



# Enema Instructional Booklet & Coffee Enema Guide

[www.Purelifeenema.com](http://www.Purelifeenema.com)



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## **A Wonderful Health Tool**

The PureLife Enema Kit is made of food grade stainless steel, medical grade silicone tubing, and medical grade nozzles. All parts of the PureLife Enema Kit are latex and BPA free.

Unlike latex or plastic enema bags, stainless steel can be cleaned and sterilized.

## **Benefits**

Our air, food and water are seriously toxic and can cause a heavy burden on the colon and liver. PureLife Enema Kits are a safe way to hydrate the colon and remove waste and toxins. Only when the colon is clear of toxins and bacteria, can the body start to heal itself. Inflammation is reduced and health can improve. When the colon is clean, the intestines can absorb vital nutrients it needs to build healthy blood cells, tissues, muscles and bones.

Enemas can be performed at home alone, and unassisted.

## Disclaimer

Be advised that none of the information contained in this booklet is intended to be used as a diagnosis, treatment, or prescription. PureLife Health Equipment are not Doctors. Whether you decide to apply the information stated in this booklet, or on the PureLifeenema.com website or from any packaging, is at your own risk. Enemas should be learnt under expert guidance. Always seek the advice of your physician first. Never use the PureLife Enema Kit if your doctor does not permit it

**Do NOT use  
The PureLife Enema Kit if you have  
any of these conditions:**

Intestinal blockages  
Acute diverticulitis  
Appendicitis  
Severe weakness  
Severe dehydration

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### **People Who CAN Use the PureLife Enema Kit:**

Those with digestive problems, gas, bloating, yeast overgrowth, constipation, bacterial infection, parasites, non-bleeding hemorrhoids, distention, tiredness, muscle pain, headaches, autoimmune conditions, back pain, fibromyalgia, lymes, menstrual cramps, depression, brain fog, drug and medication withdrawal.

### **When Should I Colon Cleanse?**

It is best to enema in the morning, after you have gone to the toilet to clear your bowels.

### **How Often To Cleanse**

*If you are healthy:* an enema one time a week is fine. If your body is acidic, gaseous, constipated: You can administer 2 or 3 enemas per week. *If you have illnesses such as Cancer, systemic illness, autoimmune disease like MS, Rheumatoid Arthritis, Osteoporosis, etc;* You may be prescribed enemas several times daily.

*If you are fasting:* more toxins and bacteria will be released, and enemas can help flush the toxins out.

## **Assembling The PureLife Enema Kit**

(see videos at [www.purelifeenema.com](http://www.purelifeenema.com))

### **Parts Included:**

- 1 - Food Grade Stainless Steel Enema Bucket w/handle
- 1 - 5 Foot x 5/16" Medical Grade Silicone Tubing
- 1 - Standard Enema Tubing Clamp
- 1 - 3" Medical Enema Nozzle -Silicone or PVC
- 1 - Optional 5" Women's Vaginal Nozzle (not to be used for enemas)
- 1 - Purelife Enema Booklet

*Spare parts and accessories available at*  
**[www.PureLifeenema.com](http://www.PureLifeenema.com)**

## To Assemble

1. Attach 5 foot tubing to the bucket spout.
2. Slide clamp onto tubing half way up.



3. Attach enema nozzle tip to end of the tube.



## Wash the Bucket and Tubing Prior to the Enema

Add organic dish soap into the bucket. Fill with hot water and run through the bucket and tubing. Rinse thoroughly with hot water. You can also use vinegar, or hydrogen peroxide. Never use harsh chemicals on the bucket or tubing.

## Wash the Bucket and Tubing After the Enema

Wash and dry bucket and tubing again after the enema, Stainless steel needs drying by hand.

PureLife Silicone Enema Tubing, or silicone enema nozzles, may be dropped into boiling water for 5 seconds to sterilize, if you wish. **Do not boil the clamp, check valve, or PVC nozzles.**

PVC Enema nozzles, and check valves can be cleaned using a Q-Tip dipped in soap or vinegar.

### **Prepare for the Enema**

First, you will find an area to administer your enema at: a comfortable place to lie down. You will need to hang your enema bucket or place it on a table top securely.

Wear a comfortable shirt and put on calm music .

### **Prepare Enema Water**

Use distilled, filtered, reverse-osmosis, or alkalized water. Tap water is too polluted for use.

### **Prepare The Tubing** (you should be at the sink)

1. Press & lock tubing clamp down to stop the flow.
2. Fill the bucket with your water or solution. Lukewarm 98F. Never hot.
3. Hold your tubing and enema tip over the sink and allow some solution to run out and push out any air from the tubing. Once free of air bubbles, lock the clamp tight.
4. Next, lubricate the enema tip. You can use a salve, olive oil, or water based non-toxic lubricant.

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### **Where to Hang or Place Your Bucket**

Hang or place your bucket 10” to 18” above where your rectum will be.

You may also place it on a nightstand, hang it on an IV Pole, or hold the bucket on your hand. **Stabilize** the bucket so it won't fall or tip.

Next, on the floor or bed, lay a towel down and an easy-to-wipe plastic sheet over the towel.

The 5 ft tubing, running from the bucket to your rectum, should not be wavy, so the flow is not obstructed. (You may cut the tubing shorter if you wish).

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## **Position Of Your Body**

### **3 Positions for A Water Enema:**

**Laying on your back** - Allows the solution to enter fast. This is for advanced enema users.

**Laying on left side/ knees drawn up to chest** – This position enables the solution to go to the top of the descending colon. Then roll over on your right side, and the solution travels across the transverse colon and down the ascending colon.

**On Hands and Knees** (For a Higher Cleanse) On your knees, and rest your bottom on the back of your legs. Lift your bottom up. (Don't use if you have knee problems.)

This position will deliver the solution fast to the top of the ascending colon.

Diagram

## **Taking In The Enema Solution**

1. Gently insert the small enema tip 3 inches into the rectum. Rotate or twist the tip back and forth to make for easier insertion. ( If you are using the 16" colon tube, guide it into the rectum no more than 6 inches)

2. Take a deep breath and unlock the tubing clamp. The solution flows in. If you feel discomfort, stop, and close the clamp. Wait a few moments. Then resume. Feel free to interrupt the flow as frequently as necessary to minimize any spasms.

### **Hold the Enema Nozzle in Place**

You don't want the tip to slip out. It is not advisable to use your anal muscle to hold it in because it makes the body tense. Keep the nozzle tip in if you can. Breathe deeply.

### **How Much Enema Solution To Take In**

The average person can take up to 1 quart of enema solution at a time. Administer only enough that is comfortable to take in. You can shut the flow, wait, and continue when comfortable.

### **How Long To Hold The Enema Solution In**

\*Hold a water enema for 5 minutes.

## **When to Remove the Enema Tip**

When you feel you have taken in the right amount of solution, you may gently withdraw the enema tip, get up slowly, and go to the toilet to eliminate.

### **Warning!**

Do not overstretch colon by frequent use of high volume enemas. The colon can stretch and receptors, which normally signal the bowels to move, may become sluggish. It is highly advisable. If you don't, you can harm yourself.

After your enema, you should feel very clean within. You may also feel more energy, as toxins leave.

## **Troubleshooting**

### **Abdominal Pain**

Shut the enema clamp down to stop the flow. Then massage your abdomen where the pain is. When the pain is gone, continue with the enema slowly.

Pain can also be caused by tubing air being taken in at the beginning of the enema. This is why all air must be removed from the tubing prior to taking the enema.

Air can also enter the colon at the end of the enema. You should stop the flow just before the solution empties completely from the bucket. Enema water that is too cold can cause spasms

### **If Water Won't Flow In-**

1. The walls of the intestine could be blocking the opening of the colon. To alleviate this, try pulling the enema tip out a little.
2. There could be a kink in the tubing somewhere. Or the tubing is too long and too wavy for gravity to pull the solution. You may need to straighten the tubing, or cut the 5. foot tubing shorter.

3. You may have hardened constipation.
4. You may need to raise the bucket higher up to get a stronger flow.
5. The small enema tip hole could be clogged, preventing water from coming out.

## The Coffee Enema

### **Always seek the advice of a qualified practitioner before doing coffee enemas**

We suggest a water enema before doing the coffee enema. This helps clear the colon, enabling you to hold the coffee enema in longer.

### **You Should Not Do a Coffee Enema If You Have:**

Intestinal blockage, rectal fissures, gastrointestinal bleeding, rectal prolapse, appendicitis, congestive heart failure, heart disease, or severe anemia

In addition, coffee enemas should be avoided by pregnant or nursing women, children and people who have undergone colon surgery.

## Coffee Enema Recipe

1. In a non-aluminum stainless steel pot, fill with 4 cups distilled or purified water.
2. Add 3 tablespoons of specialty grade *PureLife Organic Enema Coffee*. Store purchased coffee is not the same. It is not as clean, or safe because it is processed differently.
3. Bring coffee solution to a boil for 5 minutes, and reduce heat to simmer for 15 more minutes. Then remove from heat and cool to lukewarm temperature. Never use hot. You may put the pot in the freezer for a few minutes to speed up cooling. You may also prepare the solution the night before

You want 3-4 cups of lukewarm coffee enema solution. If too much solution dissipates during boiling, you can add more water.

4. Close the enema tubing clamp on the bucket tubing
5. Next, strain the 4 cups of coffee solution into your bucket using the PureLife Stainless Steel Micromesh Coffee Enema Strainer. Do not use paper filters as filaments can get into the solution.



## Coffee Enema Body Position

Lay on your right side. This stops the solution from going too high into the systemic system.

\*Do not lay on your left side or on your back .

## How Much Coffee Enema Solution To Take In

1. Begin by holding 2 cups of coffee enema solution in . It is important to hold it in for **15 minutes**, if possible. If you can only hold in 1 cup, that is okay. But 2 is best.
2. When you feel it's time to evacuate, gently remove the colon tip, get up slowly and go to the toilet to eliminate.
3. Repeat the coffee enema again with last 2 cups of solution.

See details and videos at  
[www.purelifeenema.com](http://www.purelifeenema.com)

## If You Are Not Able To Hold The Coffee Enema

- Your colon may be packed with waste. You can first try to clear the colon with a water enema before the coffee enema.
- Make sure the height of the bucket is less than 18"
- Check the temperature of the coffee. If its too hot or cold.
- Relax, breathe deeply.
- Lower the enema bucket to release gas and raise it back up
- Introduce half of the solution, release, and go back and do the rest of the coffee
- Add Potassium Compound Salts to the coffee enema. This helps to relieve spasms in the colon
- Use less coffee to make a less concentrated solution
- Place a warm bottle on the stomach to relax muscles
- Touch your thumb and ring finger. Hold that pressure.
- Purchase a Purelife Enema Retention Nozzle which is designed to help hold enemas in

### **After the Coffee Enema – Drink Juice!**

It is very *important* that you drink clean water and fresh juices following the coffee enema to replace lost minerals and electrolytes. If you don't do this, you can harm yourself. Adding **Potassium Compound Salts** into your water or juice is highly recommended as well.

After your coffee enema, you should feel very clean within. You may feel more energy after the toxins leave.

### **The Gerson Therapy Program**

Gerson Therapy is a scientific, proven program. We recommend reading "Healing the Gerson Way".

### **Fatigue After The Enema**

If you feel fatigued, try drinking some freshly juiced oranges.

**\*\*It is very important to drink 4 fresh green and fruit juices on any day you have done a coffee enema to restore electrolytes and minerals.**

### **Optional Purelife Products Supportive of Enemas**

Purelife Health Equipment carries kit replacement parts, and other products, including: Potassium Compound Salts, check flow valves, retention nozzles, colon tubes, coffee enema strainers, and much more.

**Tubing Check Valve** (optional purchase) Adding a check valve onto the enema tubing prevents back flow of solution from the rectum into the tubing, which can occur due to air suction. This keeps your tubing hygienic.

Cut the tubing 2 inches above the nozzle end. Insert the valve between the 2 pieces with black part pointing toward the nozzle.



**Therapeutic Essential Oils:** For colon cleansing

**Wheatgrass Juice Powder For Enemas:** A liver detoxifier. Soothes colon walls. Infuses nutrients

**Colon Tubes:** For those who prefer a higher cleanse you can attach a 16" colon tube to the rectal nozzle. Its an easier insertion for those with painful hemorrhoids. Never go higher than 6 inches up into the colon. Disposable PVC or re-useable silicone.

**Potassium Compound Salts** - 1 teaspoon added to your juice, replaces potassium that can be depleted after a coffee enema. It also helps the body remove salt from the tissues. 1-2 teaspoons of Potassium Compound added to your coffee enema solution helps to reduce colon spasm, so you can hold the coffee solution in longer!

**Purelife 100% Certified Organic Enema Coffee**

Created specifically for enema therapy, using special "air" roast processing, and speciality grade mold and fungus free beans. It provides the cleanest coffee for the liver, and most effective, containing a higher caffeine and palmitic acid content for detoxing. Unlike store bought coffee. Certified and tested by 2 agencies for purity.

**Wholesale Inquiries Welcomed!**

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