

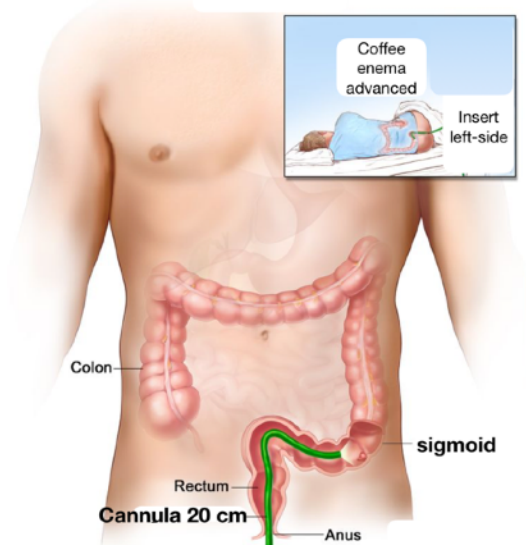
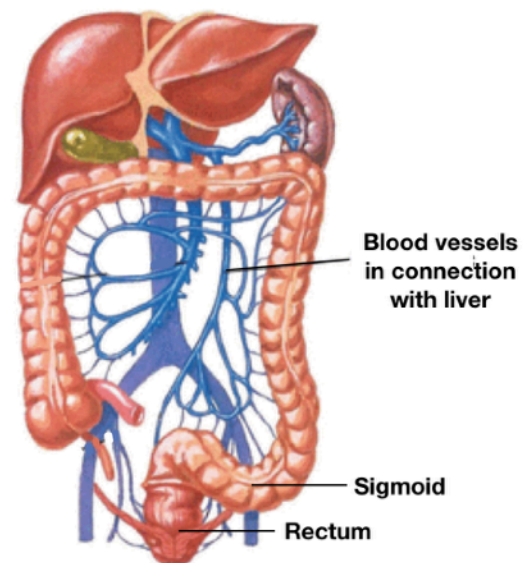
Enema explanation phase II

This form of coffee enema, we call phase II, is mainly intended to cleanse the liver. This type of enema is NOT recommended for beginners.

At the beginning, doing enemas, we call phase I, you mainly cleanse the rectum and sigmoid. At a certain point it is about to cleanse further up the colon and to get a more direct impact on cleansing the liver.

For this form of an enema, one needs to use another length of the cannula, one that can be inserted at least 20 cm and is very flexible. This is essential because the coffee-water-substance needs to come straight into the sigmoid to bypass the stool in the rectum. The sigmoid is the last part of the colon where blood vessels still absorb waters out of the stool. These blood vessels in the sigmoid are in direct connection with the liver.

See the adjacent picture.

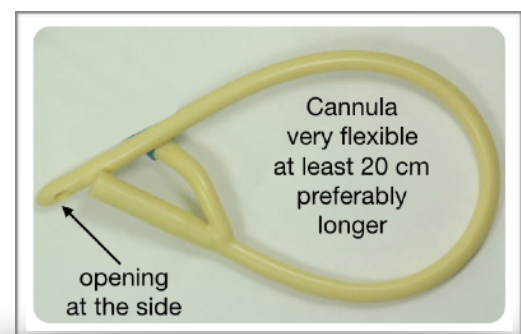


Our blood circulates every 3 minutes through the liver and because of this, when the coffee-water-substance is brought straight into the sigmoid, the liver gets a cleaner input and is activated to release its toxins into the small intestines. This happens less when the coffee-water-substance is only inserted into the rectum since the rectum has hardly any absorption capacities. When the intention is to cleanse the colon this is ok, but not when we intend to cleanse mainly the liver.

Pay attention! We suggest to drink plenty of structured water, 1 1/2 Liter/day is the minimum, because toxins need to be released, the sooner the better.

Example of cannula:

We suggest to buy a separate long, minimum 20 cm preferably longer, very flexible cannula with openings to the side (less hindrance from obstacles). Look at the picture of the intestines at the top. From the rectum to the sigmoid is a curve to be made in the intestinal tract. So the cannula needs to be flexible in order to make such a turn. Note: if you can't find such a canule nearby or online we can assist you with this.



When toxins are leaving, you create the space and the energy to re-orient your life to a new perspective. What we call the SoLi process: Shit Out and Love In.

**Men and women of the
Forever Vital Support Team**

Instruction Coffee enema support advanced: liver detox

Which type of coffee	See your coffee detox plan which coffee are tested best: Green or black and preferably organic & biological. For 1 person use 2 table spoon coffee (when using beans grind them as fine as possible)
Boiling time coffee, Tip: make for 3 times and save your coffee extract in the fridge for next time usage.	Take 400 cc of filtered clean cold water & bring it to a boil together with the coffee. Boil for 5 minutes without the lid on high heat . This is to evaporate not suitable substances in the coffee. Then boil gently with the lid on the pan for 15 minutes . The intention of this way of boiling is that the ingredients are 'extracted' from the coffee and absorbed by the water.
Strain the mixture and add water	Strain the coffee water mixture after in total 20 minutes boiling through a tea towel in a sieve. Some fine grit that gets through the tea towel is very good for the colon. The fine grit contains substances that activate the liver to get rid of toxins. You will have 300/350 cc left for the enema. Now add clean cooked water till a total of water + coffee distract of 800 cc .
Temperature	Wait till it has the right temperature (a little above body temperature, use elbow testing like with baby food, it is 38/39 degree celsius NOT higher) and do the coffee enema phase II.
Special canule instruction	The emphasis of this enema is to detox the liver. Because of this the water+coffee substance needs to be inserted into the sigmoid. In this part of the colon the blood vessels can directly absorb and transport it to the liver. In this way the liver is activated to release immediately the toxins. Because of this you need a cannula that is at least 20 cm long to reach the sigmoid .
Which side to lie on	While inserting the fluid, you lie on your left side . After the insertion is completed, change side and now lie on your right side so the fluid can be better transported to the liver.
Number of minutes	Keep the coffee fluid in your intestines for at least 12 minutes if possible. Longer is not needed. (every 3 minutes all blood passes liver)
Maintenance suggestions	Drink at least 1 1/2 liter filtered structured water a day to release the toxins out of the body. <i>Attention:</i> This type of enema is only for experienced enema users. Please test or re-test how often this type of enema is best for your liver. In all cases counts; to do once a while the 'normal' enema sequence like 1x coffee 250/300 cc and then 2x water rinse 900 cc to support the release of toxins*.
	* For more information or additional suggestions see your personalized coffee enema detox plan