

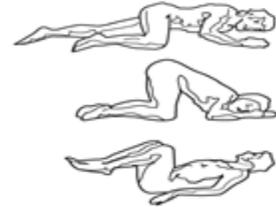
Enema Instructions

When used appropriately, enemas can be an important part of cleansing, detox and weight loss. Enemas are useful if you are constipated, feel excessively toxic, are experiencing a cleansing reaction or are just plain sluggish. The more experience you have giving yourself enemas, the easier it will become.

Supplies

- 1 large towel
- 1 enema bag
- Olive oil to lubricate enema tip
- 2-4 quarts pure, tepid water (room temp, purified)

Positions for Self Administration



Step 1)

Close the clamp on the water tube and fill your enema container with water. Allow water to flow to end to release air bubbles. Lubricate the tip you will be inserting into your rectum. With tip in hand, lay down on your back or your right side. Hang bag 18-24" high.

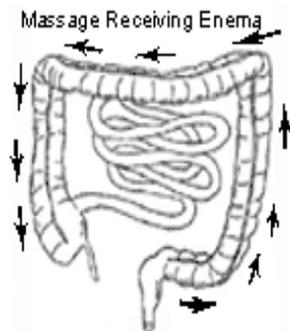
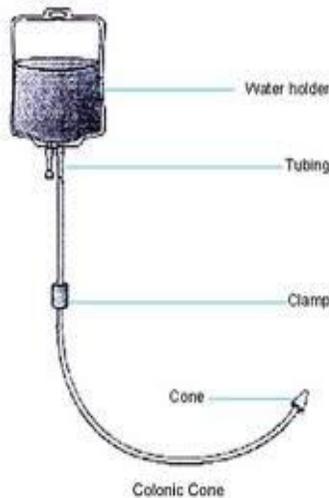
Step 2)

Slowly insert the enema tip and when you are ready, gradually loosen the clamp, keeping it in your hand to control the flow of water. A gentle stream of water will then enter into your body. Breathe and relax. Pressure can be caused by gas in the intestines. Allow the water to flow into your and begin gently massaging your abdomen. When all of the water has entered your colon, slowly pull out the tip.

Step 3)

Move into the following positions for two to five minutes each, massaging your abdomen the entire time helping to move the water to each part of your colon

- 1) Roll to your left side.
- 2) Turn over and position yourself so you are up on all fours.
- 3) Lay down on your back.
- 4) Turn onto your right side.



****If you feel sick, or sluggish, have excessive gas, strong food cravings or, if you are considering coming off a cleanse due to discomfort, before deciding, take an enema. The best time of day to do an enema is first thing in the morning, ideally after a natural bowel movement****