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The Enema

Purpose

To support detoxification by cleansing the colon & stimulating the liver to dump bile, its main avenue of waste elimination. This simple water therapy is safe & effective at reducing the common side effects of Functional Detoxification: headaches, fatigue and irritability.

Equipment needed:

- Enema kit. Available from online pharmacies
- Lubricant (KY Jelly, olive oil or butter work great)
- 1 ½ Litres pure water (boiled or distilled) that is nice & warm to the touch
- optional: 1 tsp. powdered probiotic (to replace the health promoting bacteria)
- optional: 1 tablespoon liquid chlorophyll
- optional liver cleansing ingredient: 1 cup regularly brewed organic coffee

Directions

1. Mix the above ingredients together, re-check the temperature and place solution in your enema bag (valve closed).
2. Open valve to fill tube and remove any air bubbles in the tube, close valve and lubricate the tip of the tube as well as the anus.
3. Hang the enema bag on the bathroom door or towel rack.
4. On several bath towels, lay down on your left side with your knees bent. Gently and steadily insert the enema tube into the rectum approximately 10-15cm with the tip pointing towards your navel. **Warning: Do not force the tip. If you experience resistance, change the angle and try again.**
5. Open the valve and let the solution flow into your rectum as much as tolerated. It helps to massage the abdomen to relax the colon and allow filling, especially if it becomes uncomfortable. You can also try to move the liquid upwards by laying on your back, knees bent, and raising your hips for a few seconds. This should immediately reduce the pressure.
6. A small amount of liquid may remain in the bag. It is not necessary to completely empty the contents of the bag. Close the valve and remove the tube when you are done.
7. Rest on your left side or on your back with knees bent for 1 to 5 minutes and gently massage your abdomen in a clock wise fashion
8. slowly get up and evacuate on the toilet.
9. Wash the enema bag and the tube with soap and hot water following each use.

NOTE: when you first do an enema, stay close to the toilet for a few hours to get a sense how your bowels will react