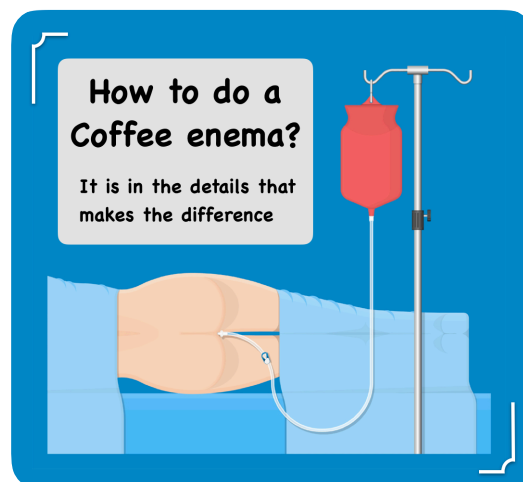


## Coffee enema phase 1: emphasis on cleaning the colon

### **Doing a coffee enema is an art on its own.**

There are many ways to do this and it really depends on what your body needs. It can differ a lot from person to person. **There is NO fit-all procedure.** This is why we test for you whether any preparation is needed before you begin doing enema's, which type of enema you need to start with, which type of coffee, and how often is best for you.

When you are ready to kick off with enemas we test with your [Vital Blood Scan](#) which coffee; black, green or both. Green coffee is original before roasting and this makes green coffee generally healthier for your body. However, there are reasons why, for some, black coffee is the better solution.



### **How to do your coffee enema?**

Take **400cc water** (look on the Internet for your measurement) plus **2 tablespoon coffee (if you use beans then grind the beans as fine as is possible)** and really cook the water and the grind coffee beans **with the lid off the pan for 12 minutes** (This is to release not suitable substances from the coffee), then pass it through a sieve. You will have between **250/300cc left for your coffee enema**. Note: you can make for 3 times in one go and do the rest in the fridge.

Wait till it has the right temperature (little above body temperature, use elbow testing like with baby food, it is **38/39 degree celsius NOT higher**) and do the enema. While inserting the fluid **lay on your left side**. After inserting, change side and now **lay on your right side** so the fluid can come in contact with the liver. Keep the fluid in your intestines for **at least 3 minutes and maximum 12 minutes\*** if possible. Of course, if the urge is too high then there is only 1 solution: GO to the toilet.

*\* Although it is true that the longer you can keep it in, the further it can come into your intestines the more can be cleaned, we do suggest NO longer than 12 minutes. Otherwise, the toxins go back into your bloodstream instead of being removed out of the liver into the colon released into the toilet.*

After the coffee enema, you rinse the colon **2 times with 900cc clean filtered / mineral water** with a temperature **38/39 degree celsius NOT higher**, same procedure; first **left** inserting and keep in for 12 minutes on the **right** side. There are enema bags that can handle this amount of water. Make sure you get one of these. Normally people don't do the water enemas, but this **rinsing with water helps you to get rid of the toxins your liver just released ASAP**. And because of the 2 water rinsing enema's you might have immediate benefit of the enema on your wellbeing because you released the toxins straight into the toilet.

Before you rinse with water you can, if you know-how, **massage you're belly** to help the intestine release the toxins or remove some obstacle barriers. If you don't know how to massage, then take a 10 minutes break between each enema before you continue. *In case you have issue's to keep the water 12 minutes in before you go to the toilet then just add 1/2 to 1 teaspoon **SoLi Enema Support** in the first water enema rinse (NOT the last water enema rinse).* SoLi Enema Support calms the intestines so you can stand it longer. For the water enema's count that if you can't keep it in for 12 minutes then that is what it is. The function of the water enema is to release the toxins. **Better out than in** is the motto!

### **How often can you do an enema?**

It all depends on how toxic your body is. For a 'fit & vital person' once to twice a week is enough, but for someone with cancer, 3x daily would be wise to release as many toxins as possible. Just realise that detoxing is an art and we do suggest to [test](#) which approach would work best for you.

<b>Instruction Coffee enema phase I: with 2x water enema rinse</b>	
<b>Which type of coffee,</b> <i>tip: make for 3x</i>	See your coffee detox plan which coffee are tested best: Green or black or both and preferably organic & biological. For <b>1 person use 2 table spoon coffee</b> (when using beans grind them as fine as possible). Note: make at the same time for 3x and keep the rest in the fridge
<b>Boiling time coffee</b>	Take <b>400 cc of filtered cold water</b> & bring it to a boil together with the coffee. Let it boil for <b>12 minutes with the lid off the pan</b> . This is to evaporate not suitable substances in the coffee.
<b>Strain the mixture</b>	Drain the coffee water mixture through a tea towel in a sieve. Everything that gets through the tea towel is good for the colon. The fine grit contains substances that activate the liver to get rid of toxins. You will have <b>250/300 cc</b> left for your coffee enema.
<b>Temperature</b>	Wait till it has the right temperature (a little above body temperature, use elbow testing like with baby food, it is <b>38/39 degree celsius NOT higher</b> ) and do the coffee enema. Note: or add some boiled water when it comes out of the fridge till the 'right' temperature.
<b>Which side to lie on</b>	While inserting the fluid, you <b>lie on your left side</b> . After the insertion is completed, change side and now <b>lie on your right side</b> so the fluid can be better transported to the liver.
<b>Number of minutes</b>	Keep the coffee fluid in your intestines for <b>at least 3 minutes or maximum 12 minutes</b> if possible. Of course, if the urge is too high then there is only 1 solution: GO to the toilet. We suggest NO longer than 12 minutes otherwise the toxins go back into your bloodstream, instead to be released into the toilet.
<b>After a coffee enema you do 2x a water enema rinse</b> (first rinse one can add 1/2 to 1 tsp Enema Support)	After the coffee enema, you rinse the colon <b>2 times with 900cc clean filtered / mineral water</b> with a temperature <b>38/39 degree celsius NOT higher</b> , (or 450cc if you are starting and increase over time) same procedure as above; first <b>left</b> inserting and keep in for 12 minutes on the <b>right</b> side. There are enema bags that can handle this amount of water. Make sure you get one of these. When possible keep in for 12 minutes, but <u>for the water rinse enemas the number of minutes is less important</u> because the function is, to get rid of the toxins as quickly as possible.
	<b>* For more information or additional suggestions see your Vital Blood Scan plan of action suggested intake scheme</b>

We turned doing an enema into a ceremony. Instead of something we need to do for vitality boosting, we have turned it into quality time. A moment of rest and reflection. If you want to know more about how you too can start doing it this way, ask us about it and we are more than happy to share to make it a SoLi process: **Shit Out Love In** and upgrade one's vitality.

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

A private initiative see the notice on [www.healthyvitalizers.com](http://www.healthyvitalizers.com)

