

Instruction for Friendly Bacteria Enema

Get the Toxins Out

1. Water Enema
2. Coffee Enema
3. Friendly Bacteria Enema

Instruction for Friendly Bacteria Enema

- ❖ Fill a quart milk bottle 3/4 full with cool distilled water
- ❖ Empty 1 Candida-G Capsule in water and replace cap and shake
- ❖ Remove the Cap and
- ❖ Empty 2 Flora-G Capsules in water and replace cap and shake

Bonnie Likes to stir with a battery operated stir device:



Search Amazon for: Vitaminder Drink Mixer (mixer)

Fill balance of quart with hot Distilled water, should be right temperature.