

Water Enema

Find a warm comfortable place to administer the enema in private – near a loo, where you will be able to relax undisturbed for plenty of time. It helps if you are able to poop before the enema, but don't worry if you can't. Hang the bag not more than 3 feet above your bum. The door handle is ideal.

Close the tap & fill the bag with warm filtered water.

Lubricate the pipe (the small tapered one) & your anus with oil for easy insertion.

Make sure you are relaxed and undisturbed in a warm room. Play some music or have a book to hand. You may like to either raise your hips with a pillow, or lie on your left side. Some people find being on all fours the most effective position.

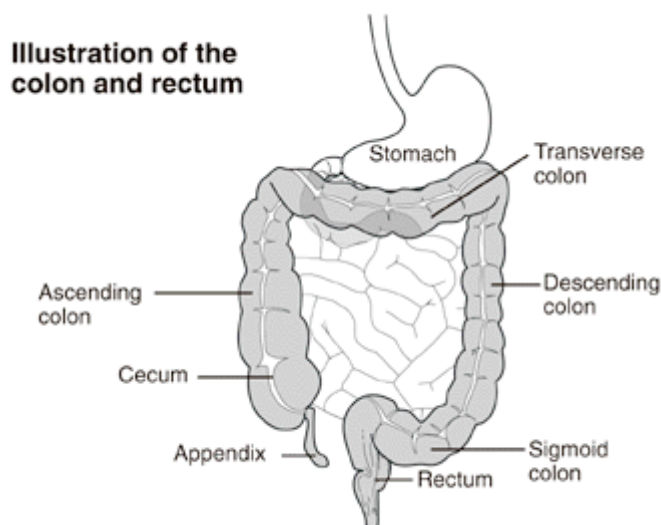
Run a little water through first to get out any air bubbles. Insert the tube & open the clip (leave the tap parallel to the tube & don't move it again). Take in as much water as you are comfortable with & hold it for as long as you can. Try taking a little more & hold once again. Don't expect yourself to take the whole bag straight off. Little by little is the way!

If the water is not flowing, gently rotate or move the tube in & out until the flow is unhindered. Massage your abdomen – especially the descending colon.

When you are ready to release, gently get up & sit on the loo. Keep your knees raised & again massage your tummy – aiming to feel where anything may be held or blocked.

Repeat until you feel you've had sufficient release. As you take in further water work your way around the transverse & ascending.

Afterwards re-balance your body by taking good quality probiotics, drinking fresh vegetable juices, eating juicy green salads & drinking plenty of water.



COFFEE ENEMA

Coffee enemas rapidly help remove toxins from the liver. They often provide quick relief when one is fatigued, sleepy, has headaches, or is just feeling poorly. They also help against spasms, pericardial pain and difficulties resulting from the sudden withdrawal of all intoxicating sedation.

A coffee enema, when done properly, causes the liver to produce 600 times more toxins, opens the bile ducts, and causes the bile to flow. In this process, a toxic liver can dump many of its toxins into the bile and get rid of them in just a few minutes. This often gives great relief to all parts of the body, and often makes the difference between lying down feeling miserable and feeling good and being active. Coffee enemas are also effective in relieving pain. Patients with cancer, for an example, may achieve relief from pain even when drugs have failed.

Drinking coffee has an entirely different effect from that of using it as a cleansing enema. Drinking causes the following problems: increases reflex response; lowers blood pressure; increases heart rate; causes insomnia and heart palpitation; over stimulates the adrenals; irritates the stomach; and leaves a toxic residue in the body.

Preparing the Coffee Enema

Put 1T of coffee per person in a cafetiere (French press). Either pour cold water over the grounds the night before, and place in fridge, or pour boiling water over coffee just prior to enema.

Have a pure water enema first. Then place the coffee solution in the enema bag & top up with warm & cold filtered water to 2L, until the temperature is correct. Breathe deeply, in order to suck in the greatest amount of fluid into the necessary parts of the colon. It also helps to let all of the air out of the lungs and suck the gut in and out while in this position.

The fluid should be retained for as long as possible - 12 to 15 minutes is ideal. The caffeine goes through the veins directly into the liver. If you can't hold this long, don't worry – do the best you can.

People who do coffee enemas should be on a good diet of fresh juices & salads, to insure the replenishment of mineral salts. *The Chemicals found in normal coffee could damage the liver **Use ONLY organic coffee!**

OTHER ENEMAS

Garlic: either blend 1 clove of garlic in a little water, or crush one clove of garlic and stir into water, then strain. Add the garlic water to the enema bag. Great for fungus, yeast & parasites.

Barleygrass / Wheatgrass: add fresh juice, or mixed up powder to your enema bag for a chlorophyll infusion – yummy!