

**ENEMA, HIGH (2 quart Enema done once, water released and 2 quart Enema repeated)**

**exoterically** considered by allopathic Medical doctors( MD's) as addictive and unnecessary; **and esoterically** a core technique of [NUTRITIONAL HERBOLOGY](#) as nutritional and medicinal herbs are more effectively absorbed by a clean intestine; also allowing the Colon to cleanse the blood stream of solid wastes and keep the blood pH alkaline instead of acidic from the animal flesh and organ meat eating diet that causes 95% of the diseases and syndromes of those following this unnatural human diet.

See [Appendix I-A \(p. 225-3\)](#); [Appendix II-B \(p. 250\)](#); Pages 29, 45, 66, 91, 93, 98 and [Multimedia 4.1 GWS OPS Pamphlet \(include HIGH ENEMA Instructions\)](#); [Multimedia Young Blood pH](#); [Multimedia 4.3 Fox Colon Cancer Cause](#); [Multimedia Kahdans Fathman Papaya](#).

Refer to Jehro Kloss, [Back to Eden](#) and Arnold Ehret, [Mucusless Diet Healing System](#).