

# 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:

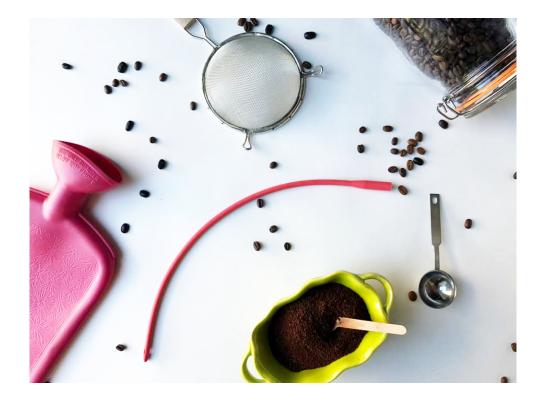
- 1. Wash the bucket, tube and catheter before the first use.
- 2. Snip off the blue capped end (cutting off 2-3" length) of the 60" blue/transparent tube. You may cut a larger portion if desired.
- 3. Insert the recently snipped transparent tube end into the red catheter's open end. It is meant to be 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,

The Gerson Institute

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