

## Enema Series Supply Kit Instructions

SKU 905-SK

**DISCLAIMER:** When you purchase any product from Optimal Health Network, we must presume that it is for personal use under the supervision of a medical doctor. We make no claim or guarantee for cure or relief of any symptom, medical condition, or disease when using any of these products and/or recommended protocols. **DO NOT** attempt to self-diagnose or self-prescribe any natural substances for health conditions that require professional attention. Consult your healthcare professional about any serious disease, medical condition, or injury.

### Contents of Enema Series Supply Kit

This kit includes all products required for our three recommended enema solutions:

- **First enema:** 1 bar of Frankincense and Myrrh Goat Milk Enema Soap
- **Second enema:** 1 pound of high-quality Celtic Sea Salt and one 10-ml bottle of OHN Colon Cleanse Essential Oil Blend
- **Third enema:** 1 pound of OHN Organic, Air-Roasted Enema Coffee (ground)



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### About the Therapeutic Enema Series

Kristina Amelong, CCT, CNC, and the Optimal Health Network staff have developed this series of three therapeutic enemas as the most optimal way to cleanse the colon and promote holistic healing. These three enemas are designed to be taken one after another, each with a different therapeutic solution. This protocol should take a total of 1 to 2 hours when you start, and less time as you gain experience.



Kristina Amelong,  
CCT, CNC

## FIRST ENEMA

Fully submerge a bar of **OHN Goat Milk Enema Soap** in a mug or small bowl of warm, filtered water for 30 seconds to 2 minutes, depending on the strength of the therapeutic solution you desire. Add this soap solution to your enema bag water. For best results, use a total of 1 to 3 quarts of filtered water warmed to approximately body temperature (98-100°F or 37-38°C). Take in the solution slowly, using a hose clamp to control the flow. Empty on toilet once you have taken in the full amount of your enema solution.

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## SECOND ENEMA

In a mug or small bowl of warm, filtered water, thoroughly mix together 1 teaspoon of **Celtic Sea Salt** per quart of enema water with 5 to 10 drops of **OHN Colon Cleanse Essential Oil Blend** until the salt is fully dissolved. (For example, if you will be preparing a 3-quart enema, mix 3 teaspoons of salt with 5 to 10 drops of the oil blend.) After rinsing your enema bag or bucket, fill with 1 to 5 quarts of filtered water warmed to approximately body temperature (98-100°F or 37-38°C). Add the thoroughly mixed salt/oil solution into the warm water of your enema bag or bucket. Take in the enema solution slowly, using a clamp to control the flow. Empty on toilet once you have taken in the full amount of your enema solution.

*These first two enemas are essential to the effectiveness of the final enema, which is a coffee enema. Because the primary action of the coffee enema is to allow the coffee solution to be absorbed into the portal vein\*, you don't want to reabsorb any toxic byproducts of the waste sitting in the lower colon. You want to first cleanse that waste with the first two enemas in the series.*

\* The **portal vein** or **hepatic portal vein** is a blood vessel that carries blood from the gastrointestinal tract, gallbladder, pancreas, and spleen to the liver. About 75% of total liver blood flow is through the portal vein.

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## THIRD ENEMA

In a French press or on a stovetop, steep 1 to 4 tablespoons of **OHN Organic, Air-Roasted Enema Coffee** grounds in 1 to 4 cups of filtered water for 12 to 15 minutes. Filter out the coffee grounds. Add this 1 to 4 cups of brewed coffee to your enema bag or bucket. Dilute with up to 1 additional quart of filtered water per cup of coffee, depending on the desired strength of the therapeutic solution. If the brewed coffee is too warm, add slightly cooler filtered water to achieve a solution as close to body temperature as possible (98-100°F or 37-38°C). Take in the solution slowly, using a clamp to control flow. Hold the solution for 12 to 15 minutes. Empty on toilet.

To enhance the benefits of your coffee enema, add **OHN Coffee Enema Essential Oil Blend**, **OHN Lifelong Wellness Essential Oil Blend**, or **Tangerine Essential Oil**.

Learn more about the essential oils above at [www.optimalhealthnetwork.com](http://www.optimalhealthnetwork.com).

## The Benefits of Coffee Enemas

Coffee enemas cleanse the colon and help to detoxify the liver. Coffee stimulates the liver to produce more bile. Bile, stored and released from the gallbladder to aid in the digestion of food, helps draw out environmental and metabolic toxins as well as toxins from *Candida albicans* (yeast) overgrowth or other parasitic organisms if they are present. The colon carries away these toxins. In addition, coffee enemas stimulate the liver to produce enzymes that clean the blood. In these ways, coffee enemas are an essential resource in a colon cleansing program.

## How Often Should I Do the Enema Series?

Most people benefit greatly from cleansing their colon at least one time per month. Some people find that an enema series taken more frequently, up to once a day, is a vital tool in achieving particular health goals and/or maintaining an overall feeling of well-being. If you are chronically ill or working through a therapeutic program which involves a significant lifestyle change, you may find that taking an enema series up to once a day is essential. The most important thing is to **listen to your body** when determining the enema frequency that best serves you.

Because colonic **peristalsis**\* occurs only intermittently (one to three times per day), unlike the continuous rhythmic contractions of the small intestine, home colon cleansing can be administered safely and with regularity without disrupting a healthy peristaltic rhythm.

\* **Peristalsis**: successive waves of involuntary muscular contraction passing along the walls of the colon, forcing the contents onward

To help you identify your optimal enema series frequency, we recommend taking a **Hair Tissue Mineral Analysis (HTMA)**, found in our Services menu on [www.optimalhealthnetwork.com](http://www.optimalhealthnetwork.com).

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## Consider these additional products to assist you in taking charge of your health!

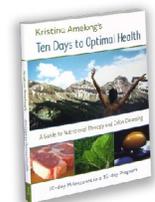
**Ortho Biotic** is a unique probiotic formula that helps support gastrointestinal balance, bowel regularity, micronutrient absorption, and optimal immune function. This is Kristina Amelong's oral probiotic of choice for those who take enemas frequently.



**Super Salve** is our recommended all-natural lubricant for home colon cleansing with enemas. It is antioxidant, antibacterial, and antifungal. It helps to nourish and heal the tissues of the anus, so it is particularly beneficial for those with hemorrhoids, itching, or anal fissures.



**Ten Days to Optimal Health** (paperback edition) is Kristina's step-by-step guide to nutritional therapy and colon cleansing. This book includes important self-help strategies for those who want to take responsibility for their own health and well-being.



## ESSENTIAL OIL SUPPOSITORIES

For additional therapeutic support, implant an 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.

To learn how to make essential oil suppositories, visit our Education & Videos area on [www.optimalhealthnetwork.com](http://www.optimalhealthnetwork.com).

Additional recommended therapeutic essential oil blends include:

**OHN Coffee Enema Essential Oil Blend** is used in coffee enemas to increase glutathione levels and also helps to stimulate liver cell function, optimize gallbladder function, stimulate the pancreas, and support wound healing and lymph drainage.



**OHN Turmeric Plus Essential Oil Blend** helps to protect brain cells, improve brain function, maintain a healthy inflammatory response and healthy cardiovascular function, and enhance detoxification.

**OHN Anti-Inflammatory & Flora Booster Essential Oil Blend** can help you overcome yeast overgrowth, relieve constipation, alleviate digestive problems associated with irritable bowel syndrome (IBS), or overcome ulcerative colitis. Ulcerative colitis causes inflammation of the large intestine (colon) and rectum, which leads to abdominal pain and diarrhea.

**OHN Lifelong Wellness Essential Oil Blend** contains frankincense and myrrh essential oils. This blend combines the health benefits of the two oils and is therefore antibacterial, antifungal, anti-inflammatory, and a great overall support to your long-term physical and emotional health.

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Need more individualized support? Consider a personal health consultation with Kristina Amelong, CCT, CNC, by visiting the Services menu of [www.optimalhealthnetwork.com](http://www.optimalhealthnetwork.com).

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