

ENEMA LIQUID

INGREDIENTS:

- 1,5 liters of water or less
- 0,5 liter of Herbal tea,
- 1 Tbsp of Apple Vinegar,

PREPARATION:

- 1 Into the 2 liters plastic or glass container (not metal) add prepared herbal tea.
- 2 Add boiling/warm water and filtered cold till the liquid has 39 °C.
- 3 Add Apple Vinegar.
- 4 Mix everything with wooden, plastic or glass spoon.

Note: *The liquid should have around 39 °C temperature, when you are preparing it. 34 - 36 °C should be a final temperature of the liquid in the moment that you are pouring it into the colon.*

HERBAL TEA INGREDIENTS:

- 1 Tablespoon - Burdock [Arctium lappa]
- 1 Tablespoon - Camomile [Matricaria chamomilla]
- 1 Tablespoon - Wormwood [Artemisia absinthium]
- 1 Tablespoon - Wild pansy [Violae tricoloris herba]
- 1 Tablespoon - Chicory Herb [Herba Cichorii]
- ¼ Tablespoon - Ground Cloves [Flos Caryophylli]
- 1 Tablespoon - Artichoke [Cynara scolymus]
- 1 Tablespoon - Ash [Cortex Fraxini]

PREPARATION:

- 1 Measure out the portions of herbs and pour them with 1 or 1,5 glass of cold filtered water.
- 2 Bring it to the boil.
- 3 The moment the water with herbs is boiling, turn off the fire.
- 4 Leave to soak for the night or at least 1 hour.
- 5 Use for your enema liquid.