

HAPPY BUM Oral



HAPPY BUM Bulb



HAPPY BUM Bag



HAPPY BUM Toilet Paper



My Story

"After suffering from severe constipation for many years, Gastroenterologists recommended removing 90% of my colon. Instead, I found a natural approach and started doing daily water enemas with my Happy Bum Bag to relieve my bowel. Years later, after detoxing and a lifestyle change, my gut has now healed. I am so thankful that I trusted my instincts and my bodies own ability to heal.

I created the Happy Bum Co to support others just like me.

Remember, your body is capable of more than you know.

Kyah x



HAPPY BUM CO.
DETOX & GUT HEALTH SPECIALISTS

Join our Happy Bum
COMMUNITY

SUPPORT | RECIPES | INSPIRATION | EDUCATION

@HappyBumCo @HappyBumCommunity

happybumco.com



FOR HEALTHY LIVER AND
GUT FUNCTION!



WHAT IS AN ENEMA?

VERSATILE, NON TOXIC, COMPACT & EVER EFFECTIVE

An enema is a type of colon cleanse using liquid infused into the colon via your rectum. Enema's can be an amazing tool for detoxing and may have many different benefits.

First and foremost, a 2 litre enema kit can help eliminate acute constipation from the lower bowel. When filled with purified water, held and then released in the toilet, a water enema is the perfect, non toxic and immediate solution for constipation. This can also help re-tone the colon muscles necessary for peristalsis. Happy Bum Bags are portable and therefore the perfect travel companion to help prevent constipation when you are away from home and out of routine. For those who suffer with lazy bowels, enemas may be performed whenever necessary or as advised by your health professional. They were standard medical practice prior to the introduction of pharmaceutical laxatives which although more convenient pose harmful side effects including dependency, irritation and laziness of the bowel.

TYPES OF ENEMAS

If you're thinking about diving into the world of enemas, you've probably heard about coffee enemas! Coffee Enema's have gained popularity because of their believed incredible liver detoxification properties. Many of which has been tried and tested to be true.

Visit happybum.com to grab your copy of our Recipe book to view our complete range of blends!



HOW TO DO AN ENEMA.



STEP ONE

PREP YOUR BLEND

Select and prepare the enema solution you would like to use.



STEP TWO

ASSEMBLE

Assemble your Happy Bum Bag referencing your User Guide.



STEP THREE

ATTACH HOSES

Attach the Happy Bum Bag hoses to the bag and the tip.



STEP FOUR

HANG YOUR BAG

Hang your Happy Bum Bag so gravity can carry the solution.



STEP FIVE

INSERT HOSE

Lubricate and insert the tip of the hose into your rectum.



STEP SIX

LAY & RELAX

Lay on a towel and allow the solution to come in.



STEP SEVEN

RELEASE

Release enema liquid on the toilet for as long as needed.



STEP EIGHT

CLEAN & DRY

Clean, dry and store your Happy Bum Bag in carry bag.

BENEFITS OF DOING AN ENEMA.

Our Happy Bum Bags are a portable, non toxic option for those seeking a more holistic approach to improving their liver and gut health.

Enemas can provide regular support and relief from many gut and other

related health issues.

Our products are designed to give back your independence and freedom so that you can feel empowered to take control of your health and feel good everyday while

- + Relief from Bloating
- + Relief from Constipation
- + Improved Skin
- + Boost Immune System
- + Improve Gut Health
- + Alkalise the body
- + Reduce Inflammation
- + Detoxify the Liver
- + Increase Energy
- + Improve Mental Clarity
- + Support for Depression & Anxiety



PORTABLE



REUSABLE



VERSATILE



QUALITY



CERTIFIED