

We at the Optimal Health Network have developed this series of three enemas as the most optimal way of cleansing the colon to promote holistic healing. These enemas are designed to be taken one after another, a process that should take 1 to 1.5 hours when you start and less time once you are used to it.

First Enema:

Use 1-4 quarts of filtered water. Soak the bar of soap in the filtered water for 20-60 seconds to make a milky solution. Sensitive colons need less soap. While taking the enema solution in, massage the abdomen to receive the water with less cramping. Our made-for-enema [Frankincense and Myrrh Goat Milk Soap](#) stimulates the colon without irritating it, optimizes healthy hormone levels, shuts down cancer cells without harming healthy cells, and boosts immunity.

Second Enema:

Use 2-4 quarts of water. Add one teaspoon of [Himalayan Pink Salt](#) and 3-4 drops of [OHN Colon Cleanse Essential Oil Blend](#) to each quart of filtered water. Mix the oils and the salt together in a small container or your hand before you add it to the enema water. This enema is used to clear out the second half of the colon, to balance electrolytes, to optimize for healthy bacteria, and to strengthen overall immunity. You ought to be able to take at least 2 quarts of water into your body during this colon cleanse. Take your time with this enema, allowing at least 10-15 minutes to take the entire volume of enema solution.

NOTE: These first two enemas are essential to the effectiveness of the coffee enema. The action of the coffee enema is to trigger the colon to absorb its contents. You don't want to reabsorb discarded hormones, toxins, and the other contents of the waste sitting in the lower colon.

Third Enema:

Use one cup to one quart of filtered water with one tablespoon to one cup of our [made-for-enema brewed coffee](#). See instructions on the bag of coffee for further detail. You never want to feel a "buzz" from taking a coffee enema. The therapeutic action of the coffee enema is to improve the abilities of the liver and gallbladder to remove toxins and cancerous metabolic byproducts by stimulating the flow of bile and increasing the enzymatic action of the liver.

Coffee contains **glutathione S-transferases (GST)**, a family of enzymes involved in detoxification.

Palmitates in coffee increase the production of GST by 700 times. These powerful, free-radical-quenching enzymes assist your liver to more effectively detoxify your entire body.

Additionally, coffee contains the alkaloid **theophylline**, which dilates blood vessels, increasing blood dialysis across the colon wall. Increased blood supply to the intestinal tract improves muscle tone and digestion, as well as the elimination processes. Given that all of our blood passes through the liver every

three minutes, the 12-to-15-minute coffee retention enema increases blood flow through the liver, resulting in a form of dialysis and a uniquely effective detoxification.

The health benefits of the coffee enema popularized through [Dr. Max Gerson](#)'s work with cancer victims have become well known throughout the alternative health movement. It is now held by many health practitioners that any program that encourages healing, regenerating, rebuilding, weight loss, and detoxification is a healthier program when coffee enemas are used.

This enema series protocol listed will not deplete the body of electrolytes, will increase the amount of healthy microorganisms in the colon, improve overall immunity, support the liver, and will not irritate sensitive colonic tissues. In this way, regular enemas are very healthy for most people.

How Often Should I Do the Enema Series?

You can do the enema series once a day, once a week, once a month, or anything in between, depending on your body's needs and your schedule. To identify *your* optimal frequency, take the [Hair Tissue Mineral Analysis](#).

Other Therapeutic Considerations:

1. To support a healthy colonic mucosa, implant [Breathe Ease](#) or [OHN Mucoïd Plaque Essential Oil Blend](#), with one cup of [aloe vera juice](#) after your enema series. To learn more about his protocol, visit our [Mucoïd Plaque](#) page.
2. The scientific literature on **cancer and frankincense** is incredibly hopeful. International laboratory research has demonstrated frankincense essential oil's ability to shut down cancer cells without harming healthy cells. Couple this with the ample scientific evidence that exists that 1) the colon is an effective delivery system for therapeutic agents and 2) among cancers affecting both men and women, colorectal cancer is the second leading cancer killer in the United States, then I suggest we have a **powerful preventive essential oil** to use in the enema implant. To learn more, read [Frankincense: Could It Be a Cure for Cancer?](#)
3. Implant a [essential oil suppository](#) after you have finished your enema series. On days when you have less time, use a suppository instead of an enema series. Oils and oil blends you might consider are as follows:

Our [BPH Essential Oil Blend](#) improves overall prostate health, including alleviating frequent urination.

Our [Prostatitis Essential Oil Blend](#) can reduce inflammation, help reduce swelling and improve urinary function, increase circulation, improve sexual function, ease pain, improve overall health, and prevent infection.

Our [Candida Essential Oil Blend](#) gently assists the body to heal from Candida overgrowth while killing off the fungal infection and creates a synergistic effect that completely eradicates the fungus, eliminates the toxic byproducts, supports the healthy flora, and repairs the colon and other affected tissue.

Our [Revitalize Essential Oil Blend](#) helps to both cleanse and to regenerate the liver.

Our [Fortify Essential Oil Blend](#) strengthens immunity and DNA repair in the cells.

If you need assistance with which essential oils to use to optimize your health, please fill out our [client intake form](#) and schedule a personal consultation with Kristina Amelong at a charge of \$1.80 per minute.

4. Add one 1 teaspoon of [Bifidonate](#) with one cup of [aloe vera juice](#) to assist the body to repopulate the healthy colonic flora. Implant solution into the colon after you have fully cleansed your colon. Hold as long as you are able. You may even be able to go about your day and not evacuate the solution until your next bowel movement.

5. Keep yourself squishy hydrated each day. Drink ½ ounce of water per pound of body weight. For example, if you weigh 150 pounds, drink a minimum of 75 ounces of high-quality water.

6. Eating well goes hand in hand with regular enemas. In order to maintain your excellent health, you need to feed your body the nutrients that it requires to nourish your cells. Consider working through [Ten Days to Optimal Health](#), our 35-day nutritional and cleansing program that is an easy-to-follow, step-by-step approach using food and colon cleansing to bring your body towards a state of optimal health.

Cleaning Your Enema Equipment:

[View Detailed Equipment Cleaning Instructions](#)

Important: When cleaning your enema equipment, **do not** use harsh soaps or solvents, which shorten the life of your equipment. Never put your equipment in the dishwasher. Drying your equipment properly is the most important step in this process, so be sure to follow this final step carefully in our detailed cleaning instructions.

DISCLAIMER: When you purchase any product from Optimal Health Network we must presume that it is for personal use only and that you are using the equipment under the direct supervision of a medical doctor. We make no claim for cure or relief of any symptom or medical condition when using any of these products.

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