

# Probiotic Additive Kit

## Instructions

This procedure is ideally performed after a natural bowel movement, after a colon hydrotherapy session, or when loose stools are present. A brief “false urge” to evacuate may occur, but the small volume of fluid is generally easy to retain. Holding the infusion for at least one hour allows the probiotics to adhere and begin colonizing the large intestine. After one hour, you may evacuate if needed. This process supports the rebalancing of the intestinal microbiome. Repeat the entire procedure 3 days in a row or once a week for 3 weeks. Consult with your colon hydrotherapist or naturopath for what is best for you.

**1. Open 1 probiotic sachet and mix in 2 ozs of filtered warm water (add a little water to probiotic to mix, add water gradually until completely mixed).**

**2. Draw mixture into the 2 oz syringe.**

**3. Insert syringe into the end of rectal tube.**

**4. Use lubricant on the end of the rectal tube.**

**5. Lying on your left side insert tubing gently into 2 inches of the rectum.**

**6. Push syringe to move the mixture thru the tubing into the rectum. Remove rectal tube and dispose.**

**7. Retain for 1 hour. Gently massage up the left side of your abdomen.**

## THIS KIT INCLUDES:

- **3 HMF Intensive powder probiotic sachets with 500 billion bacteria (refrigerate)**
- **3 application tubes**
- **disposable gloves**
- **water based lubricant**
- **simple instructions**

This probiotic kit is an at-home rectal infusion designed to re-establish healthy intestinal flora in the colon. By delivering probiotics directly to the large bowel, it avoids the degradation that occurs with oral supplements.

Holding the infusion for about one hour allows the probiotics to adhere and begin colonizing. Within three days, the colon flora typically stabilizes, supporting improved nutrient synthesis, better absorption of vitamins and minerals, and more effective toxin binding.

Clinically, many individuals report improved bowel regularity within a few days, with notable relief from chronic constipation and reductions in IBS-related pain and bloating.

  
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