



Julia Loggins

COFFEE ENEMA TUTORIAL



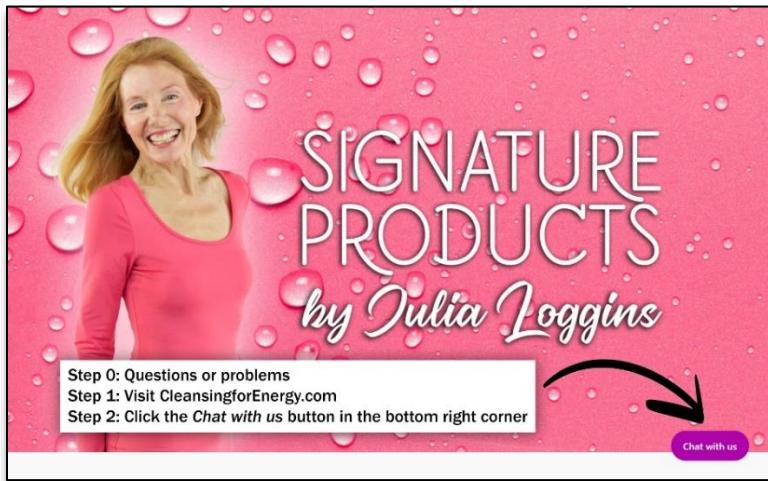
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INSTRUCTION 0—IF YOU NEED HELP

Before we start, if you have any questions, click here to find chat and to speak with Julia Loggins.



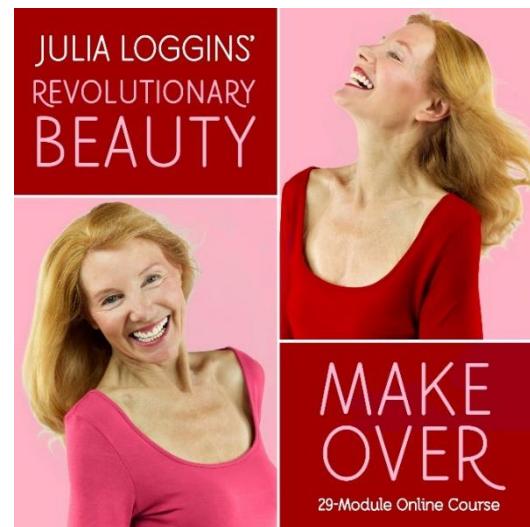
HAPPY GUT CLEANSE



INSTRUCTION 1—WATCH VIDEO FOR THE FIRST TIME

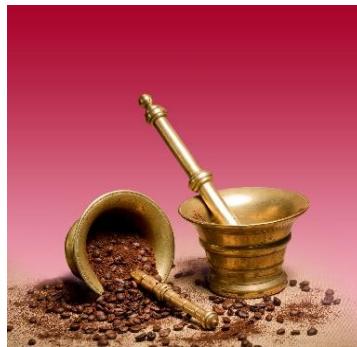


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INSTRUCTION 2—AGAIN, WHY AM I DOING THIS?



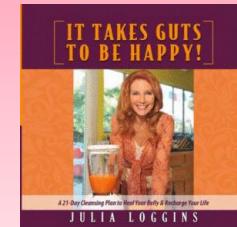
If you are going to perform a coffee enema, you are probably interested in detoxification. A coffee enema stimulates the release of toxins by causing the liver to produce bile. Bile promotes fat digestion and dissolves toxins—which is then flushed from the body through the gall bladder, small intestine, and colon.

Once the bile duct muscles relax, this causes the production of a large bile flow from the gall bladder to the small intestine. Through these actions, whole-body detoxification, and a feeling of well-being results. If you retain the coffee for 12 minutes—because blood passes through the liver about every three to five minutes—you may experience three to four cycles of complete blood cleansing.

A coffee enema increases a key detoxification enzyme, glutathione s-transferase (GST), production by 600 to 700%. This enzyme shuttles toxins for binding with glutathione, which neutralizes and flushes them from the body through bile.

INSTRUCTION 3—ITEMS FOR ENEMA PREPARATION

Silicone enema bag or Stainless-steel bucket with tubing	Freshly ground, organic, light-roast, caffeinated coffee for enemas
Two-quart Pyrex measuring cup	<u>Electrolyte Energy</u>
Two-cup Pyrex measuring cup	<u>Happy Gut Cleanse</u>
Gold mesh or ultrafine stainless-steel strainer or brown paper filters (if not using a percolator)	Non-toxic, non-petroleum- based lubricant Egyptian Magic, organic coconut oil, ghee
Timer or watch	Sea salt
Stainless steel pitcher	Clean towels or paper towels
Pillow for your head	Blue pads or <i>Chucks</i>



Download your bonus copy of ***It Takes Guts to be Happy*** audiobook, use code **COFFEE** and [download the audiobook](#).

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INSTRUCTION 4—FOR FURTHER CLARIFICATION, REWATCH THE VIDEO

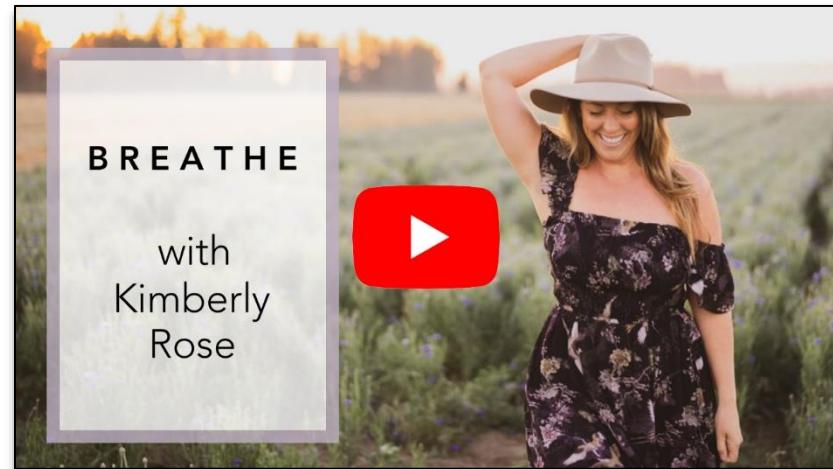


INSTRUCTION 5—THE EXTRAS

Set the mood with music, books on tape, aromatherapy, and candles. Additionally, for those with caffeine sensitivity, I recommend using wheatgrass or chlorophyll instead of coffee. Also, for rectal implants, use a baby ear syringe or baby enema syringe following your enema. Rectal implants may include trace minerals, chlorophyll, wheatgrass, electrolytes, or probiotics.



INSTRUCTION 6—ADD BREATHWORK TO OPEN DRAINAGE PATHWAYS



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INSTRUCTION 7—QUESTIONS?

If you have any questions or problems, click here to find chat and to speak with Julia Loggins.



DISCLAIMER: I am not a doctor. I do not claim to cure, treat, or diagnose illness and disease. Anyone with a serious medical condition should seek medical advice from a health professional before trying a coffee enema or any cleansing process.

BOOKS BY JULIA LOGGINS

