

COFFEE ENEMAS

Coffee enemas have been used for over one hundred years as a generalized detoxification procedure. Coffee enemas are perfectly safe when taken as directed. Coffee enemas stimulate the liver and gallbladder to release stored toxins and wastes and enhance liver function. Please see your daily schedule for when to take your coffee enemas.

Supplies Needed:

- Quart of organic coffee, s. a. Wilson, preferred (available at my office)
- Enema bag or bucket (available at my office or pharmacy)
- 16 inch #28 colon tube (available at my office)
- Olive oil or Organic coconut oil (available at whole food markets or my office)
- Hydrogen Peroxide (available at pharmacy)
- Dr. Bronner's liquid soap (available at whole food markets)

1. Prepare a quart of coffee using 3 tablespoons of organic coffee grounds per quart of water. The water should be purified with a reverse osmosis unit (you may buy spring water at the store if you do not have a filtering unit). The coffee must be organic and caffeinated. Prepare the coffee in a glass or stainless steel pot. Aluminum is not recommended as the aluminum can leach into your coffee. Bring 3 tablespoons of organic coffee to a boil and let boil for 5 minutes. Then simmer for 15 minutes. Strain. Add additional filtered water to bring the coffee mixture to 4 cups. The coffee can be made the night before each use. Reheat to body temperature before using. A coffee concentrate can be made and stored in the refrigerator for 7 days, for your convenience. Bring 1 cup of organic coffee grounds and 4 cups filtered water to a boil for 5 minutes. Then simmer for 15 minutes. Strain. Add additional filtered water to bring the coffee mixture to 4 cups. Use 1 cup concentrate to 3 cups filtered water for each enema.
2. Pour the quart of coffee into the enema bag. Make sure the tubing is clamped closed before pouring in the coffee.
3. Lie on your left side and lubricate the colon tube using olive oil or coconut oil.
4. Insert the colon tube slowly 12-18 inches (never more than 18 inches) into the rectum. If the tube kinks, pull back and try again as kinking will block the flow of the coffee.
5. Release the clamp, let about a pint of coffee (about half the amount in the bag) flow slowly in, and reclamp. If the coffee won't flow, there is most likely a kink in the tube. Withdraw the tube, reinsert, and try again.
6. Turn to your right side. Hold the coffee in your rectum for 10 minutes. At first, it may be difficult to retain the enema. That is okay; just gradually work up to the 10 minutes. Holding the enema longer than 15 minutes is counterproductive.
7. Expel the liquid in the toilet.
8. Repeat the enema as directed in steps 5-7 with the remaining coffee.
9. At first, you may feel slightly jittery due to the caffeine in the coffee. (Although, most often, clients find the enemas relaxing.) If you feel jittery, it should lessen after about the 3rd session. You may have to make the coffee weaker if the jitteriness continues beyond the 3rd session. After each use, clean the enema bag and tubing with hot water and soap. Rinse with hydrogen peroxide and hang on hook to dry.
10. Always supplement with additional minerals when using coffee enemas therapeutically. We recommend minerals by Standard Process or Pure Aussie by SeaMinerals. Both are available through our office.

