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# Magnesium Enemas and Marijuana Suppositories

Posted by **Dr Sircus** on January 14, 2015 | Filed under [Magnesium](#), [Medical Marijuana](#), [Medicine](#)

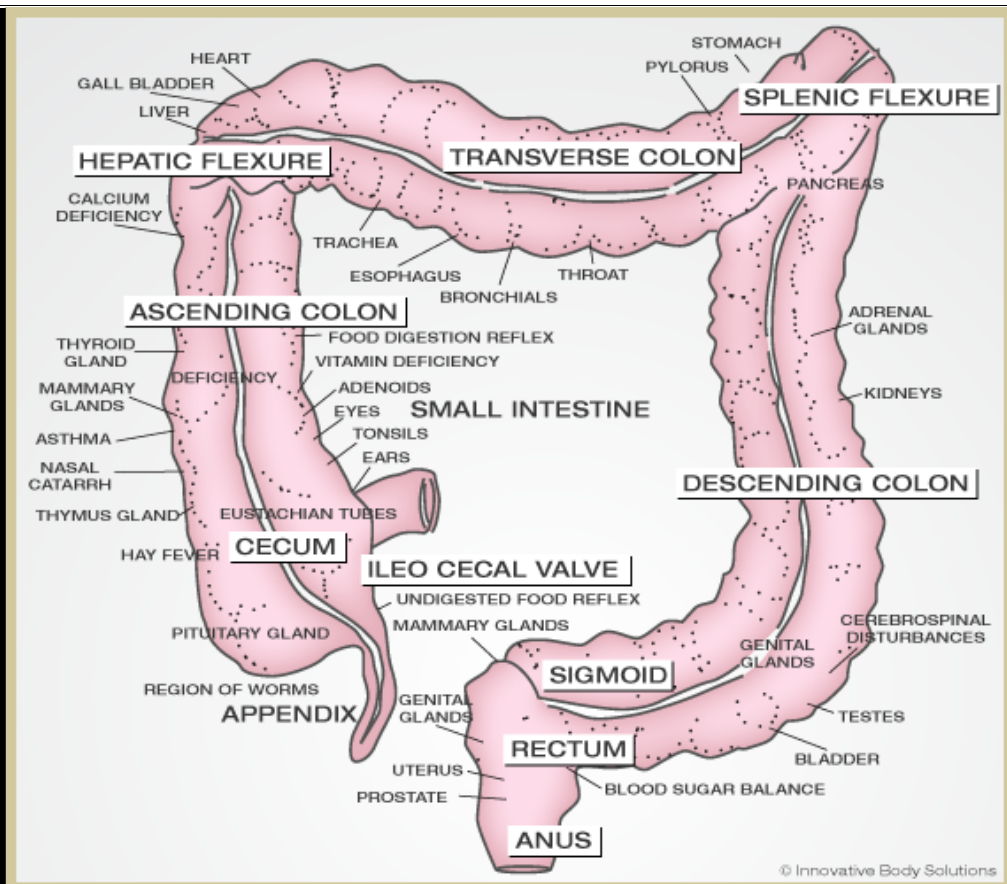


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The shape of the colon with reflex points indicated

Application of magnesium oil (chloride) to the outer skin and through the skin of the colon, are two different forms of [transdermal medicine](#). The outer skin of the body is permeable. It can absorb minerals and other substances, which become bioavailable to the human body.

The colon is also surrounded by skin just as the lungs are a form of inner skin. **These skins are highly permeable, more permeable than the body's outer skin.**

I received a testimony from a patient **using one teaspoon of Ancient Minerals magnesium chloride flakes** in 12 ounces of Mountain Valley Spring Water by enema **two to three times daily.**

"Since I have been doing this, my muscle spasms and brain fog seem to have decreased. The electricity seems to be flowing better throughout my body, especially in my brain. How much of

this is because of the magnesium? It is hard to say, but my intuition and experience give me the impression that the magnesium treatment by enema is working well. By contrast, I dislike applying magnesium oil to my skin because it is itchy.”

Using enemas, suppositories and nebulization as effective and direct routes for medicinal application is a good idea especially when higher dosages are required. [Japanese doctors](#) have experimented with tegafur suppositories and glutathione IVs (I recommend high dosage glutathione suppositories instead) on cancer patients and those with serious infections.

Though rectal administrations (suppositories) have an unfairly bad reputation despite the diverse benefits they offer, they offer an excellent way to administer medicines at higher dosages with no interference from the liver or other digestive processes. There are many advantages to the rectal administration of medicines especially when oral routes are impaired because of gastrointestinal difficulties (vomiting, an injured jaw or throat etc.). Bypassing the stomach and liver means a [greater percentage of the active ingredient goes straight into the bloodstream](#) where it is needed.

The above patient was administering approximately 3 grams of magnesium into his large intestines a day. Many years ago, there was a retired doctor who was taking 20 grams a day orally for his severe neuropathy in his feet and it was effective. He claimed that most patients could do the same therapy at much lower dosages (3 grams) because he had what is called magnesium-wasting disease.

The point is effective dosage, which at times demands other administration procedures than oral. Transdermal can compete with intravenous routes in all but the most serious emergencies. In addition, the advantage is that dosages can be administered many times a day at home for months until conditions improve at low cost compared to administration in hospitals and clinics, which more and more are plagued by antibiotic resistance bacteria.

A word of caution. Magnesium enemas can be dangerous in some people, especially those with renal dysfunction, the elderly and very young children. Rectal absorption of magnesium can be significant and difficult to predict, leading to toxic levels, even in patients with normal renal function. Absorption is much faster. There have been deaths reported in children and adults from enemas of magnesium when used overzealously.[1]

Marijuana Suppositories



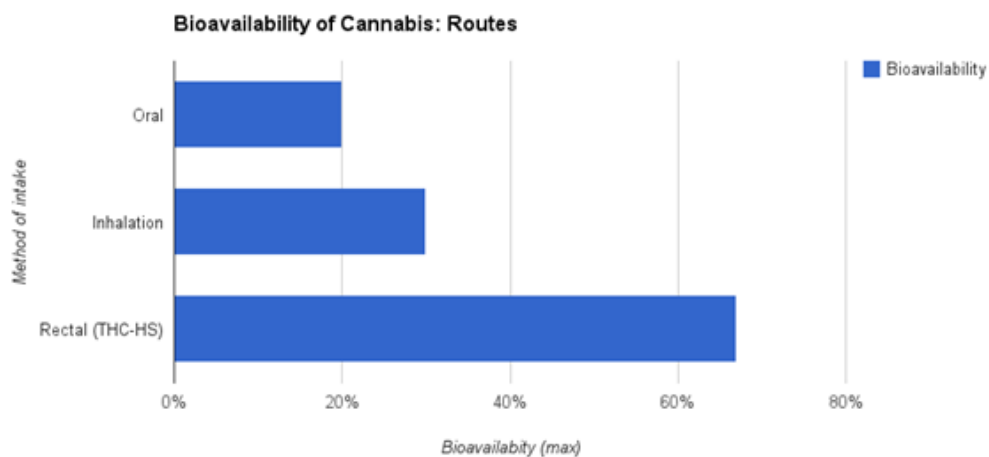
Nicholas Fraleigh, in a must read essay, [‘Backdoor Medicine: How Cannabis Suppositories Can Save Lives’](#), writes:

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“In the case of THC, the liver transforms around half of what is ingested into the significantly more psychoactive metabolite 11-Hydroxy- $\Delta$ 9-tetrahydrocannabinol. While not harmful in and of itself and potentially of therapeutic benefit, this molecule causes much more intense cognitive effects than THC. Rectal administration not only avoids these effects, but also allows a much

greater proportion of THC to eventually reach the blood stream. This increase in overall efficiency is also shown in the different levels of bioavailability that different administration routes afford, as seen in Fig. 1. Rectal administration also allows for medicine to exert effects over localized ailments (e.g., hemorrhoidal tissue, inflammation of the rectum, or tumours in the rectal cavity). This form of use also has a much faster uptake than oral administration (around 10 minutes, on average) and leads to more consistent blood concentrations of the active constituents. The speed and reliability of their uptake combined with their circumvention of many of the issues surrounding both ingestion and inhalation make rectal applications an excellent addition to both new and pre-existing therapeutic regimens.”



In May of 2013 in *The American Journal of Medicine* that showed current marijuana users had a 16% reduction in fasting insulin levels [relative to non-users](#). They also had a 17% drop in HOMA-IR, which is a model that researchers use to measure beta-cell function and assess insulin resistance. As a final coup de grace, marijuana users also had slimmer waistlines than non-users.

The [Wall Street Journal](#) reported, “After 10 years of searching, University of Mississippi Professor Mahmoud El Sohly thinks he has a new way to quiet opponents of marijuana as medicine: a pot suppository. Designed to ease post-chemotherapy nausea, among other conditions, its best feature may be what it doesn’t do. “There is no high,” says Dr. El Sohly.

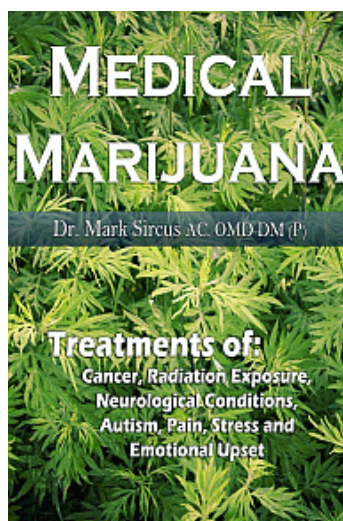
Cannabis suppositories bypass the liver and are absorbed into the bloodstream quickly by thousands

of nerve endings in the colon and rectum walls. They do not give you the same euphoria as is experienced when you inhale or eat your cannabis and they provide hours of relief for physical pain. This makes it an effective delivery method for people who may not be able to eat, inhale, or are suffering from cramping, inflammation, vomiting, body pain, or any number of ailments that happen below the belt.

One [anonymous poster](#) said,

“I got curious about how different this delivery method was from the many other ways that I currently use cannabis. Making the suppositories was very easy. I calculated what a serving might be like for me based on how strong it felt when I took it sublingually. Happily, my first dose was just right and my experience was not super intense. Within minutes I could feel a warm, pleasant sensation washing over my entire pelvic region while the muscles in my back, pelvis, and entire body totally relaxed. The zero body pain and zero anxiety without a “head high” lasted for a few hours. I kept expecting it to keep getting more intense but it never did and I was able to get on with my day. I took another slightly higher dose later that day. The effects were definitely stronger and while I was lying down for the medicine to absorb, I fell asleep. I woke up an hour later feeling much rested and physically relaxed. It was wonderful, actually.”

If you have never used a rectal suppository before, the process can seem quite daunting and not a little intimidating. For basic information on how to insert a rectal suppository, see this [link](#). For basic information about using enemas see this [link](#).



[Dr. David Brownstein](#) reviews and highly recommends my book [Medical Marijuana](#).

## Conclusion

Jackie Rosenhek in her [historical essay on the use of enemas](#) writes, “Back in ancient times, enemas were believed to cure a wide range of physical ailments and not just those related to digestion and excretion. Headaches, sexual dysfunction, allergies, asthma, childbirth, fevers, even the common cold — all were supposedly helped by a good rectal purging. The enema’s powers were so revered that the procedure itself bordered on the sacred. As such, it was an essential part of many religious rituals in Egypt and elsewhere.”

There are many types of enemas, some of which are a liquid form of suppositories, so you can make them up yourselves. I would only use the [absolute purest magnesium chloride \(oil\)](#) .instead of the bath flakes, which have an industrial process to their creation where pure magnesium oil does not.

[Coffee enemas](#) are used by holistic physicians for all sorts of conditions including cancer. Many people find help with constipation, fatigue and liver detoxification concerns.

Many people are not used to using enemas and suppositories, but as Rosenhek points out, it is a royal tradition. Resistance is psychological and one should get over that when one is having difficulty recovering from one’s particular disease. Once a habit, a combination of different types of enemas and suppositories can become the easiest way to get the most medicines into one’s body. Many people find taking hundreds of pills tiring and that is why I focus so much on liquid forms of magnesium, iodine, selenium and bicarbonate in my [Natural Allopathic protocol](#).

In the case of the high dosage glutathione suppository, one is directed to take it before bed. In fact I find it a good part of a combination nighttime treatment, which includes radiation treatment with [infrared](#) and [PEMF](#) centered near earth’s Shulman frequency range.

[1] Fatal Hypermagnesemia Caused by an Epsom Salt Enema: A Case Illustration Nancy M. Tofil, MD, Kim W. Benner, PHARMD, Margaret K. Winkler, MD, South Med J. 2005; 98(2): 253-256; [http://www.medscape.com/viewarticle/500188\\_3](http://www.medscape.com/viewarticle/500188_3)

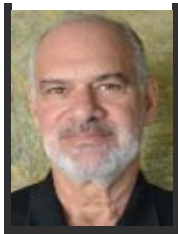


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[MTL777](#) · 2 months ago

Can baking soda mixed with honey and aloe vera be introduced into the rectum to treat a rectal cancer tumor? Is this alright to do even if the tumor is bleeding?  
Thanks!

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[jay](#) · 8 months ago

So , how i can make rectal magnesium at home? i can buy just cheap magnesium chloride from chemical company.. i wonder it is dangerous?

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[Lucas McCain](#) > [jay](#) · 6 months ago

You need to keep a close eye out for symptoms. Do not as Dr Sircus says be "over zealous". I took one today with 1.25 TBS of Epsom salts in 1.25 quarts of water. It really can improve bowel function.

Coffee enemas I've found are irritating to my prostate.

1  |  • Reply • Share ›



Paul > jay • 8 months ago

I thought it was explained quite easily in the beginning of the article, 1 tsp of magnesium chloride flakes in 12oz of clean water administered via enema... so if you can get an enema kit and you can work out by research and experimentation how to do it yourself you are good to go :)

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