

ANAL-HYGIENE

Zusammengestellt von Men Bodywork (www.menbodywork.ch)

Auf den nächsten Seiten findest Du eine hervorragende Anleitung, wie Du Deinen Enddarm reinigen kannst.

In Bezug auf die **Analmassage** möchte ich noch Folgendes ergänzen:

Da wir bei der klassischen Analmassage meistens nur einen oder zwei Finger und Handschuhe benutzen, ist eine solche Reinigung in der Regel nicht notwendig. Ich lege aber nahe, dass sich der Nehmende im Vorfeld gründlich duscht und Pofalte und Anus gut wäscht. Nur Wasser drüber laufen lassen reicht nicht, Du musst schon mit der Hand und Seife durch Pofalte und über den Anus reiben.

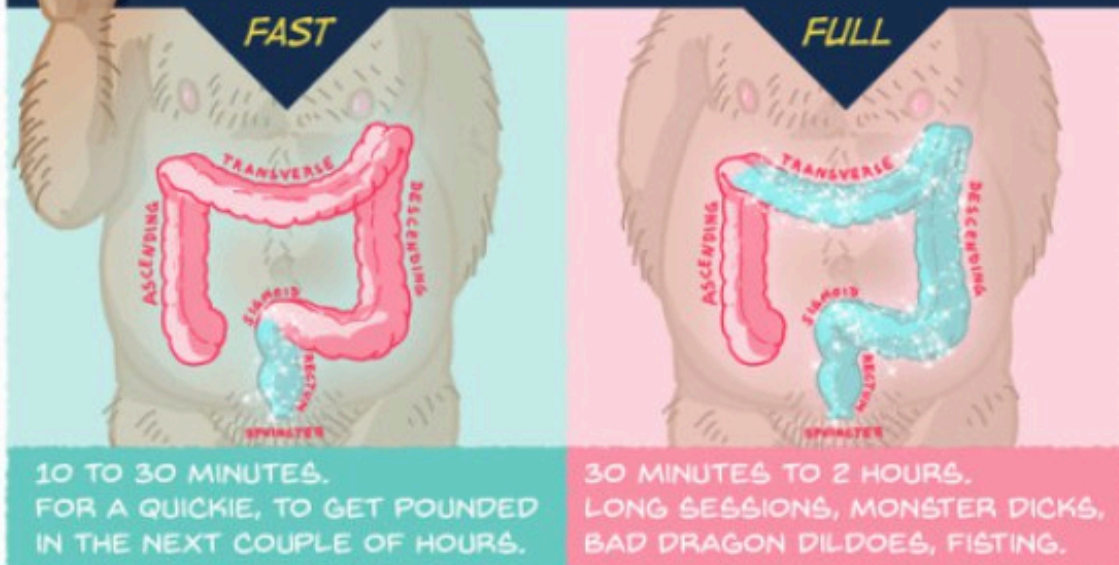
Ein weiterer Tipp ist das richtige Sitzen auf dem Klo. Das untenstehende Bild ist selbsterklärend. Stelle einfach einen Hocker unter Deine Füße und lass es laufen. Es wird viel leichter gehen und es kommt mehr raus.



HOW TO CLEAN YOUR ASS BEFORE ANAL SEX

WRITTEN AND ILLUSTRATED BY BLINDJAW

THERE ARE TWO TYPES OF CLEANING



10 TO 30 MINUTES.
FOR A QUICKIE, TO GET POUNDED
IN THE NEXT COUPLE OF HOURS.

30 MINUTES TO 2 HOURS.
LONG SESSIONS, MONSTER DICKS,
BAD DRAGON DILDOES, FISTING.

CHOOSE YOUR WEAPON



BEST CHOICE 👍



- > time saving
- > ease of use
- > economical



SHOWER HOSE: BUY ON AMAZON. CONTROL FLOW. MULTIPLE NOZZLES.

ENEMA BULB: PACK IT FOR TRIPS. EASY TO REFILL, CLEAN, AND HIDE.

FLEET ENEMA: DUMP IRRITATING LIQUID FIRST! FILL WITH WARM WATER.

ENEMA BAG: OLD SCHOOL. CLASSY HIPSTER. SLOW AND METHICAL.

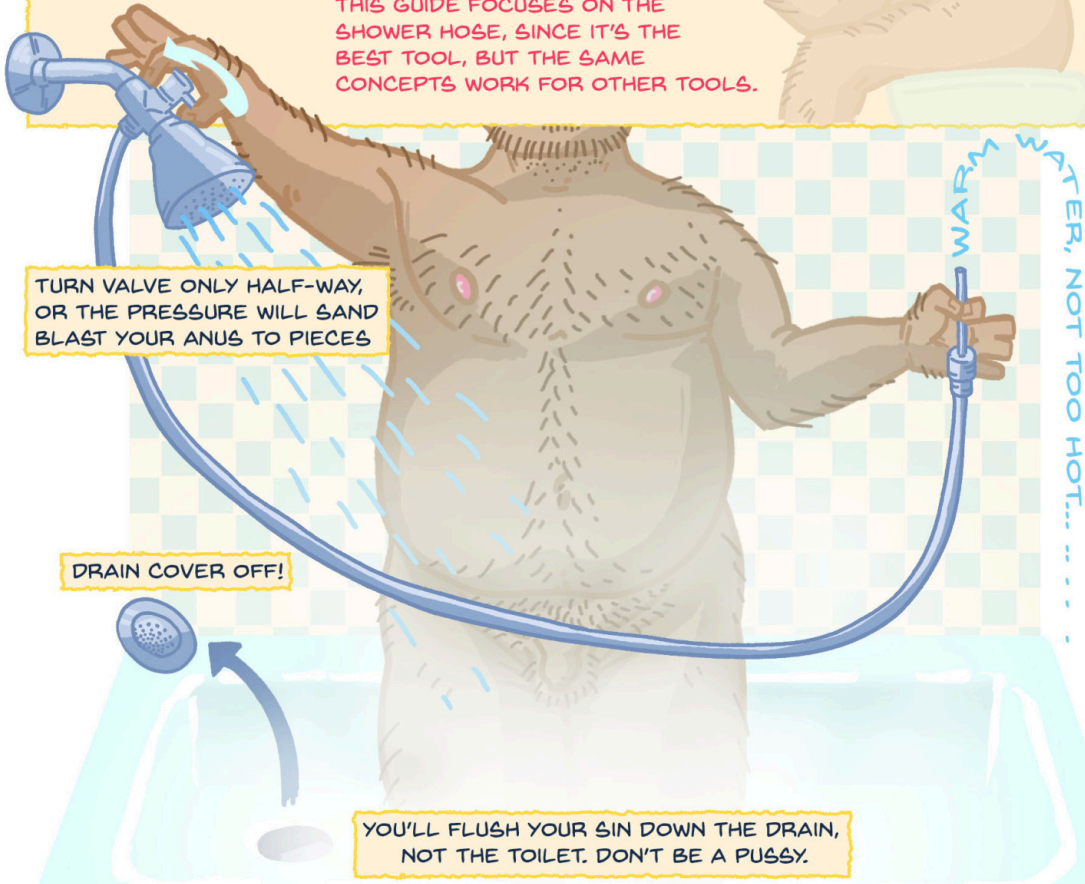
PRO TIP!

HERMIONE THE HEMORRHOID SAYS:
TRAPPED IN A HOTEL ROOM WITH NO TOOLS?
LOCATE A VENDING MACHINE, WATER BOTTLES
WORK GREAT! DO NOT SCREW IT IN, BE
GENTLE. JUST LEAN IT AGAINST YOUR ASS
AND SQUEEZE. RE-FRE-ESHING!



FIRST, ENJOY A GOOD DUMP. DON'T FORCE IT, TAKE YOUR TIME. FINISH THAT NOVEL. DON'T OVER-WIPE, YOU DON'T WANT AN IRRITATED HOLE.

THIS GUIDE FOCUSES ON THE SHOWER HOSE, SINCE IT'S THE BEST TOOL, BUT THE SAME CONCEPTS WORK FOR OTHER TOOLS.

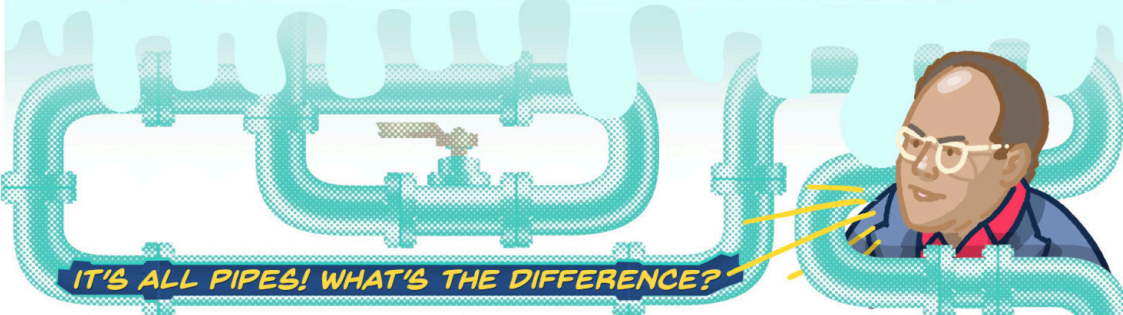


TURN VALVE ONLY HALF-WAY, OR THE PRESSURE WILL SAND BLAST YOUR ANUS TO PIECES

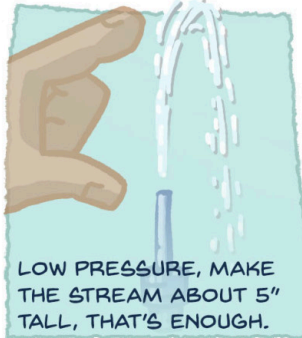
DRAIN COVER OFF!



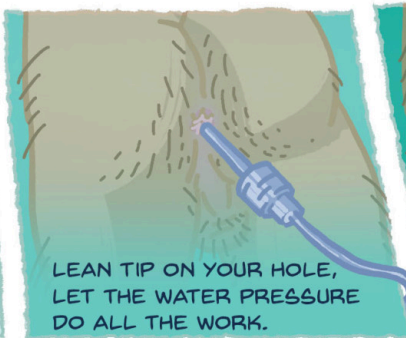
YOU'LL FLUSH YOUR SIN DOWN THE DRAIN, NOT THE TOILET. DON'T BE A PUSSY.



IT'S ALL PIPES! WHAT'S THE DIFFERENCE?



LOW PRESSURE, MAKE THE STREAM ABOUT 5" TALL, THAT'S ENOUGH.



LEAN TIP ON YOUR HOLE, LET THE WATER PRESSURE DO ALL THE WORK.



NO NEED TO PUSH IT IN! WITHOUT GOOD LUBE, IT CAN IRRITATE YOUR ASS.



FILL 'ER UP!

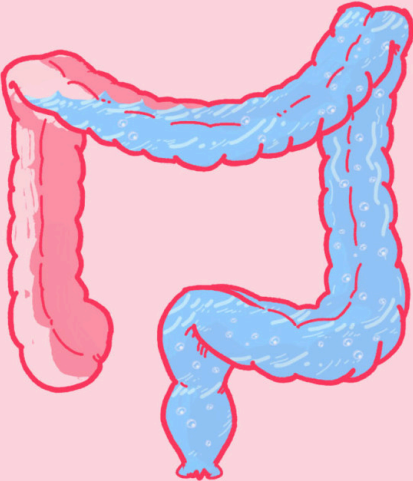
FAST

FULL



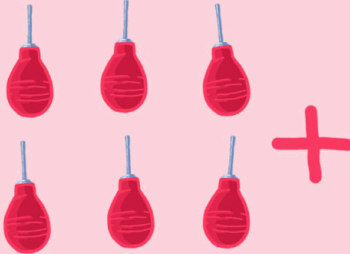
COUNT TO 5 TO FILL YOUR RECTUM WITH WATER. DO NOT OVERFILL, IF YOU GO PAST THE SIGMOID, YOU ARE SCREWED.

COUNT TO 30, YOU NEED TO FILL ALL THE WAY UP THE ASCENDING COLON, AND THE TRANSVERSE COLON.



IF YOU GET WATER PAST THE RECTUM, INTO THE SIGMOID AND ASCENDING COLON, YOU WILL STIR UNSIGHTLY THINGS IN THE DEEP CAVERNS, AND WILL HAVE TO DO A FULL CLEANING INSTEAD, LEST THERE BE SURPRISES LATER WHILE YOU ARE BEING COCKSLAMMED.

YOU MIGHT FEEL CRAMPING AND NOT BE ABLE TO COUNT TO 30. JUST STOP, RELAX, GIVE IT A FEW SECONDS AND CONTINUE COUNTING FROM WHERE YOU LEFT OFF. IT'S IMPORTANT TO GO ALL THE WAY, OTHERWISE THIS WILL TAKE MUCH LONGER.

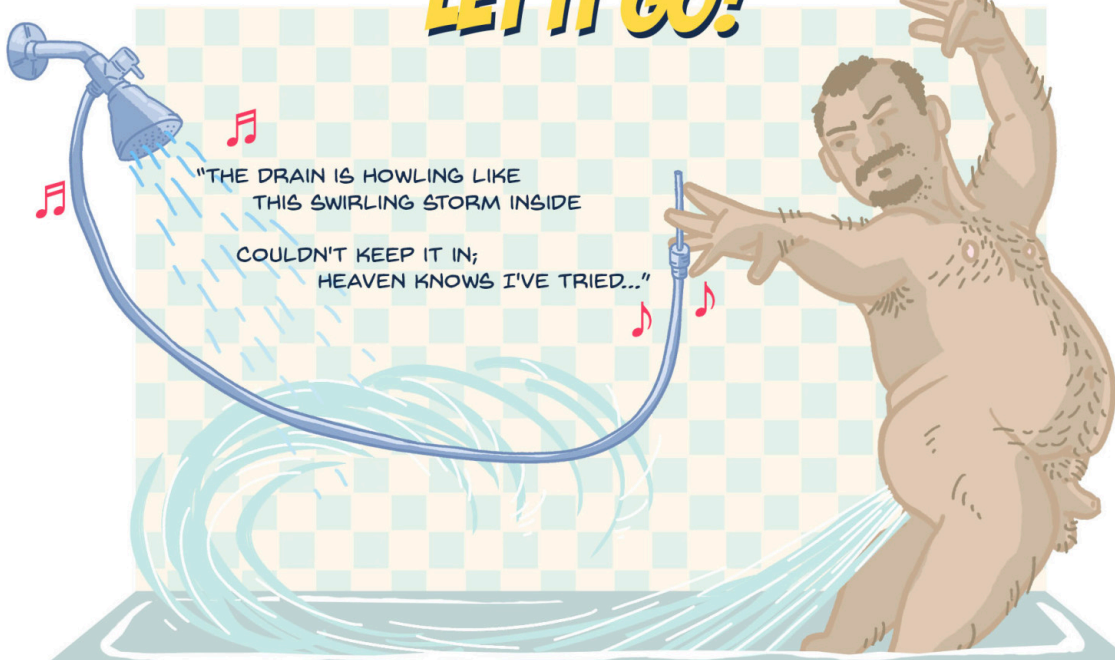


IF YOU ARE USING AN ENEMA BULB, WATER BOTTLE, OR FLEET ENEMA, DO ONE SINGLE CHARGE AT A TIME.

DO AROUND 6 TO 10 FULL CHARGES FOR BULB OR FLEET ENEMAS. HOLD IT IN UNTIL THE END, TAKE YOUR TIME.

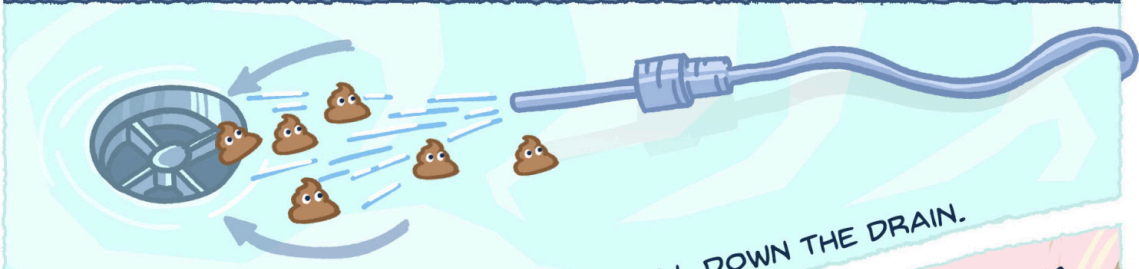
AND NEXT COMES THE MESSY PART...

LET IT GO!



"THE DRAIN IS HOWLING LIKE THIS SWIRLING STORM INSIDE
COULDN'T KEEP IT IN;
HEAVEN KNOWS I'VE TRIED..."

IT'S TIME TO SQUIRT YOUR SHIT OUT. AIM FOR THE DRAIN AND DON'T WORRY ABOUT THE MESS. IT MIGHT TAKE SEVERAL PUSHES.



USE THE WATER PRESSURE TO FORCE IT ALL DOWN THE DRAIN.

IF TOO SOLID, INCREASE WATER PRESSURE, BLAST IT TO PIECES!



OR SQUISH IT DOWN LIKE A BUG WITH YOUR BIG TOE! EWWW!



THIS IS A MESSY PROCESS, BUT IT'S ALL COMING FROM YOU. BETTER TO MAKE A MESS IN THE SHOWER THAN IN BED.

RINSE AND REPEAT

FAST

REPEAT **MINIMUM OF 5 TIMES**. IT COULD TAKE DOZENS OF TIMES, THAT'S ALRIGHT.



IF THE WATER HAS SOME COLOR OR SMELL, DO IT AGAIN, AND AGAIN.



IF THE WATER IS NOT CLEAR, NO MATTER HOW MANY TIMES YOU TRY, YOU PROBABLY WENT PAST THE SIGMOID, AND NOW HAVE TWO CHOICES:

- 1) PROCEED TO A FULL CLEANING, THIS CAN TAKE AN EXTRA HOUR.
- 2) STOP. TELL YOUR BUTT BUDDY IT WILL BE ORAL SEX ONLY FOR TODAY. HONESTY IS BETTER THAN POOPDICK.



IF ALL THE WATER COMES OUT SPARKLING, YOU ARE DONE! **SOAP UP**, RINSE AND DRY.

CONGRATS!

FULL

IF YOU ARE DOING A FULL PREP, YOU HAVE SOME WORK TO DO...



MOST OF THE WATER WILL BE TRAPPED IN THE DESCENDING COLON. YOU WILL FEEL CRAMPING AND SOME WATER WILL COME OUT, BUT NOT ALL.



THERE'S A LOT MORE THAT NEEDS TO BE EVACUATED.

IT USUALLY TAKES 5 OR SO FULL, COMPLETE FLUSHES UNTIL THE WATER COMES OUT CLEAN AND YOU ARE EMPTY, BUT IT DEPENDS ON THE DAY AND THE PERSON.

YOU NEED TO INDUCE CRAMPS TO PUSH THE WATER BACK OUT. THERE ARE EASY TRICKS TO MAKE SURE YOU GET IT ALL...

CONTINUE >

THERE ARE SEVERAL YOGA POSES THAT HELP WITH RELEASING WATER:



RECLINING FRENCH WENCH (ON YOUR LEFT SIDE)

STINKING LOTUS



UPWARD-FACING CRAB

SWITCH POSES, MOVE AROUND, SHAKE THAT BELLY UNTIL WATER COMES OUT. TRY ADDING MORE WATER AS YOU CHANGE POSES, AND REMEMBER THE ANATOMY OF YOUR PIPING.

THESE DANCE MOVES CAN HELP TOO, TRY THEM OUT, SEE WHAT WORKS:

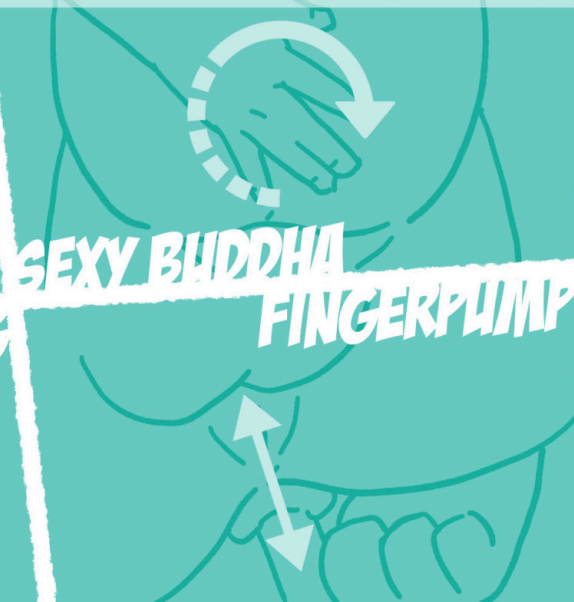
SHAKE THAT BELLY, CHUNK! SHAKE IT HARD AND MAKE THAT COLON MOVE.



TRUFFLE SHUFFLE
SQUIRKLING

PUSH AROUND YOUR HOLE WITH TWO FINGERS, REALLY FAST, HOLE GOING IN AND OUT.

PRESS ON YOUR BELLY IN A CIRCULAR MOTION, IN THE DIRECTION OF YOUR PIPES, CLOCKWISE!



SEXY BUDDHA
FINGERPUMP

FINGER YOURSELF (USE LUBE), REACH YOUR SIGMOID AND PULL IT IF YOU CAN.

KEEP REFILLING YOURSELF WITH WATER, USING ACTION TO INCITE YOUR BOWELS TO MOVE. ONCE THINGS COME OUT FROM THE DEEP END, IT WILL BE MESSY AS FUCK, THAT'S EXPECTED. CLEAN YOUR MESS AND REPEAT UNTIL THE WATER THAT COMES OUT IS CLEAR.

HOW DO YOU KNOW WHEN YOU ARE CLEAN?

IF YOU LEAVE THE SHOWER AND GET DEAFENING INTESTINAL GROWLS, YOU ARE NOT DONE. USE THIS CHECKLIST TO FIGURE OUT IF YOU ARE TRULY CLEAN AND EMPTY:

WATER SMELLS: IF IT STINKS, THAT MEANS THERE'S MORE TRAPPED INSIDE. PERHAPS A LOT MORE. YOU ARE NOT DONE YET.

MUCOSA: YOU MIGHT SEE CLEAN WATER WITH TRACES OF INTESTINAL LINING (LOOKS LIKE SNOT, SLIMY AND ICKY, IT'S NOT SHIT, DOESN'T SMELL). IT COULD INDICATE YOU'VE REACHED THE END.

LAST FART: AIR FLOATS, SOMETIMES THE LAST THING TO COME OUT IS A FART, BUT NOT ALWAYS, IT COULD JUST BE A REGULAR FART. DON'T TRUST IT IF IT SMELLS.

EMPTINESS: THERE'S A PARTICULAR FEELING OF EMPTINESS AND A WEIRD CRAMPING WHEN YOU ARE TOTALLY CLEAN. LEARN TO IDENTIFY IT, THIS SKILL WILL IMPROVE WITH PRACTICE.

CLEAN WATER: IF A TON OF WATER COMES OUT AFTER A WHILE OF BEING STUCK, AND IT'S TOTALLY CLEAR, IT COULD SIGNAL THAT YOU ARE DONE.

PRO TIPS! WITH HERMIONE THE HEMORRHOID

DIGITAL SCALE

WEIGH YOURSELF BEFORE GETTING IN THE SHOWER. IF YOU WEIGH MORE WHEN YOU COME OUT, YOU'LL KNOW THERE'S WATER STILL INSIDE.

EAT FIBER

YOUR DIET WILL DETERMINE HOW EASY IT IS TO CLEAN. FIBER CLEANS YOUR GUT, METAMUCIL IS A GOOD SUPPLEMENT TO TRY.

COLD WATER

IF YOU USE COLDER WATER AT THE END, YOU'LL GET MAD CRAMPS. SOME PEOPLE HATE THIS! IT MIGHT FEEL REALLY UNCOMFORTABLE, BUT IT CAN HURRY THINGS ALONG.

EVERY BODY IS DIFFERENT

REMEMBER TO ADAPT THIS GUIDE TO WHAT YOUR BODY TELLS YOU. YOU MIGHT NEED MORE TIME OR WATER, OR LESS, YOU WILL LEARN WITH TIME AND PRACTICE.

THAT'S IT! PLAY SAFE AND HAVE FUN! AND FOR HEAVEN'S SAKE, SOAP UP AND RINSE REALLY WELL AFTER YOU ARE DONE!

CREATED BY BLINDJAW
FEEL FREE TO SHARE!



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THE END
CONGRATS! GO GET SOME BUTTSEX!