



# Aussie Health Co.

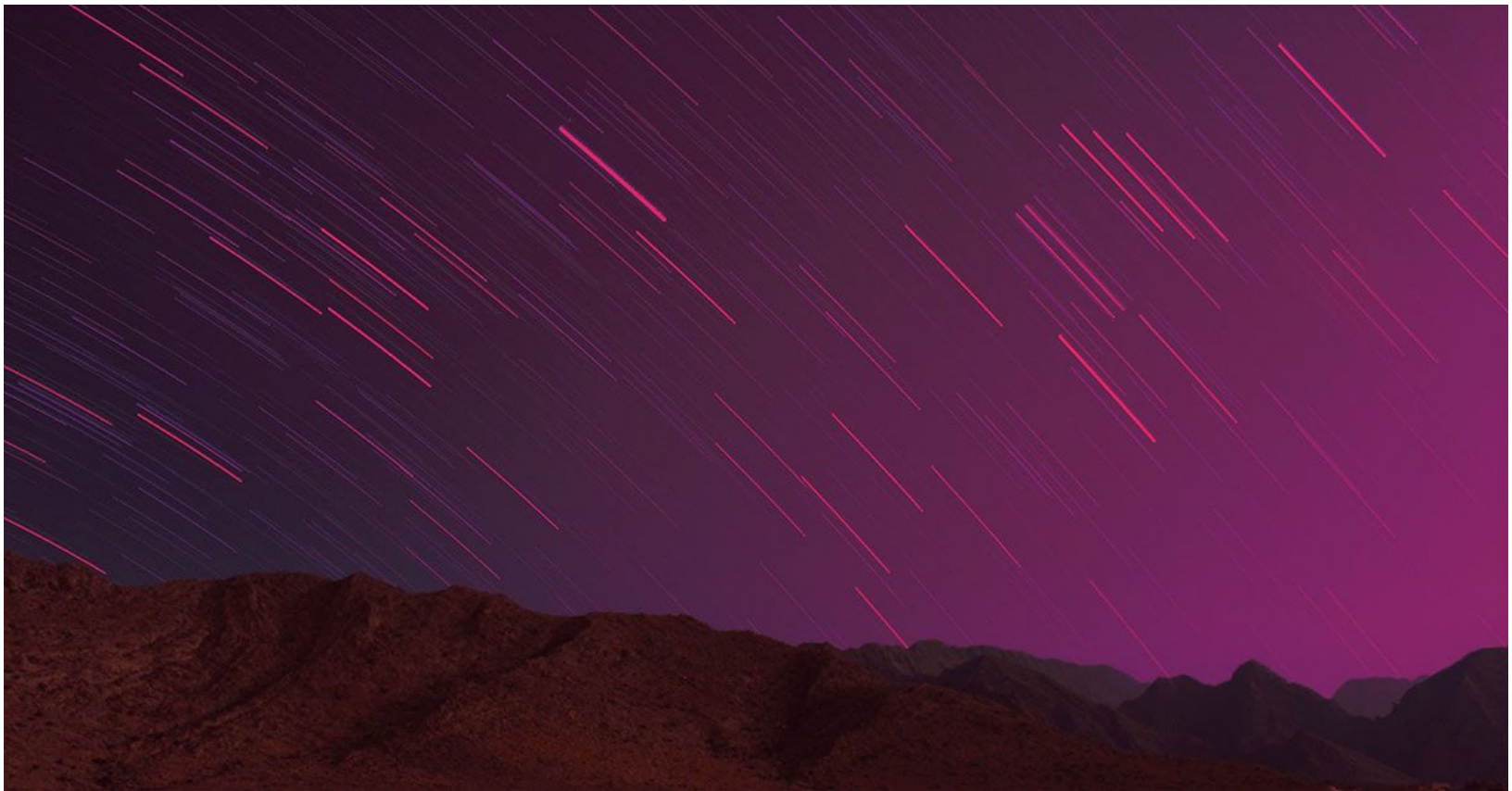
*Your Free Guide*

Designed the official Aussie Health Co **Enema Coffee**



**IMPORTANT DISCLAIMER:** This document should be used as a general guide only. If you are interested in carrying out a Coffee Enema you should seek professional advice. Coffee Enema's can be hazardous and it's important to know how to carry out the procedure safely. Aussie Health Co does not offer professional healthcare advice and takes no responsibility for any injury arising from the procedure. By reading this guide users agree to carry out the procedure at their own risk.

---



## An Introduction

- - - - -

Enema Kits provide a great and popular way for people to cleanse their bowels, with an easy to use tool that leaves you feeling cleaner, lighter and healthier almost immediately. The main job of the colon is to absorb water and nutrients from food and remove unwanted waste and toxins. Our Enema Kits are designed to ensure that this process is working efficiently and to help your body along with its cleanse.

If you're new to Enemas, we suggest you **watch this video to get started** :)

<https://www.youtube.com/watch?v=o5kdlaD2QSY>

---

---

## Preparing your Enema Coffee

-----

Before performing your first coffee enema, we advise you scroll to the bottom of the guide and read the health hazard section. It's important you understand the implications of doing a coffee enema and the possible side effects associated with it.

It's recommended that before performing a coffee enema, you should perform a regular enema using a non-tainted water solution to wash everything out until the water runs clear. A coffee enema is reported be an excellent way to clean the liver, but should only be done when the colon is clear.

What you will need:



1 x bag of Aussie Health Co Certified 100% Organic Coffee



1 x Aussie Health Co Silicone Enema Bag or Steel Enema Bucket Kit



1 x stove, pot and strainer for preparing the coffee solution before use

---



### 1. Prepare the Coffee

Take 3 flat tablespoons of Aussie Health Co ground organic coffee and add it to 1 quart of distilled water in a pot and let it boil for 3 minutes and then simmer for 20 minutes. Strain and cool until the water is body temperature.



### 2. Retain for 12 - 15 minutes

Pour the strained cool coffee solution into your enema bag or bucket and start performing an enema, slowly releasing the fluid with the help of the clamp. Retain the solution for 12 to 15 minutes.



### 3. Release the fluid

Done! Release the clamp and any remaining fluid. For more instructions on performing a standard enema, please see the 8 step guide below.

---

## The 8 step guide to performing an Enema at home

-----



1.

**Understand what a cleansing enema is.** A cleansing enema is what most people think of when they hear the word "enema": designed to be quick and easy, this enema is supposed to cause quick evacuation and help clean the colon. There are several different kinds of cleansing enemas.



2.

**Mix whatever herb or supplement you choose with water, making sure to dilute the solution properly.** Err on the side of caution: Always dilute the enema solution more than you think is necessary. An enema is supposed to be mainly water. The supplements are the supporting acts, not the main gig.

---



**3.**

**Use the clamp to control the flow, and fill your bucket or bag with clean, distilled water and any additional supplements.** Hold the insertion end of the tube over the bathtub or toilet. Open the clamp to let the water travel through the tube until it comes out steadily. Be sure that there aren't any air pockets in the tube. Once you are sure of this, clamp the tube to stop the flow.



**4.**

**Lie on your back, with your knees drawn towards your chest.** Depending on your comfort level or size, you might also find it more advantageous to lie down on your side; some people find it easier to take in more liquid while resting on their side.



5.

**After you are comfortable, insert the nozzle about three inches into the anus.** Stop if you feel any resistance and adjust the angle slightly until you can easily insert the tube.



6.

**Slowly release the clamp to start the flow of water.** Go slowly, as going too quickly can create the need to evacuate immediately. The key to a successful enema is to take in and hold in the liquid until the body's natural peristaltic movements begin. If you experience cramping, clamp the tube and take a deep breath before continuing. Lightly massaging the abdomen will also help.



7.

After you have taken as much water as you can hold, gently remove the nozzle. Continue lying on the floor, or move to the toilet.



8.

After you have retained the liquid for several minutes, sit on the toilet and relax. Wait until you are able to expel what you need to.

**DONE!** - Clean your equipment and let it air-dry before storage.

This Guide was originally posted on [WIKIHOW](#).



---

## Cleaning your Enema Bag

-----

It's important to ensure your enema kit has been properly cleaned and dried after each use to remove any bacteria and to ensure that no mold grows inside. As an extra precaution, a visual inspection of the equipment should also be undertaken before each enema. At a minimum (and for most people), we recommended that you flush your bag, tubing and tips out with hot soapy water after every use and air dry before storage. However, some people prefer to go to further measures (such as boiling their equipment or dishwashing it) of cleaning after each use or on a semi-regular basis.

The following is a more detailed method that some people like to follow using weak hydrogen peroxide to ensure any bacteria is killed.

**Step 1** - Take your enema kit apart, removing the tube from the bag and the tip from the tube.

**Step 2** - Wash each part of the kit separately using a mix of anti-bacterial soap and water. Turn the bag inside out while washing to ensure all contents are cleaned thoroughly. Wash off with warm water.

**Step 3** - Reconnect all the pieces of the kit and pour two cups of 3 percent hydrogen peroxide into the enema bag and let it flow through the tube and the tip before applying the clamp to trap most of the liquid.

For an even deeper clean, keep liquid in the bag and tube using the clip for 2 to 10 hours.

**Step 4** - Drain the liquid and thoroughly wash with water. Leave to air dry with the clamp open for up to 8 hours. Ensure the kit is completely dry before storage.

---

---

## Important: Possible Health Hazards & Safe Use

- - - - -

1. Always discontinue the enemas if there is any adverse reaction whatsoever, and discuss it with the doctor at your next appointment.
  2. Only use 100% organic coffee. Regular commercial coffee used for the purpose of an enema has been recorded in some cases to cause liver damage.
  3. Overuse of coffee enemas could result in electrolyte imbalances.
  4. The caffeine in the coffee or tea enema may lead to caffeine addiction.
  5. Caffeine enemas must be avoided by pregnant women and people with caffeine sensitivity.
  6. Overuse of any type of device designed to temporarily excite the nerves of the colon (such as an enema, colonic, or suppository) could result in decreased function of the bowels.
  7. It's recommended you perform a coffee enema during or following a cleanse. It's reported positive effects may lessen if performed while on a poor diet.
  8. If intestinal gas is a problem, some exercise before the enema may eliminate the gas.
  9. If water will not flow around the entire colon, you may gently massage your abdomen.
  10. If the enema makes you jittery, reduce the amount of coffee.
  11. The enema may lower your blood sugar. If so, eat something just before or after taking the enema.
-

12. It may help to place a small pillow or rolled up towel under your buttocks so the water flows downhill into your colon.
  13. Use of hot liquid in the rectum could result in serious internal burns.
  14. Extensive use of enemas could result in dehydration.
-