



Six Fishes

215-772-0770 info@sixfishes.com

Herbal Enema Instructions

- Place herbs in a pot with 4 cups of water.
- Simmer covered (about 25 mins.) until tea has reduced & there is a 2 cups of tea left.
- Cool to body temperature.
- Fill an enema bottle & insert at least 10-12 (can be inserted as much as 18").
- Lay on LEFT side at least 30 mins.
- Repeat enemas approximately every day Use ½ cup of herbs at first, and build up to 2 cups.
- NOTE: Patient may do this before bed & sleep with tea inside all night