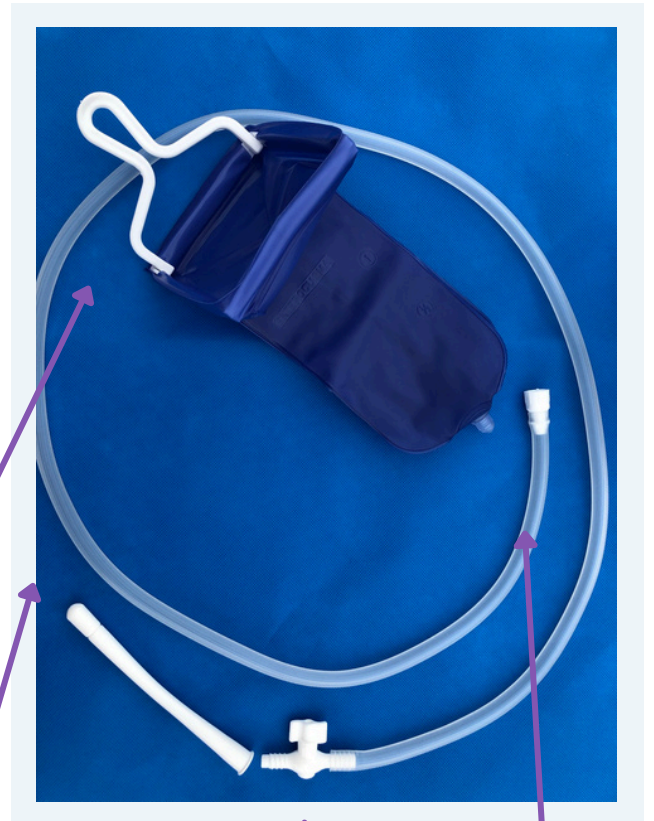




# How To Use The Enema Kit



- Wash the enema bag in warm water before the first use.
- Attach the tubing to the bag and screw tightly.
- Attach the **short** nozzle which is for rectal use. The longer one with perforations is the vaginal nozzle.
- Close off the valve to stop any liquid from leaving the tube.
- Fill the enema bag with warm filtered water (initially) and either hang from a bathroom door or hold at shoulder height. Coffee or herbs may be used later.
- Aim the nozzle towards the sink and open the valve to allow air bubbles to be expelled from the tubing. Allow the liquid to flow, then close the valve.
- Place a towel on the floor and lie on your left. Lubricate the nozzle with oil or another suitable lubricant and insert into the rectum.
- Switch on the valve and allow the fluid to flow.
- After 20 seconds, move onto your back with knees raised and continue to allow the water to flow.
- Allow 1/2 - 1 litre of fluid to flow, or whatever feels comfortable for you.
- Stop the water by turning the valve remove the nozzle from the rectum.
- Sit on the toilet and massage the lower abdomen to release the water and waste.



*Hook for door*

*Tubing*

*Rectal nozzle*

*Valve*

*Attach to bag*



- Repeat if necessary using coffee or herbal teas.
- Clean the nozzle daily and the bag and tubing weekly.



## What to expect:



- You may see some pretty gross stuff in the toilet. Don't be alarmed. Remember, this is old faecal matter that may have been stuck for a long time. You may see mucus. You may actually even see parasites (usually worms).  
BETTER OUT THAN IN.
- You're probably going to feel amazing after your coffee enema. If you are experiencing detox healing crisis symptoms (headache, feeling lousy, fatigue, etc), do a coffee enema to speed the healing process.

## More options

After you've done your enema, you can do a probiotic implant. You do this in a similar way, but with much less water. Put 1-2 capsules of live probiotics in 1 cup of lukewarm water. You will also insert this water in the same way as the coffee enema. Try to hold this implant in as long as possible (it won't feel as uncomfortable as the coffee enema), and release it into the toilet when you feel like you can't hold it in any longer (you can usually hold this for an hour or longer). Other people like wheatgrass implants too. Want to get creative? Do a quick google search about other enema implants. Your search will yield many results.

