



- ① SOFT ATTACHMENT (BEGINNERS)
- ② FIRM ATTACHMENT
- ③ DOUCHE ATTACHMENT
- ④ INSERT INTO BAG
- ⑤ CONNECT TO TUBING (4)

YOUR ENEMA & DOUCHE KIT HAS ARRIVED!

Freshen your insides and reduce toxic build up in your body with our superior home enema kit.

The colon carries out 2 vital functions that are so important to a healthy digestive system:

- It collects and removes waste and toxins from the body, and
- It absorbs water and nutrients from our food before releasing it into the blood stream.

Enemas are a great way to flush out waste deposits that may have accumulated over the years.

This not only takes a burden off your colon, it helps to reduce strain placed on the liver, kidneys, lymphatic system and even your skin as they all work to expel toxins.

An accumulation of waste and toxins can interfere with the body's metabolism, so you may even experience higher energy levels and increased weight loss as a result. If you've been feeling heavy or sluggish, it could be time for an internal flush.

We make it easy with our superior home enema kit.



NEXT STEPS & ADDITIONAL TIPS

Watch the instructional videos online here
healthystore.com/detoxandnourish



ENEMA & DOUCHE KIT

Freshen your insides and reduce toxic build up in your body with our superior home enema kit.

IMPORTANT:

BEFORE USING YOUR KIT FOR THE FIRST TIME, WASH IT 2-3 TIMES WITH A NATURAL SOAP SUCH AS DR BRONNER'S CASTILE SOAP OR YOUNG LIVING THIEVES AND WARM WATER. YOUR KIT IS PRIVATE, SO DO NOT SHARE IT WITH OTHERS.

ENEMA INSTRUCTIONS

The best time to do an enema is first thing in the morning on an empty stomach (ideally after a bowel movement). Try to do it on a day when you won't be interrupted.

Fill the durable silicone enema bag with 1-2 litres of lukewarm solution (recipes over page) being careful not to overfill. Use only filtered water in your solutions and ensure it is a comfortable temperature (between 36-38° C or 98-102° F).

Use the easy to hang hook to set it no more than 3 feet above where you will be doing the enema. The flow control clamp helps to ensure a consistent gentle stream. Make sure there is no air in the tubing by allowing a little of the solution to release into the sink, then clamp the tube to stop the flow.

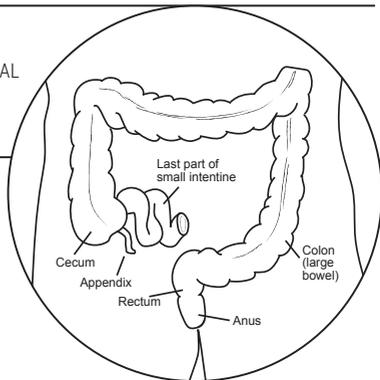
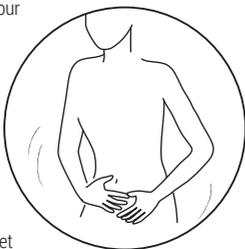


Lie on your left side with left leg straight and your right leg bent forward toward the chest. Alternatively, it may be easier to sit in a squatting position as if having a bowel movement. Whichever is more comfortable for you is the right option.

Lubricate the tip with oils such as olive, coconut, almond, grapeseed. Take a few deep breaths to help relax the muscles. With steady pressure, gently insert enema tip into your anus with the tip pointing toward navel (approx. 3 inches). Do not force it as it could cause injury.

Unclamp the tube to the flow you are comfortable with and gravity will allow the solution to flow.

Once the bag is nearly empty, or your body has taken as much fluid as it allows, first clamp the tube to stop the flow of water then gently remove tip. Lightly massage your abdomen from left to right (up the left side, then left to right below the navel). Continue laying down until the urge to have a bowel movement is strong. Go to the toilet and let your body do its thing.



Be sure to clean equipment thoroughly after every use. Refill for a minimum of 2-3 times and use water in entire enema bag for maximum efficiency.

VAGINAL DOUCHE INSTRUCTIONS

The best time to douche is first thing in the morning before you shower. The most comfortable and hygienic place to douche is the toilet, however you may prefer the bathtub or shower.

Combine 750ml of lukewarm filtered water with 80-100ml of apple cider vinegar, then pour solution into the durable silicone bag. Using the easy to hang hook, position the bag no more than 3 feet above where you will be.

The flow control clamp helps to ensure a consistent gentle stream. Allow a little of the solution to release into the toilet or sink, then clamp the tube to stop the flow. This releases any air bubbles.

Sit on the toilet (or position yourself with your hips pointing upwards in the bath) and gently insert the nozzle into your vagina as far as it goes. Release the clamp and allow the water to gently spray into your vagina then drain into the toilet. Remove the nozzle and stay seated for an extra 30-60 seconds so it drains completely.

CLEANING

Be sure to clean and sanitize your kit after EVERY use and allow to dry fully before storing away. Wash the bag with soap and water. Use natural soap or make your own.

Allow the bag, tubing and nozzle to soak for several minutes, then remove and rinse with plain tap water. Finally, run a mix of warm soapy water through the bag and tubing until empty.

IMPORTANT: If you at **ANYTIME** experience pain **STOP** immediately!



ENEMA & DOUCHE SOLUTIONS

ENEMA SOLUTIONS

Use only filtered water in your solutions and ensure the solution is a comfortable temperature (between 36–38° C or 98–102° F).

Note: The recommended time to retain the enema solution is set out in the solution recipes. However, always listen to your body. This process should not cause high levels of discomfort.

SALINE ENEMA

The most comfortable and gentle option, this helps your body retain electrolytes (unlike plain water) while softening plaque and faecal build-up.

- 2 teaspoons Himalayan rock salt or sea salt.
- 2 litres warm filtered water

Combine and mix well until all salts are dissolved. Administer the solution and retain for 10 minutes or as long as is comfortable.

Optional: Add 1 tablespoon baking soda to neutralise acids and restore alkalinity.

COFFEE ENEMA

As well as being known for carcinogenic detoxification, neutralising free-radicals, and eliminating toxic bile from the liver, coffee enemas help to promote beautiful fresh skin.

- 2–3 tablespoons of ground organic coffee
- One litre of filtered boiled water

Add 2 tablespoons or more of the organic coffee to the water and boil for 5 minutes. Allow it to cool to a comfortable temperature, then filter and administer the solution. Retain for around 15 minutes.

GARLIC

Loaded with potent antibiotic, antifungal, and anti-parasitic properties, garlic is used to clear candida, intestinal worms and other parasites.

- 3 garlic cloves, crushed (allow to sit for 10 minutes before adding to water)
- 2 litres filtered water

Add garlic to water and allow to sit for 2–12 hours. Strain and heat to a comfortable temperature. Administer and retain for 15–30 minutes.

LEMON JUICE

Suitable for relief from colitis and chronic constipation, this is a great cleansing option which also helps balance the colon's pH levels.

- 2/3 cup freshly squeezed lemon juice
- 2 litres warm filtered water

Filter the juice and mix pulp-free with warm water. Administer the solution and retain for up to 10 minutes, or as long as is comfortable.

ACIDOPHILUS

For people who use enemas regularly, this blend replenishes beneficial bacteria. It is also helpful for people with IBS, constipation, haemorrhoids, inflammatory bowel diseases and colon cancer.

- 4–5 capsules dry acidophilus (open the capsules) or 1 teaspoon powdered acidophilus
- 2 litres warm filtered water

Combine and mix well. Administer the solution and retain for up to 10 minutes, or as long as is comfortable.

Hot Tip: Tyler uses sauerkraut juice 1/2 cup added to 2 litres of water.

ALOE VERA

Very soothing with strong anti-inflammatory properties, this solution will help promote healing of haemorrhoids, irritable bowel syndrome or diverticulitis.

- 1/3 cup Aloe Vera juice
- 2 litres warm filtered water

Combine the juice and warm water and mix well. Administer the solution and retain for up to 20 minutes, or as long as is comfortable.

DOUCHE SOLUTIONS

SPARKLY CLEAN

Colloidal silver can be used on its own or added to an apple cider vinegar wash. It has incredible anti-fungal properties making it a great treatment for candida.

Mix ½–1 teaspoon of colloidal silver per 250ml of lukewarm distilled water.

ANTIFUNGAL

Great for clearing thrush, restoring the pH balance of your vagina and replenishing good microflora.

Combine 200ml of warm filtered water, 30ml of apple cider vinegar and either 1 teaspoon of acidophilus powder or the contents of two capsules.

FRESH AS A DAISY

Very soothing with strong anti-inflammatory and anti-viral properties, this solution is particularly effective to promote healing around childbirth or trauma.

Add some calendula herb to a pot of hot water and allow it to boil for around half an hour or so. Strain and let cool to a comfortable temperature.

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