



Cocoon Nutrition

Scientific Breakthroughs for Radiant Health

Instructions for Performing a Colema or Enema

Using water to clean the outside of the body is a well accepted fact of daily life. In an earlier time of history it was more commonly known that cleaning the inside of the body with water was the fastest way to lower a fever, alleviate abdominal pain and help ease any discomfort or ailment. As far back as the Essenes we have seen the use of the enema to heal people from a plethora of diseases. There is in most cases only one disease, the disease of autointoxication. Autointoxication means self poisoning from ones' own wastes. This incomplete elimination of waste from the intestines and tissues leads to a cesspool of toxins within the body. The method for restoring pristine health is available to us through a process of self purification. Often 90% or more of your ailments can often be improved or remedied through a thorough self purification program, in conjunction with the restoration of an alkaline tissue pH, a restoration of optimal amino acids, mineral, fatty acid, vitamin and other nutrient needs, your body will explode with energy.

You really can feel like a million bucks! It just takes the right combination of ingredients.

Enemas

An enema uses a quart of water at body temperature mixed with your choice of herbs, coffee or mineral salts to accomplish the cleansing of the Large Intestine, also called the Colon. You can buy an enema bag at you local pharmacy. The enema solution can be one of the following depending upon what you are trying to accomplish.

Epsom Salts or Masada Plain Bath Salts or Coffee enema

Add to body temperature water 2 tablespoons per gallon of Epsom or Masada Plain Bath Salts. Use only pure water, highly filtered, spring or distilled water and not tap water. The salt solution will accomplish a great general cleaning of the Colon and get the lymph system to begin to cleanse itself further. This is gentle on the system and none irritating to the Colon. These salt solution enemas can be used morning or night.

Coffee Enema

Use 2 tablespoons of coffee, preferable organic. Do not use decaffeinated coffee, regular coffee is fine. Boil the coffee for 5 minutes in 1 quart of pure water in a corning or stainless steel container, **Do Not** use aluminum or Teflon. Strain this mixture after 5 minutes and leave it overnight to cool to room temperature. Warm this solution in the morning to body temperature and use in emema bag. A coffee enema is preferable in the morning as the caffeine can be energizing. Coffee enemas work well to decongest the liver and get the bile flowing.

Instructions for Giving Yourself an Enema

Put a towel on the ground to lie on. Lubricate the tip of the enema tube with coconut oil, butter, or olive oil. You may lie down on your back or kneel with your chest to the floor. Find the position that you find most comfortable and insert the enema tip into your rectum. The Enema bag has a control valve to allow water to flow into the body or to stop the flow when you feel full. Once you feel full you can stop the flow and see if the urge to eliminate goes away. The more water allowed in, the further into the colon you are able to reach. If your urge to eliminate is strong then shut off the value and remove the tip and sit on the toilet and eliminate. Once elimination is finished you can return to performing the rest of the enema. Repeat this process until you've used all the water in the enema bag.

Performing an enema each day of the seven to ten day cleanse or as needed to relieve constipation or some other such distress is a fantastic tool for healing that has proven itself for generations of people.

Colema

This is an apparatus that is a combination of a colonic and an enema cleansing process. This is by far the most thorough method of colon cleansing available and is the most comfortable. It consists of an enema board, tubing, colonic tip, and bucket. The bucket is filled with 2 to 5 gallons of solution such as are mentioned above and water is introduced into and out of the colon several times. This is achieved while lying on your back on the Colema Board, with one end of the Board resting on the toilet and the other resting on the bucket. The advantage of the Colema is that it reaches the entire length of the Colon. Unlike the enema which tends to reach only the descending and part of the transverse colon. "*Tissue Cleansing through Bowel Management*" is a fantastic reference and contains a complete set of instructions and photos to guide you through administering a Colema. It also contains encouraging case histories of successful internal cleanses.

A cleanse will invigorate and clear the body of the daily toxins we absorb and live amongst in this modern society. Used in conjunction with eating clean, healthy food and balancing your pH (call us about the quantum trio) you can feel wonderful each and every day.

Health is the result of living consciously or unconsciously in harmony with the laws of nature.

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