WHOLE HEALTH COLONICS
ANNE-LISE MILLER

Enema

Although much less thorough than a colonic irrigation, an enema is a very good way to supplement any colon cleansing programme and to maintain a healthy colon. It can be administered from once a week to once a month.

You may use:

- Filtered or mineral water.
- Organic filtered coffee (to make the coffee, simmer a heaped tablespoon of organic ground coffee per pint of water for at least 10 minutes). This will encourage the liver to release bile and detoxify.
- Peppermint tea: useful for wind, bloating and flatulence.
- Camomile tea: useful for I.B.S. or spastic colon.
- Acidophilus (open 4 capsules in enema water)

Obtain an enema apparatus with a 1-to-2-litre container.

Fill container with warm (about body temperature) water or medicinal tea/coffee and place or hang about 3ft from the floor.

Adjust the small nozzle (the large one is for douche) at the end of the rubber tube.

Adopt the knee-chest position or lie on your left side on a towel on the bathroom floor near a toilet. It is also possible to do an enema while lying in a hot bath. This sometimes helps with discomfort/leakage.

Make sure there are no air locks before inserting the nozzle into the rectum.

Allow the water to run in slowly by controlling the intake valve on the hose.

When the pressure becomes too strong, or you feel it is becoming difficult to retain water, stop the water intake and take a short rest; then continue.

After the water has drained, take the nozzle out and turn onto your back.

Slowly massage the abdomen from lower left up to the ribs and across the abdomen to the right, with deep circular motions.

Turn on your right side.

Retain the water for 5 to 15 minutes, then release the fluid into the toilet.

Enema green coffee available from
Robusta Health
https://robustahealth.com/shop/

Recommended enema kit
1.9L stainless steel container with silicon tubing
https://www.amazon.co.uk/TopQuaFocus-Plastic-Reusable-Leak-Proof-Cleaning/dp/B07RPQXVNF

wholehealthcolonics.com

hello@anneliseMiller.com

M: 07502 222 269