

Coffee Enema Supply List

- ☐ Medium sauce pan
- ☐ 3 cups distilled water
- ☐ Tablespoon measuring spoon
- ☐ Organic coconut oil
- ☐ Silicone measuring container: <https://amzn.to/3Rdorcu>
- ☐ Enema bucket: <https://amzn.to/3wB9nvJ>
- ☐ Flexible enema tips: <https://amzn.to/3kTqZQQ>
- ☐ Additional enema tips: <https://amzn.to/3HYBEWx>
- ☐ Organic coffee: <https://amzn.to/3WKR0Ob>
- ☐ Metal sieve strainer: <https://amzn.to/3HGegdw>