

## ENEMA (e-Cleanse) SUPPLIES ARE AVAILABLE FROM WELL NATURALLY

### Supplies:

Specially Grown and processed ground coffee, available at Well Naturally

Enema Bucket-we prefer plastic bucket

32 oz. Glass Measuring Cup

Lubricant-organic coconut oil

Latex Glove

Alcohol for sanitizing

Filtered Water

Fine Strainer

Pot

Cushion or Towel to place on floor

Pillow for under head on floor

**\*\*Standard Mixture for ONE enema:**

3 rounded tablespoons organic coffee (available at Well Naturally)

32 oz. of filtered water.

Prepare coffee on Stove Top in pot:

- Bring water to boil
- Add 3 tbsp. of organic ground coffee to 32 oz. of filtered water
- Boil 3 minutes
- Simmer (covered) 15 minutes
- Let cool
- Strain coffee grinds through a fine colander, or use a French Press to separate coffee grinds from liquid
- Check the amount of liquid left after straining and replace the water that has boiled away to restore it to 1 quart (32 oz.)

**\*\* SAVE TIME & PREPARE A 3 Day Coffee Concentrate (must be used within 3 days)**

Follow instructions above for boiling & straining coffee but change amounts to 9 rounded tablespoons organic coffee in 30 oz. of filtered water.

When ready to complete 1 enema, pour out 10 oz. of concentrate per individual enema and add warm filtered water to reach 32oz.

### eCLEANSE PROCEDURE:

THIS PART OF PROCEDURE IS DONE WHILE SITTING ON THE TOILET:

- Make sure that the clamp is closed before pouring coffee into bucket.
- Hang enema bucket up over head near toilet. Look for a towel rack or shower curtain rod or shelf
- Lubricate end of tubing that will be inserted with coconut oil or other natural lubricant.
- Release the clamp allowing for all air in the tube to release into the toilet. When all trapped air in tube is gone, close clamp and gently insert just an inch or so of the lubricated tube into rectum

- Slowly release coffee allowing flow into rectum.
- Stop or slow down the flow if you feel cramping. It is helpful to evacuate bowels shortly after inserting a little of the coffee in order to eliminate fecal matter. Then begin to slowly release the coffee flow again from the bucket.
- It's ok if you can't retain the whole 32oz bucket of the coffee. The more you do the eCleanse, the easier it will be to retain more.
- Once the bucket is empty, remove from rectum. Clean up and move to floor if able.

THIS PART OF PROCEDURE IS DONE WHILE LYING ON THE FLOOR

- Lie on right side with legs pulled up in fetal position (lie on soft towel or cushion with large garbage bag or shower curtain underneath you for accidental leaks or spillage. Put pillow under head).
- Retain the coffee mixture for 12-18 minutes.
- Get back to toilet and evacuate. Be patient, it may take a little while to empty completely.

Be sure to wash out the bucket with hot soapy water and alcohol, allowing clean water to run through the length of the hose. Thoroughly wash the section of the tubing that was inserted.

It is important to take a potassium supplement when doing regular eCleanses.