

Coffee Enemas and Probiotic Implant

Gut Gardening

- Implanting a minimum of 14 strain naturally fermented probiotics is an ancient technique used to activate your septic tank – or ensure that the beneficial strains of bacteria populate your lower GI tract, this will keep the natural balance to ensure optimum health, gene expression and digestive process;
- There are 150 bacterial genes to every one of yours, make sure they are in balance and beneficial to health;
- Enemas work in conjunction with a detoxification regime in removing obstacles to homeostasis – The perfect environment for a healthy body;
- Enemas work exceedingly well in detoxifying the colon and liver by removing any unnecessary build up of waste thereby restoring the optimal environment for the most healthy Microbiome;
- Coffee enemas work exceedingly well to overcome the inflammatory aches and pains of arthritis, cancer, and other painful body degenerative conditions;
- Enemas must be done with respect to the electrolyte and intestinal flora. Remember we are treating the whole body and to separate out any one part of the Pure Life nutritional program and use it may often bring more challenges to your body. For success, the program must be adhered to with respect to your individual nutritional and genetic requirements, the Laws of Life, and goals to be manifested;
- Coffee enemas are a way to remove circulating toxins and partial metabolites by dilating bile ducts and cleansing the liver. The liver is our most important organ for maintaining the body's biochemistry for health as well as overcoming degenerative diseases.
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Research is only just discovering the link between the Microbiome, the Epigenome and the Genome, in relation to the environmental insult that activates or silences Gene expression. This is an unfortunate fact of modern day living:

- ✓ Air pollution
- ✓ Chemicals, bacteria or polluted Water
- ✓ Preservatives, colourants, artificial additives and 'nutritional supplementation' of food
- ✓ Microbiome imbalances – bacterial, parasitic and viral infection
- ✓ Digestive poisoning, PH imbalance and toxic plaque build up in the GI tract, intracellular and mitochondria.

What is the coffee enema removing from the liver?

- ✓ Ammonia-like products,
- ✓ toxic-bound nitrogen,
- ✓ protein derivatives that are often times charged particles,
- ✓ polyamines,
- ✓ amino acid clumps and complexes.

And when cells begin to function normally, they do what's normal for healthy cells in the correct environment; they behave like themselves again. And that means our tissues are now themselves again. We are our normal, healthy selves again.

How to do Enema's effortlessly

Prepare the Coffee

- Between 1 tsp up to 1 Tablespoon of organic coffee in a small plunger. Cover with 100ml's of boiling water and allow to stand for 10 minutes, then plunge;
- Add 500ml's of cold, filtered water to your bucket, and add filtered coffee.

The Enema:

- Opening the tap before introducing the nozzle makes the process a lot easier, however make sure you always keep your bucket lower than your nozzle while preparing yourself on the toilet.
- Lean forward, and introduce the nozzle into the rectum, use KY Jelly or natural lubricant to make the insertion, and follow the rectal canal gently. There should not be any pain, do not force the nozzle, just allow it to slip in.
- Once you have introduced the nozzle and the tap is open, lift the enema bucket with your other hand, and allow it to drain.
- Gently move the nozzle to ensure the flow is not obstructed. You will feel when you are filling, full, or it is leaking. Drop the bag so as not to waste your liquid. Only introduce the amount needed, stop when you feel full or the

- bucket is drained.
- Remove the nozzle and place it in the bucket, holding the release for up to 15 minutes.
 - Ensure that you have released everything before completing the process. Be aware of how you feel, i.e. nausea, tiredness, headache or fantastic! Detox symptoms will pass and health, energy and happiness will begin to take their place.

Rinse the bucket, pipe and nozzle in hot water and begin the implant of bacteria.

Kefir or Probiotic mix can be done immediately afterwards without having to sterilise the bucket;

- 1 tablespoon of probiotic liquid; or
 - ½ Cup of Kefir;
 - 1 cup of water
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- Introduce the nozzle after lubricating the rectum
 - Lift the enema bucket and allow it to drain. You may not be able to hold as much, so only do the amount that is comfortable and hold for as long as possible.
 - Sterilise your bucket by placing the bucket and nozzle in a sink or bowl of boiling water with a teaspoon of orange liquid, hydrogen pyroxide, and occasional bleach to clean coffee stains and do a deep sterilise.

