



21MB CE UPDATED LINKS

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COFFEE

(Remember organic caffeinated DARK roast - ideally use beans and blend daily)

<https://amzn.to/3rn2Xw9>

ENEMA BAG OR JAR

(Either will also need these..

1. Silicone French Tip - <https://amzn.to/30hosm1>
2. Ramp Clamp - <https://amzn.to/2Ow6ARF>

BAG - <https://amzn.to/3kWsIkr>

JAR - <https://amzn.to/3bpFVzj>

HEAT LAMP

(Any red 250 watt will work usually both can be found at hardware store)

BULB - <https://amzn.to/3l1iEa5>

CLAMP - <https://amzn.to/3ek2XJL>

SUGGESTED LUBRICANT - <https://amzn.to/2MOViHM>

OPTIONAL/RECOMMENDED

BIDET ATTACHMENT (any)

<https://amzn.to/3l1jmnL>

GRIND & BREW MACHINE (any)

<https://amzn.to/3ebkSSz>

MAT FOR FLOOR (any)

<https://amzn.to/3bYJwDa>