



SPIRULINA ENEMA INSTRUCTIONS

Please read all instructions before starting the process.

1. Boil 1 quart of spring water in a stainless steel pot.
2. Cool the water to body temperature (not room temperature.)
3. Place 2 heaping tablespoons of organic Spirulina powder into the warm water. (Do not cool coffee in plastic.)
4. Pour it into the enema bucket. (Clamp tube to stop the run of coffee.)
5. Use olive oil to lubricate the tip and insert tube 6". (Place the flat white clamp about 6" from the tip of the tube to indicate the distance.)
6. Lay on your right side using your left hand to adjust the clamp to regulate the flow of the liquid to no more than a couple of ounces per minute. The slower the flow, the deeper and more effective it will clean. (Slide the adjustable clamp as far away from the bottom of the tube as necessary, for comfortable reach.)
7. Hold the enema for 12-15 minutes or longer. If you are having a hard time holding the liquid try kneeling with your head down. (Some leakage of liquid is normal.)
8. After you have eliminated all of the spirulina enema you will need to replenish your colon with beneficial Probiotic. Rinse enema bucket, fill with 4 oz. of warm filtered water and ½ tsp. of dairy free acidophilus. You want to retain this mixture in the body for at least an hour or overnight. (This step can also be done before bed time.)

Note: Enemas should be done after evacuation.

*Caution: Spirulina stains it's best to use old towels or do enema in the bathtub.

Note: Clean enema bucket every time with liquid Dr. Bronner's soap.

DISCLAIMER: As with any natural remedies enemas may result in your feeling worse before you feel better. Do not do enema if you have hemorrhoids, or fissures, or are allergic to spirulina or recently undergone any surgery. If you have medical conditions, contact your medical health care practitioner. Enemas are not guaranteed to cure or prevent illness.