

## How to Assemble Your Enema Kit



### This Kit Includes:

- 1500 ml bucket
- Red catheter
- 60" blue/transparent tube
- Castile soap packet
- Moisture-proof under pad

### **How to Connect the Bucket Kit Parts:**

1. Wash the bucket, tube and catheter before the first use.
2. Snip off the blue capped end (cutting off 2-3" length) of the 60" blue/transparent tube. You may cut a larger portion if desired.
3. Insert the recently snipped transparent tube end into the red catheter's open end. It is meant to be a very tight fit.
4. If using a connector, connect the recently snipped transparent tube to one end of the connector, then connect the red catheter to the other end of the connector.
5. Remember to close the clamp in the transparent tube first before filling the bucket with the coffee solution.
6. Pour the coffee solution into the bucket, open the clamp and allow the solution to run through the tubing and connector in order to expel the air.

### **Cleaning Instructions:**

- After each use, wash all the parts with hot, soapy water. Alternatively, for a deeper cleaning, use 1 part hydrogen peroxide and 3 parts water.
- Then rinse with water and dry completely with a clean cotton towel.
- Do not share your bucket.

## Blog - Coffee Enema: 8 Things You Need to Know



We're here to help! Please don't hesitate to reach out for any questions or assistance regarding the Gerson Therapy.

Best wishes,  
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