

# TUDCA ENEMA

## INSTRUCTION SHEET

Incorporating TUDCA enemas can be tremendously helpful during a detox protocol, especially for those experiencing symptoms of stalled progression, including anxiety, constipation, fatigue, and skin rashes. Clogged and sluggish bile ducts are major contributors to these symptoms, which is where TUDCA enemas can come in and help.

TUDCA enemas have a slightly different procedure than coffee enemas and are best done on alternating days. Follow the instructions below to perform a TUDCA enema.

1

Empty 1 capsule of Advanced TUDCA by CellCore Biosciences into 1 cup of room temperature distilled water in a ceramic, glass, or stainless steel container.

2

Stir the solution until TUDCA is evenly dispersed in the water.

3

Pour the solution into your enema bag or bucket kit. A fleet enema container can also be used; in this case, empty out the solution and rinse with distilled water multiple times before pouring in the TUDCA solution.

4

Lay on your left side and insert the enema.

5

Slowly squeeze the bag, or slowly release the valve on the enema bag or bucket kit.

6

Once all the water is taken in, relax, and you may rotate and lay on your right side.

7

Hold the enema for up to 20 minutes. Usually within a minute or two you will feel the intense desire to evacuate. Attempt to hold for a minimum of 6 minutes. At this point, go to the toilet and release.

If you don't feel the need to evacuate, or it takes longer to get to that point, it is completely safe to either repeat the process or follow with a water-only enema. TUDCA is very well tolerated by the body; it helps to flush the bile ducts and relieve congestion from the liver and gallbladder. If the enema is taking longer to take effect, this is a sign of clogged bile ducts. In this case, two TUDCA capsules can be used for the repeat enema.

An alternative technique is to orally take four TUDCA capsules 30 minutes before doing a coffee enema. This will help flush the liver, bile ducts, and gallbladder, as well as incorporate all the benefits of a coffee enema.