

## Enema Recipes

By Cat, September 2008; updated February 13, 2018  
(Image of Enema/Douche Bag, right, from Amazon (17))

See also: [EnemaRecipes-v2.pdf](#) available as printable 16-page pdf:



### Enema Recipes

The enema is an ancient healing method, many believe that all disease begins in the gut, and an enema is a good place to start.

This article includes specific enema recipes, divided into sections:

**Easy-to-take and soothing** includes:

- Warm Water Enema (for diarrhea)
- Castile Soap Enemas (for constipation)
- Salt-Soda Enema (for spring cleaning; stimulates lymph)
- Aloe Vera Enema (for reducing bowel inflammation)

**Acidic or astringent** (can be hard to retain) includes:

- Apple Cider Vinegar Enema (for detox & pH balance)
- Lemon Juice Enema (for cleansing, detox, & pH balancing)

**Purging** includes:

- Garlic-Epsom Salt Enema (purging, as for getting rid of parasites)

**High Enemas** includes:

- Sweet Dairy Whey Enema (detox, minerals, pH balancing)
- Probiotic Enema (see also Probiotic Retention Enema, below)

**Retention Enemas** includes:

- Coffee Enema (for liver detox)
- Chlorophyll or Wheatgrass Enema (for pH balancing, mineral)
- Probiotic Retention Enema (Implant)

### Cautions:

- ▶ Do not use enemas for weight control.
- ▶ While enemas can be very helpful in helping you to detox or relieve constipation, if not done slowly and properly and with clean equipment, they can cause serious problems.
- ▶ If you are very constipated, or if you have diverticulitis, please seek the assistance of a medical professional.

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My intent is merely to raise awareness and express opinion.*

### Considerations:

While enemas can be very helpful for detox or to relieve constipation. But if not done slowly and properly and with clean equipment, they can cause serious problems. Do not force the fluid into your colon. If you encounter resistance to water flow, stop the slow and gently massage your abdomen and try again; repeat as necessary.

If you are very constipated, or if you have diverticulitis, please seek the assistance of a medical professional. And in the future, don't allow yourself to get so constipated, by using a gentle enema at the first sign of constipation, or by taking herbs for constipation.

### Specific Enema Recipes, by Category

#### Easy to take & soothing enemas

These enemas are the least resistant to the process. By that I mean: Your colon will naturally want to expel anything you put into it from the anus, because the colon's muscular wall is designed to move contents only one way: out. But the colon tissue is more tolerant of some fluids than others, and these are included in this section. These fluids also tend to be soothing to an irritated colon.

#### ★ *Warm Water Enema Instructions*

This enema is recommended for diarrhea, but can be used anytime. It is also used during the veggie-juice fast. In addition to removing toxins and relieving diarrhea, it also helps to re-hydrate the body, something that is important with diarrhea, or during illness.

Recipe:

- 2 quarts filtered water

Method:

1. Warm filtered water to 120° F. Pour 2 quarts of the warmed water into enema bag, Allow to cool to 105°. Hang in chosen spot. Insert tip (soap is a good lubricant), crouch so tip is about 2 - 3 feet below the bag, and allow fluid to flow into bowel, massaging abdomen to get all the fluid in.
2. Lie on floor/in bed on right side for 5 minutes, massaging abdomen; roll over to left side for another 5 minutes, continuing to massage abdomen. Then expel into toilet.
3. Repeat with another 2 quarts of warm water, if desired.
4. Follow with a probiotic retention/implant enema (see below).

#### ★ *Castile Soap Enema Instructions*

## Enema Recipes

This enema is recommended for constipation, and is the most common enema that hospital personnel are trained to do.

### Recipe:

- 2 quarts filtered water
- 2 -3 drops Dr. Bronners or other liquid Castile soap; or 1 packet Castile enema soap. Do NOT use shampoo or liquid detergent for this enema; they are too harsh and can lead to soap-induced colitis. Use only high-quality liquid Castile soap

### Method:

1. Warm filtered water to 120° F. Pour 1 quart of the warmed water into enema bag, add Castile soap, then add remaining water. Slosh bag to distribute the soap. Allow to cool to 105° F). Hang in chosen spot. Insert tip (soap is a good lubricant), crouch so tip is about 2 - 3 feet below the bag, and allow fluid to flow into bowel.
2. If you are constipated, deliver only about a cup of solution at a time, until you have emptied your colon (the water runs out clear, without cramping). For the first cup or so, don't try to hold it more than 5 minutes before voiding.
3. If you are not constipated, lie on side and hold as long as possible, 10 - 15 minutes, massaging abdomen gently in large counter-clockwise circles. Then expel into toilet.
4. VERY IMPORTANT: Always follow a soapsuds enema with a clear water enema (see above) to ensure the soap has been rinsed out. Use warm water at body temperature (about 99°F), and try to take an entire bagful (2 quarts) at once. If you have hard water, you can add some apple cider vinegar (1 - 3 tsp per quart of water), which will help remove any soap scum from your colon.

## Enema Recipes

### ★*Salt or Salt-&-Soda Enema Instructions*

This is a good cleansing enema and also stimulates the lymph system. Good to do as a spring cleaning, tho I like to do twice a year (spring and fall), along with a salt and soda bath. It's also fairly easy to retain - the salt and soda are soothing to the intestinal mucosa.

Recipe:

- 2 quarts filtered water
- 1 Tbsp salt (I use fine-grind unrefined sea salt); Caution: Do Not Use iodized salt
- 1 Tbsp baking soda (optional)

Method:

1. Warm filtered water to 120° F.
2. Stir in salt and soda until dissolved. Allow to cool to 105° - 110° F (it will cool further, to body temperature, in the bag). Fill bag and hang in chosen spot. Insert tip (soap is a good lubricant), crouch so tip is about 2 - 3 feet below the bag, and allow fluid to flow into my bowel.
3. If you are constipated, deliver only about a cup of solution at a time, until you have emptied your colon (the water runs out clear). For the first cup or so, don't try to hold it more than 5 minutes before voiding.
4. If you are not constipated, lie on side and hold as long as possible, 10 - 15 minutes, massaging abdomen gently in large counter-clockwise circles. Then expel into toilet.
5. After completing the enema, you can also take a salt and soda bath, to relieve symptoms during a cleanse: Mix 1/2 pound salt and 1/2 pound baking soda. Dissolve in hot bath water. Get into the bath and relax.

## Enema Recipes

### ★ *Aloe Vera Enema instructions*

Good healing treatment for inflammation of the bowel. (15)

Recipe:

- 1 - 1¼ quarts (4 - 5 cups) filtered water
- 1 cup pure aloe vera juice

Method:

1. Bring water to a simmer; allow to cool to 110 - 118 degrees F. Add aloe juice, then pour into enema bag.
2. Hang bag in prepared spot and insert enema tip (use a bit of soap to lubricate it). Allow fluid to flow into bowel, massaging abdomen in counter-clockwise direction (up left side, across top, down right side, across bottom).
3. Remove tip; lie in bed on right side for 5 minutes, massaging abdomen; roll over to left side for another 5 minutes, continuing to massage abdomen. Then expel into toilet.

### Acidic or Astringent enemas

Astringent substances are used to shrink mucous membranes, causing a discharge. They are felt as 'drying'. The astringent substance is often, but not always acidic. They may also be antiseptic, and/or anti-inflammatory.

If you have never done one of these before, I highly suggest using the lowest recommended amount of substance the first few times.

#### ★*Apple Cider Vinegar Enema instructions*

This ancient enema has many health benefits, and contains over 40 vitamins and minerals. It releases toxins from the liver and has helped arthritis patients, people with high blood pressure, and skin conditions. Other ailments helped by consuming apple cider vinegar are high cholesterol, insomnia and fatigue, liver and kidney problems, asthma, and more.

Candida (yeast) in the bowel thrives when the bowel is too alkaline; a cider vinegar enema encourages candida to exit, so is useful if you have problems with yeast overgrowth. Note, however, that candida will return in the next 24 - 48 hours, so this is not a permanent fix but rather provides temporarily relief from the symptoms. Note also that this does not affect candida that has entered the small intestine.

Be sure to take lots of probiotic foods (yogurt, kefir, sauerkraut, etc.) right after this enema to help restore proper microbe balance. You can also follow this enema with a probiotic enema or a probiotic implant.

It is also useful for rinsing out the colon after a soap suds enema, especially if you have hard water, since soap combines with the minerals in the hard enema water to make soap scum. The mild acidity of cider vinegar breaks up & removes the scum while restoring the minerals to the bowel.

Recipe:

- 2 quarts filtered water,
- ½ - 4 Tbsp apple cider vinegar

Method:

1. Warm water to 120° F. Pour 2 quarts of warm water into enema bag, Allow to cool to 105° then add vinegar. Hang in chosen spot. Insert tip (soap is a good lubricant), crouch so tip is about 2 - 3 feet below the bag, and allow fluid to flow into my bowel.
2. Repeat, if desired.
3. For some reason unknown to me, this enema is hard for me to retain more than 2 cups at a time.

See Health-Information-Fitness for more on this useful enema. (12)

## Enema Recipes

### ★ *Lemon Juice Enema instructions*

The following is from Prescription for Natural Healing, by Phyllis Balch, CNC. See Amazon for more about this book.

The main reasons to take a lemon-water enema are:

- to cleanse the colon of fecal matter;
- balance the pH of the colon for better nutrient absorption and increase your native probiotic colony; and
- general detox. NOTE: Especially if using for detox, alternate lemon juice enema with coffee enema on different days.

Recipe:

- 2 quarts warm, filtered water
- juice of 1 - 3 lemons \*\* see caution, below \*\*

Method

1. Warm water to 120° F, then cool to 110- 115 F. Meanwhile juice 3 lemons, and stir into the slightly cooled water. Pour mixture through a mesh filter into enema bag; allow to cool to 105°. Hang in chosen spot. Insert tip (soap is a good lubricant), crouch so tip is about 2 - 3 feet below the bag, or assume head down, buttocks up position on the floor. Allow fluid to flow into bowel, massaging abdomen to get all the fluid in.
2. Hold for 3 - 4 minutes before voiding. You can lie on a bed or the floor and lightly massage abdomen if needed during the holding time.

**\*\*Caution:** If you've never done a lemon juice enema before, I highly recommend starting with the juice of just one lemon, per 2 quarts of water. Lemon juice is very astringent, and your body will want to void it quickly, before you can get much into your colon. I also highly recommend doing a preliminary enema of 2 quarts warm water, to remove most stool, before doing the lemon enema. \*\*

## Enema Recipes

### Purging

Purging means getting rid of what you don't want. You would use a purging enema to get rid of parasites that reside in the colon, such as pinworms, infectious and other bacteria that are not native to the colon, and *candida albicans*.

Most astringent enemas such as those above, are also purging. And some others are purging without being astringent, such as the Garlic & Epsom Salt Enema.

Coffee is also purging in an enema (see Coffee enema, below)

### ★Garlic-Epsom Salt Enema instructions

Precaution: This enema is very purging. Use no more than twice during a fast. Good treatment for pinworms and threadworms in the large intestine.

Recipe:

- 3 cloves fresh garlic, minced
- 2 quarts filtered water
- 2 Tbsp Epsom salt

Method

1. Combine garlic and water in saucepan and simmer, uncovered, for 5 minutes. Strain if desired. Stir in Epsom salt and allow to cool to 110 - 118 degrees F, then pour into enema bag.
2. Hang bag in prepared spot and insert enema tip (use a bit of soap to lubricate it). Allow fluid to flow into bowel, massaging abdomen in counter-clockwise direction (up left side, across top, down right side, across bottom).
3. Remove tip; lie on floor or in bed on right side for 5 minutes, massaging abdomen; roll over to left side for another 5 minutes, continuing to massage abdomen. Then expel into toilet.



### High Enemas

These enemas are designed to push the fluid all the way to the cecum - the beginning of the colon (where the small intestine dumps into the colon). The first time you do one of these, you may not find them 'easy' to introduce, so I recommend first doing an 'easy' enema (above) such as pure water or Castile soap enema, to remove as much fecal matter as possible, that would otherwise cause resistance.

#### ★ *Warm Water High-Enema instructions*

See Warm Water Enema, above, for instructions and info. However, instead of the 3" tip, it is recommended to use a Davol tip which can be inserted to go farther up the colon. See Enema Basics: High Enema for more details.



## Enema Recipes

### ★Sweet Dairy Whey Enema instructions

This enema is recommended for acidifying the colon, primarily to improve the habitat for beneficial acid-living bacteria and reduce *candida albicans* populations. It is also mineralizing and helps with detox. This is part of WIT (Webster Implant Technique) originated by David Webster in his book *Acidophilus & Colon Health* (see Amazon for more). See also [TheWholeWhey.com](http://TheWholeWhey.com).

The main idea is to get this mixture all the way to the cecum at beginning of the large intestine (where the small intestine dumps into the colon), where most of the probiotic bacteria reside. This requires at least 2 quarts of water. If you cannot get all of it in before you need to void, then void all and do another 2 quarts.

Recipe:

- 3 - 4 Tbsp powdered sweet dairy whey\*
- 2 quarts filtered water, divided
- use a Davol tip to deliver the fluids farther up into the colon (see Enema Basics)

\* I recommend Bob's Red Mill Sweet Dairy Whey, a byproduct of the Oregon cheese industry, where the cows are pasture-fed (available at [iHerb.com](http://iHerb.com)).

Alternately, 8 oz fresh liquid whey from cheesemaking, is even better to use, as it has not been dried.

Method:

1. Warm water to 120° F. Dissolve whey in 8 oz (1 cup) of the warmed water, then pour into enema bag, and add remaining 3 cups warmed water. Allow to cool to 105°. Hang in chosen spot. Insert tip (soap is a good lubricant), crouch if necessary so tip is about 2 feet below the bag, and allow fluid to flow into bowel, massaging abdomen to get all the fluid in, especially when cramping.
2. Alternately, assume "head down, buttocks up" position, resting on knees and elbows while the enema is flowing. This downward tilt helps to get the fluid moving into the upper colon.
3. Lie on floor/in bed on right side for 5 minutes, massaging abdomen to encourage flow into the upper colon; roll over to left side for another 5 minutes, continuing to massage abdomen. Then expel into toilet.
4. Repeat with another 2 quarts of whey/water mix, if desired. Follow with a probiotic retention/implant enema (see below).

David Webster recommends Kyo-Dophilus (iHerb product code WAK-61049), which is 'specially cultured human strains of lactobacilli and bifidobacteria' that should colonize in your colon. I use iFora (iHerb product code SED-21001) because muscle testing indicates it is very good for me, whereas Kyo-Dophilus is not. See Probiotic Implant instructions below.

## Enema Recipes

### ★Probiotic Enema instructions

I include this in the high enema section, but it can also be used for the lower part of the colon. See also Probiotic Retention enema, below.

You want probiotic food or supplement that contains *bifidobacteria* (*bifidus*). This is because *acidophilus* (and other *lactobacillus* bacteria) prefer the small intestine and *bifidus* prefer the large intestine (colon), so you'll get the best results if your choice of probiotic includes *bifidus*.

If using plain, unsweetened commercial yogurt or kefir, open up 1 - 2 capsules of a *bifidus* probiotic and stir into the warmed yogurt before mixing with the water if the product does not already contain *bifidobacteria* in the culture (read the label)

Or use a powdered probiotic (or capsules) that is high in *bifidus* (*bifidobacteria*); Kyo-Dophilus is generally recommended as it contains specially cultured human strains of lactobacilli and bifidobacteria that should implant in your intestines. However, liquid whey, yogurt or kefir are far better than supplements alone, as these have billions more probiotic bugs than dried probiotic in capsules and have the proper acidity needed to promote growth of good bacteria in the colon.

[NOTE: While Kyo-Dophilus-9 is generally recommended (iHerb product code WAK-61049), I have a sensitivity to Kyo-Dophilus-9 (so it is antagonistic in me). Instead, I use iFlora, which tests good for me using muscle testing, and contains *bifidus*. What tests good for one person, may not for the next. I highly recommend getting tested for several probiotics to find the one that is best for you.]

Recipe:

- 2 quarts warm filtered water,
- 2 Tbsp liquid whey, yogurt or kefir, or 4 - 5 capsules of probiotic (dump the powder out of the capsules), OR
- 1/8 tsp powdered probiotic

Method:

1. Warm water to 120° F. Allow to cool to 110° F. Stir in yogurt/kefir/probiotic until dissolved. If using capsules, open caps and dump contents into warm water. Fill bag and hang from prepared location. Insert tip (soap is a good lubricant). If standing in shower, crouch so tip is about 2 feet below the bag, and allow fluid to flow into bowel.
2. Lie on side and hold as long as possible, at least 5 minutes, massaging abdomen gently in large counter-clockwise circles. Then expel into toilet.
3. You may want to use only 1 quart at a time, especially if you have difficulty holding this enema.

### Retention Enemas

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These are not retained indefinitely, but rather for about 10 - 20 minutes, which is enough time for them to do the work they are intended to do. For example, the coffee enema is designed to stimulate your liver/gall bladder to release bile into the small intestine, which requires about 10 minutes of retention in the lower colon.

Other retention enemas are designed for other purposes and require different retention times. the probiotic enema is designed to provide viable probiotic bacteria to the colon when your own flora are compromised or decimated, or after a cleansing enema which can deplete your flora.

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#### ★ *Coffee Enema instructions*

See also “Coffee Enema Dr. Max Gerson protocol.” (18)

The main reason to take a coffee enema it to stimulate your liver and gall bladder to release bile and relieve an over-burdened liver (too many toxins to detox). It is also important during treatment for cancer, to keep your liver from becoming over-burdened.

Symptoms of this need are:

- persistent itching of the skin,
- eczema,
- hives,
- tenderness in upper right quadrant of the abdomen (liver area), and/or headaches at the top of your head.

Use regular (not decaf) coffee, as it is caffeine that stimulates the liver to release bile. However, you don't want to do a high enema, because you would absorb the caffeine into your blood, which would add to the toxic load on the liver. Instead, deliver no more than 1 quart at a time. Some practitioners recommend no more than 1 - 2 cups which will fill only the lower part of the colon, to avoid caffeine shakes.

Void the lower part of your bowel before taking a coffee enema. If you are constipated, use the soapsuds enema (above) to help you empty your bowel.

Recipe:

- up to 1 quart warm filtered water,
- 1 Tbsp drip-grind coffee (not decaf) per cutoff water, and
- pinch of unrefined sea salt (such as Celtic sea salt or Real salt)

## Enema Recipes

### Method:

1. Combine ingredients in a saucepan. Bring to boil and boil for 5 minutes. Remove from heat, pour through strainer into quart measuring cup; add cold filtered water to bring back to original water volume. Allow to cool to 110 - 118° F, then pour into enema bag.
2. Hang bag in chosen spot and insert enema tip (use a bit of soap to lubricate it). If standing in your shower, crouch so tip is about 2 feet below the bag, and allow fluid to flow into bowel.
3. Remove tip; lie in bed (or on the floor) on right side for 5-10 minutes; roll over to left side for another 5-10 minutes. Then expel into toilet.

For a first enema, you might only be able to hold it for 5 minutes, but try to hold it as long as you can. It's also a good idea to void any stool before taking enema. If constipated, give a soapsuds enema to void stool (see above for recipe), then follow with coffee enema.

4. Follow coffee enema with a probiotic enema (see below for recipe).

See *Best Home Remedies: Coffee Enema* for another, similar method. It also includes instructions for whey enema and lemon juice enema.

### **Coffee Enema: Alternate Method:**

This method stimulates bile secretion, but does not clean higher in the colon, and should not cause "coffee jitters."

1. Make coffee mixture as above, but deliver only about 1 cup of enema into colon. Lie on side (as instructed above) for 10 - 15 minutes, then expel. Repeat with another cup of enema, etc., until the bag is empty (about 4 enemas).
2. Follow coffee enema with a probiotic enema (see below for recipe).

## Enema Recipes

### ★ *Chlorophyll or Wheatgrass Enema instructions*

NOTE: Wheatgrass is alkaline, while the colon should be acidic. If you are trying to improve the environment of your colon to minimize candida and help your probiotic colonies to grow, do not use wheatgrass. Liquid chlorophyll is more adaptable.

Recommended for liver support, this enema provides valuable minerals to alkalize the colon and feed the liver. It is also a good followup to a coffee enema.

Alternately, you could use juice of 1 fresh, Organic lemon instead of the chlorophyll/wheatgrass juice. (15)

This enema can also be administered as an implant.

Recipe:

- 2 Tbsp liquid chlorophyll or wheatgrass juice
- 1 - 1.5 quarts (4 - 6 cups) filtered water

Method:

1. Bring water to a simmer; allow to cool to 110 - 118 degrees F. Add chlorophyll/wheatgrass juice, then pour into enema bag.
2. Hang bag in prepared spot and insert enema tip (use a bit of soap to lubricate it). Allow fluid to flow into bowel, massaging abdomen in counter-clockwise direction (up left side, across top, down right side, across bottom).
3. Remove tip; lie on floor/in bed on right side for 5 minutes, massaging abdomen; roll over to left side for another 5 minutes, continuing to massage abdomen. Then expel into toilet.

## Enema Recipes

### ★ *Probiotic Retention Enema (Implant) instructions*

See also Probiotic Enema in High Enemas section, above.

This enema is retained to reestablish probiotics in your upper colon. It should be done **ONLY** after a cleansing 2-quart enema, such as the castile soap or salt & soda enemas described above.

Following proportions above, mix up only 2 cups. It's also a good idea to use a bifidus probiotic, as this is the most common beneficial bacteria in the colon, and it helps to fight candida infection.

Recipe:

- 2 cups warm filtered water
- ½ Tbsp yogurt or kefir and/or 1-2 capsules of bifidus probiotic (see Probiotic Enema above for more on this)
- Use davol tube to deliver liquid high in the colon.

Method:

1. Warm water to 120° F. Allow to cool to 110° F. Stir in yogurt/kefir/probiotic until dissolved. If using capsules, open caps and dump contents into warm water. Fill bag and hang from prepared location.
2. Insert tip (soap is a good lubricant). If standing in shower, crouch so tip is about 2 feet below the bag, and allow fluid to flow into bowel. However, the Best position for inserting the enema is on hands and knees, resting your head on your hands.
3. Once delivered, roll onto your back for 5 - 10 minutes, massaging abdomen gently.
4. Then roll onto left side before getting up. Hold as long as possible, at least 15 minutes, to give the bacteria a chance to take hold. Ideally, you won't expel it at all, except with your next bowel movement. But if you have an urge to expel earlier, that's OK.

See also: Moon Dragon website (9). This site suggests this implant should not be done more than three times a year. If you wish to do a probiotic enema more frequently, use the first version above.

Note: This can also be given as a vaginal douche, if you have a yeast infection.

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### References

NOTE: I have disabled all CureZone links because they may be contaminated with malware. If you want to try them and they don't work as written, add the following at the beginning (before curezone.com): "https://www."; for example, curezone.com becomes https://www.curezone.com

1. CureZone.com: see (1a) [curezone.com/art/1.asp?C0=818](http://curezone.com/art/1.asp?C0=818) for index; (1b) [curezone.com/cleanse/enema/](http://curezone.com/cleanse/enema/); (1c) [curezone.com/cleanse/bowel/](http://curezone.com/cleanse/bowel/)
2. Salt & Soda Enema: [curezone.com/art/read.asp?ID=34&db=5&C0=0](http://curezone.com/art/read.asp?ID=34&db=5&C0=0)
3. History of Coffee Enema: [curezone.com/art/read.asp?ID=29&db=5&C0=0](http://curezone.com/art/read.asp?ID=29&db=5&C0=0) or [http://www.peak-health-now.com/coffee\\_enema\\_research.html](http://www.peak-health-now.com/coffee_enema_research.html)
4. Description of Coffee Enema: [curezone.com/art/read.asp?ID=31&db=5&C0=0](http://curezone.com/art/read.asp?ID=31&db=5&C0=0)
5. Basic Coffee Enema Procedure & Description: [curezone.com/art/read.asp?ID=39&db=5&C0=0](http://curezone.com/art/read.asp?ID=39&db=5&C0=0)
6. Coffee Enema for Liver Detox: [curezone.com/art/read.asp?ID=28&db=5&C0=0](http://curezone.com/art/read.asp?ID=28&db=5&C0=0)
7. Probiotic Enema: [curezone.com/art/read.asp?ID=37&db=5&C0=0](http://curezone.com/art/read.asp?ID=37&db=5&C0=0)
8. Garlic-Epson Salt Enema: [ [curezone.com/art/read.asp?ID=32&db=5&C0=0](http://curezone.com/art/read.asp?ID=32&db=5&C0=0); Catherine Cavanaugh RN instructions: [http://www.geocities.com/valerie\\_cct/enemas.html](http://www.geocities.com/valerie_cct/enemas.html) [geocities.com no longer valid]; OR [assatashakur.org/forum/afrikan-wholistic-health/4951-how-give-yourself-somone-else-enema.html](http://assatashakur.org/forum/afrikan-wholistic-health/4951-how-give-yourself-somone-else-enema.html) [I've disabled this link because it may contain malware or deceptive content]
9. <http://www.moondragon.org/health/therapy/lbifidusenema.html>
10. <http://www.the-natural-path.com/enema.html>
11. (11a) <http://www.health-information-fitness.com/enemarecipes.html>; (11b) <http://www.health-information-fitness.com/apcve.htm>
12. [http://www.oocities.org/valerie\\_cct/](http://www.oocities.org/valerie_cct/)
13. [best-home-remedies.com/alternative\\_medicines/enemas.htm](http://best-home-remedies.com/alternative_medicines/enemas.htm)
14. <http://www.enemakit.com/faq.html>
15. [http://valerie\\_cct.tripod.com/parentsg.html](http://valerie_cct.tripod.com/parentsg.html)
16. link lost
17. Amazon image: [amazon.com/Mabis-Healthcare-Combination-Douche-Enemasystem/dp/B000BH8BL2](https://www.amazon.com/Mabis-Healthcare-Combination-Douche-Enemasystem/dp/B000BH8BL2)
18. Coffee Enema Dr. Max Gerson protocol: [aloeride.com/people/coffee-enema/](http://aloeride.com/people/coffee-enema/)