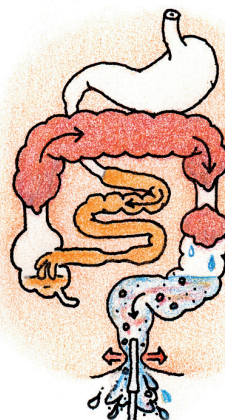


1. A constipated colon.



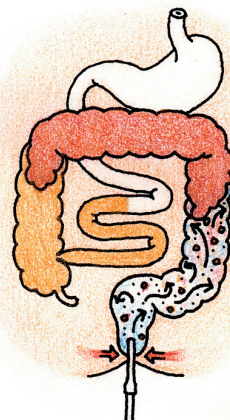
Hold in!

2. Water flowing in via the rectal tube. The water dissolves the faeces.



Let out!

3. Water mixed with the faeces is let out with the rectal tube still in place.



Hold in!

4. Rinsing is repeated till the tank is empty.

## Hydrotherapy with Ledin's Clysmatic®

Ledin's Clysmatic offers a simple and comfortable method for self-care in connection with digestive and intestinal problems. Since hydrotherapy is gentle to the bowels and neither habit-forming nor weakening, it is an excellent preventative treatment and can help if problems already exists.

### Hydrotherapy is quick-acting

Already after the first couple of rinses you can sense a distinct improvement and alleviation. Hydrotherapy relieves the colon from old faeces in the form of sediments and coatings. The intestinal muscles are strengthened and the mucous membrane stimulated, resulting in wastes, toxins and heavy metals being washed out.

Since the peristalsis (the bowel movements) in the intestines is stimulated at the same time, the whole intestinal system is enhanced. The number of colonic hydrotherapy treatments and the intervals between them vary from person to person.

### Self care with Ledin's Clysmatic

Many intestinal problems can be corrected with simple self care, as long as there are no symptoms of any serious diseases that should be treated by a doctor, e.g. blood in the faeces, extended diarrhoea and continuous or acute pains in the belly.

If there is any uncertainty a doctor should be consulted. In connection with pregnancy the midwife or the doctor should be consulted first.

# Clysmatic® and MiniClysmatic®



## Ledins Clysmatic® is easy to assemble

The water container is hooked onto the plastic strip, that should be screwed to the wall. This strip should be attached (screwed to the wall) as high as possible, while still allowing it to be filled with water. If possible, place it close to a handshower and NOT straight over the toilet seat. A filled up container weighs about 17 1/2 pounds (8 kilos).

The rinsing device, which is springy, is placed under the flush rim of the toilet, allowing the back metal plate to rest on the porcelain. Press the rectal tube on to the cone-shaped opening of the rinse device. Please note, that both the rectal tube and the metal tube must be absolutely dry and non-greasy! Then close the toilet seat. The upper part of the hose is to be attached to the metal nipple in the bottom of the water container. On the lower part of the hose there is a tap for easy regulation of the water. This tap should be within easy reach during the treatment! The lower part of the hose is attached to the back of the rinsing device (in the metal plate).

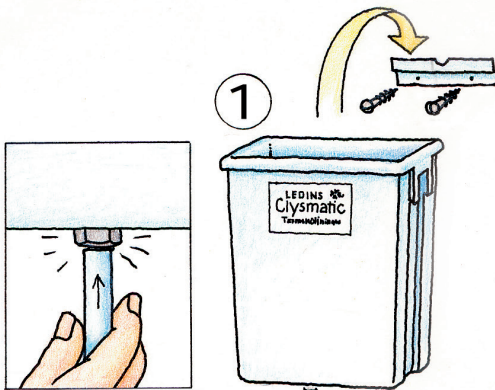
### Accessories supplied:

**Clysmatic® herbal liquid:** a herb extract rich in minerals. This liquid extract soothes and counteracts irritations in the gut membranes, caused by e.g. constipation. The elixir contains potassium, sodium and magnesium. Always add to the rinse water.

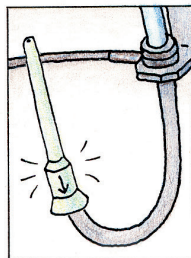
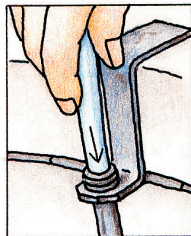
**Rectal tube:** each user of Clysmatic should have his/her own individual tube.



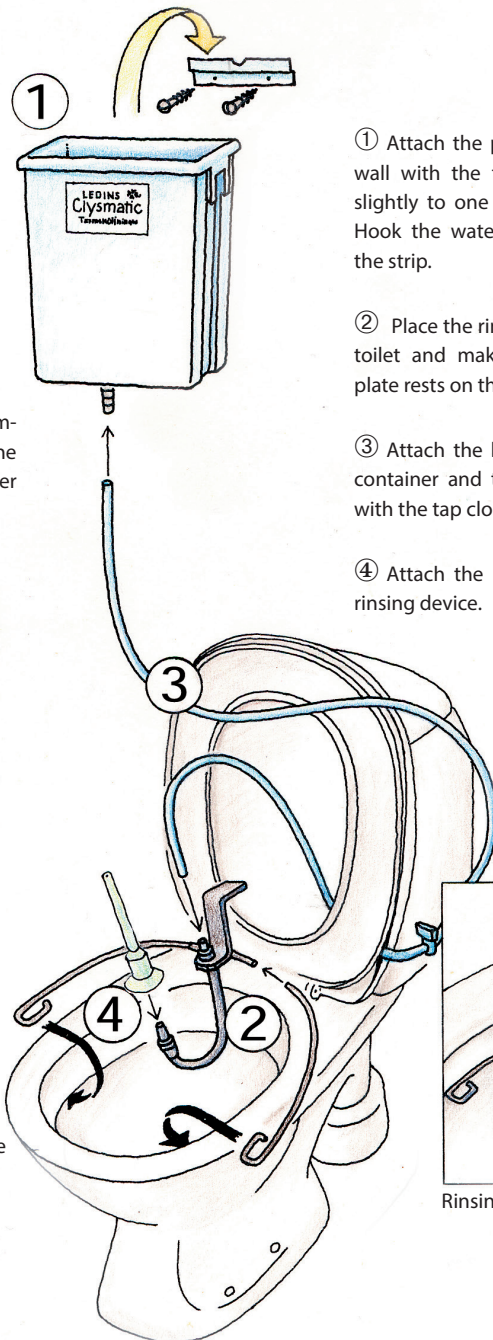
## Assemble like this



The hose must completely cover both the upper and the lower nipples.



The rectal tube is to be properly and securely attached onto the rinsing device.

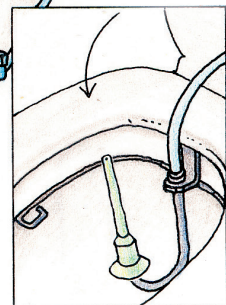


① Attach the plastic strip to the wall with the two screws. Place slightly to one side of the toilet. Hook the water container on to the strip.

② Place the rinsing device in the toilet and make sure the metal plate rests on the porcelain.

③ Attach the hose between the container and the rinsing device with the tap closest to the toilet.

④ Attach the rectal tube to the rinsing device.



Rinsing device in place.

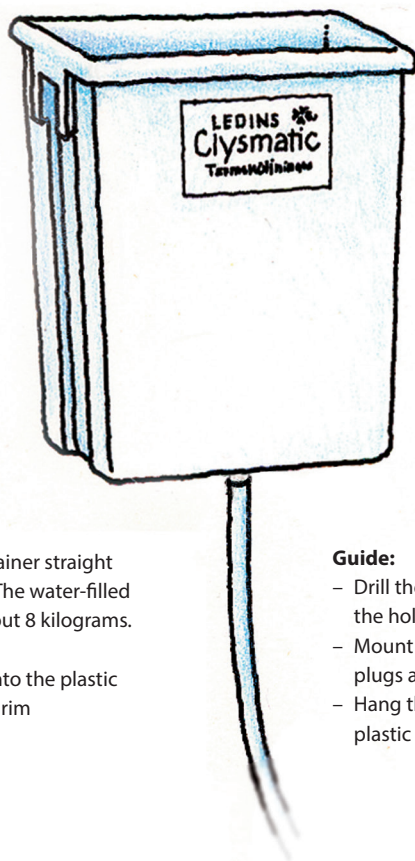
# Assembly guide for Clysmatic® water container

## Hang the container onto the plastic strip

Use the folded rim. The container should be placed as high as possible.



If possible place the container in a way so it is possible to use a hand shower when filling.



Do not place the container straight above the toilet seat. The water-filled container weights about 8 kilograms.

Hang the container onto the plastic strip, using the folded rim

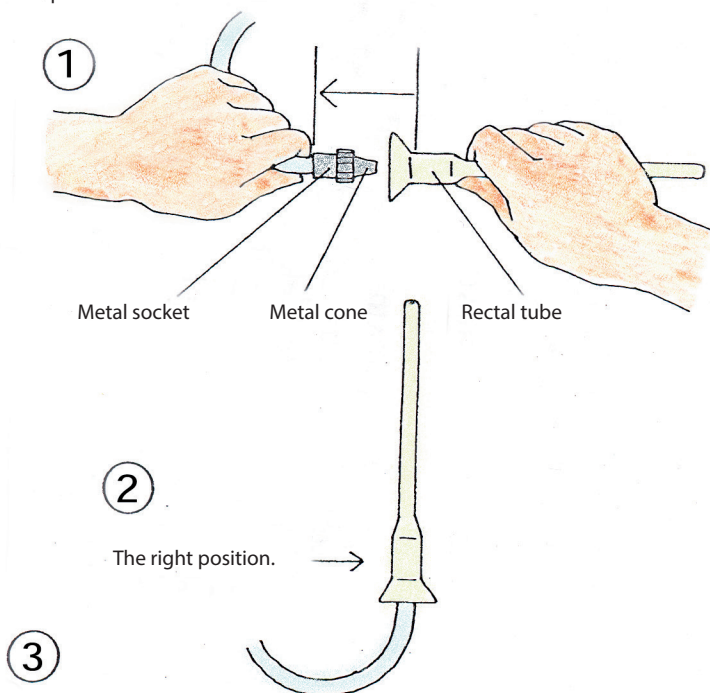
### Guide:

- Drill the holes corresponding to the holes in the strip.
- Mount the plastic strip using the plugs and screws.
- Hang the container onto the plastic strip, using the folded rim.

## Assembly guide for Clysmatic® rectal tube

The rectal tube is made of Santoprene which is a mixed material made from polypropylene and rubber. Santoprene is durable to high temperatures and can be boiled. The rectal tube is latexfree.

- Press the rectal tube on to the opening of the rinse device until it clicks into place. Make sure it is past the metal cone and metal socket.

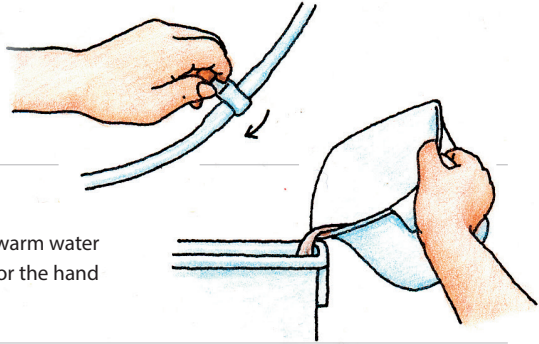


- After using the rectal tube; remove and clean it.

# Ledins Clysmatic® is easy to use

## A. Preparations

1. Tap turned off.

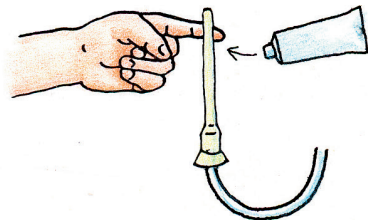


2. Fill up the container with pleasantly warm water (body temperature). Use the filling jug or the hand shower.

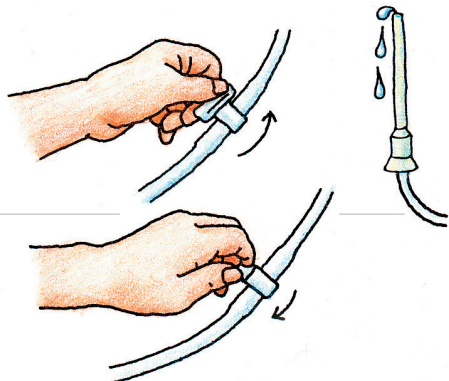
3. Add Ledin's Clysmatic Herbal Rinse to the water in the container. Dosage on the bottle label.



4. Press the rectal tube on to the dry opening of the rinse device until it clicks into place, so that it will not slide off during the treatment. Lubricate the rectal tube with a softening ointment.



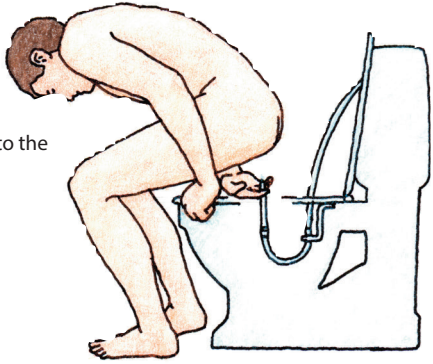
5. Turn on the water and let it flow freely for a couple of seconds. This in order to make sure there are no air-bubbles in the hose.



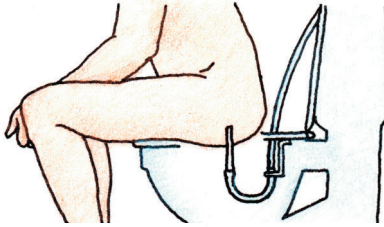
6. Turn off the water.

## B. Carry out the treatment like this

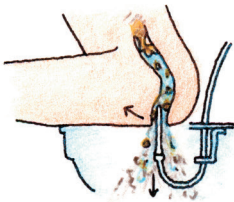
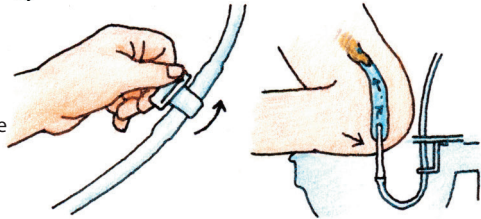
1. Sit down on the toilet and enter the tube into the rectum. Use your hand to steer it into place.



2. Sit down comfortably and relax.



3. Turn on the water and let it flow into the rectum. Let flow until you feel a sense of distension (10-12 ounces = 3-5 dl).



4. Let out the water from the intestine. Do NOT turn off the water and do NOT take out the rectal pipe! Carry on with the rinses by letting the water in and out alternately, until the container is empty.

You can easily stop the treatment any time you want to by turning off the water with the aid of the tap on the hose.

## C. End the treatment like this

Remain seated a while and let out the remaining water. Then get off the toilet and rinse the Clysomatic with hot water and clean the rinsing device and rectal tube.

*PLEASE NOTE! You may have a slight belly-ache (a kind of dull pain in the belly) at first. This ache is not dangerous, only a normal reaction from untrained muscles (the colon). Avoid problems by training your bowels gradually. For the first 3-4 days use only half the amount of water once a day. Later you can increase the amount of water and also, when needed, rinse several times a day. Old faeces and mucus, in form of threads and flakes will be rinsed out. This is quite normal and only proves that the hydrotherapy is working properly.*

## Cleaning of Clysmatic® after usage

After using the Clysmatic leave it on the toilet. Fill the container with warm water and open the tap so that the water can rinse the hose.

Remove the rinsing device (metal spring) and clean it with water.

If you use the Clysmatic every day you should clean it more thoroughly once every week. Put some soft soap in the container and rinse the hose. Afterwards rinse the Clysmatic with water so that all soap is removed.

Clysmatic can be used by several people if they use separate rectal tube.

## Fecal enzyme activities and urinary phenols. Effect of repeated daily colonic hydrotherapy

Wen Hua Ling, Amir Aryasheed, Osmo Hänninen,

Department of Physiology, University of Kuopio,  
P.O. Box 1627,  
SF-70211 Kuopio/Finland

Colonic microflora produces significant amounts toxic compounds through their metabolic activity. Phenol and p-cresol are major products of tyrosine and phenylalanine metabolism by gut bacteria. BetaGlucuronidase, nitroreductase and urease are implicated in the release of toxicants from substrates.

The toxic compounds have not only a direct toxic effect on the gut wall, but they also reach other parts of the body if absorbed.

Constipation is a frequent problem in affluent countries. This prolongs the stay of luminal contents and promotes the accumulation and absorption of chemicals released by the micro flora.

Colonic mass can be removed by washing. The effects of one week continuous and four successive three days long colonic hydrotherapy using Clysmatic device (Birger Ledin Ltd. Skövde/Sweden) on the fecal enzymes and urinary phenols and p-cresol was studied in twenty volunteers randomly divided into two groups.

There was a statistically significant lo-

wering of ureas and beta-glucuronidase activity in fecal samples after colon hydrotherapies for one week. Their activity remained lowered two weeks after the therapy.

When the colon hydrotherapy was repeated in three days sequences for four times, there was a statistically significant decrease of fecal glycocholic acid hydrolase activity. Daily urinary output of p-cresol showed a statistically significant decrease.

The subjects reported an increase in the frequency of gut function and softening of the stool. There were individuals who reported a relieve of the alleviation of their haemorrhoid and headache problems after the colon hydrotherapy.

The present results show that colon hydrotherapy decreases the activity of several faecal enzymes releasing toxic compounds and diminishes chemical loading. It also appeals to normalize the gut function and promote softness of the stools.

**Professor Osmo Hänninen**

# Colonic rinsing - Hydrotherapy

Colonic rinsing - hydrotherapy - is one of the world's oldest methods for treating intestinal problems. This method, however, became unfashionable due to poor technique and information as well as unjustified warnings that it would weaken the bowels. Instead colonic rinsing was replaced by bowel-stimulating laxatives and fibre preparations

The laxatives did not solve the problems though. Instead, intestinal problems are increasingly prevalent and affect practically everybody at least once.

Ledin's many years of experience of human health care have revealed that an exhausted colon and a reduced bowel function affects the whole body. So many different problems, such as recurring colds, gastric catarrhs, eczema, kidney and urinary tract troubles, joint and muscular troubles, insomnia, head aches and nervousness can be reduced or even removed by improving the bowel function.

Ledin's has retained and developed the colonic method. Ledin's Clysmatic provides an efficient, comfortable and natural way of seeing to intestinal hygiene. Colonic hydrotherapy removes waste, dissolves constipation and stimulates peristalsis. All this has been confirmed by modern research.

Ledin's Clysmatic has been available at health care centres since 1923 and has been successfully used by thousands of patients.



**Birger Ledin AB**

Norra Aspelundsvägen 3 541 34 Skövde Sweden Phone: +46 (0)10-707 52 40 [info@ledins.se](mailto:info@ledins.se) [www.ledins.se](http://www.ledins.se)