

THE COFFEE ENEMA

Coffee enemas have been used for over one hundred years as a generalized detoxification procedure. Coffee enemas are perfectly safe when taken as directed. They stimulate the liver and gallbladder to release stored toxins as well as enhance liver function. Please see your Protocol Schedule regarding how often to take your coffee enemas.

Supplies Needed:

Quart of organic coffee, s. a. Wilson, preferred (available at our office)
Enema bag or bucket (available at our office or pharmacy)
Olive oil or organic coconut oil (available at our office or natural food grocers)
Hydrogen peroxide (available at pharmacy)
Dr. Bronner's liquid soap (available at natural food grocers)
Selectrolytes (available at our office)

To prepare one quart (four cups) of coffee, which is used for one enema session:

1. Place 3 tablespoons of organic coffee grounds (this amount may be reduced to 2 tablespoons if one is not dealing with cancer) in one quart (four cups) of purified or spring water. The coffee **should be organic** and must be **caffeinated**. Prepare the coffee in a glass, ceramic or stainless steel pot. Aluminum is not recommended as the aluminum can leach into the coffee.
2. Bring 2-3 tablespoons of organic coffee to a boil and let boil for 5 minutes; then simmer for 15 minutes. Strain using a fine mesh strainer. Add additional purified or spring water to bring the coffee mixture to one quart (four cups).
3. The coffee can be made the night before each use. Reheat to body temperature before using.
4. Place a thick towel and a pillow for your head on the floor near the toilet. Waterproof pads are a good idea, as they will protect your floor in the event of a spill or leakage.
5. Hang enema bag from a cabinet knob, which allows bag to hang about 18-21 inches from the floor. If using an enema bucket, place bucket on a stool, chair or tub platform so that it is elevated about 18-21 inches above the floor.
6. Make sure the tubing on your enema bag or bucket is clamped closed before pouring in the coffee. Pour the quart of coffee into the enema bag or bucket.
7. Lubricate the tip of the colon tube using olive oil or coconut oil.
8. Lie on your left side or your back and insert the colon tube slowly 6-18 inches (never more than 18 inches) into the rectum. If the tube kinks pull out and try again, as kinking will block the flow of the coffee.
9. Release the clamp, letting about a pint of coffee (two cups, which is half the amount in the bag or bucket) flow slowly in, and re-clamp. If the coffee does not flow there is most likely a kink in the tube. Withdraw the tube, reinsert, and try again.
10. Turn to your right side. Hold the coffee for 12-15 minutes. At first, it may be difficult to retain the enema. That is okay. Gradually work up to the 12-15 minutes. Holding the enema longer than 15 minutes is counterproductive.
11. After 15 minutes, expel the liquid in the toilet.
12. Wait about 5 minutes to ensure that you are finished eliminating and then repeat the enema as directed in steps 6-11 with the remaining coffee.

13. **After each use**, clean the enema bag or bucket and tubing with hot water and soap. Rinse with hydrogen peroxide and hang to dry.

Additional Tips:

1. **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 1 quart purified or spring water to a boil for 5 minutes. Then simmer for 15 minutes. Strain. Add additional purified or spring water to bring the coffee mixture to four cups. Use one cup concentrate to three cups purified or spring water for each enema session (each enema session consists of two consecutive enemas).
2. Supplementing with additional minerals after the coffee enemas is beneficial. We recommend *Selectrolytes*, *Trace Minerals Relax*, or *Trace Minerals w/ B12*. These are available in our office.
3. It is very rare, but some individuals may feel slightly jittery due to the caffeine in the coffee (Although, most often, clients find the enemas relaxing. Absorption of the coffee is very low when doing a coffee enema.). Jitteriness should lessen after the third session. If not, make the coffee weaker.
4. Store open bag of coffee in a zip lock bag in the refrigerator or freezer.
5. **Having difficulty holding the coffee enemas for 12-15 minutes?** This may be due to feces being compacted in the descending colon. You may try the following:
 - A. Start with one cup of warm purified or spring water. Take in water and hold until urge to release is felt. Release completely and then do your two coffee enemas.
 - B. Drinking two cups of warm water with fresh lemon juice upon rising, prior to enemas, will often initiate a bowel movement.
 - C. Take additional magnesium prior to bedtime such as three capsules of *Magnesium Lactate* or *Magnesium Malate* or 3 tablets of *Mg-Zyme*. This will increase the likelihood of having a nice bowel movement first thing in the morning.
 - D. Constipation is a common symptom of hypothyroidism. This may need to be addressed.