



# Coffee Enema Procedure

## Ingredients:

2 cups – Purified water (for heating)

2 cups – Purified water (for cooling the heated water)

2 tablespoons – Organic fair-trade coffee

## Other Items:

- Enema bag
- Lubricant (for insertion of tube into rectum) – a few drops of olive oil (avoid petroleum jellies such as KY or Vaseline)
- Old towels (to go on floor when kneeling/laying on the floor); do not use good towels (coffee drops will permanently stain towels)

## Preparation Instructions:

1. **Grind Coffee Beans:** Freshly grind coffee beans to a fine powder and add 2 cups of water. Gently simmer on low heat for 5 minutes. Grinding the coffee fresh each time ensures you get the most benefits from the naturally occurring oils in the coffee).
2. **Let Sit for 5 Minutes:** Empty optional \_\_\_\_\_ capsules into coffee mix and let it sit uncovered for 5-10 minutes (soaking helps to release phyto-nutrients from herbs into the water).
3. **Strain Mixture:** Strain the coffee mixture with a fine metal strainer to remove any large particles that could clog the enema tube (or you can pour off the liquid into another bowl, being careful not to pour out the dregs in the bottom).
4. **Add Cool Water to Mixture:** Add 2 cups of filtered room temperature water to the hot coffee liquid and allow it to cool until lukewarm.
5. **Pour half the liquid into the enema bag.** The idea is to cool the hot coffee mixture to a lukewarm temperature (so it's not too hot when inserting fluid into rectum). The final mixture should be warm to the touch (not too hot and not too cool). **Note** – If the liquid is too hot, it can cause damage to the anus or intestines; if it is too cool, it may cramp the intestines and toxic waste elimination may be poor. However, too cool is better than too hot.
6. **Keep the Second Half of Coffee Mixture Warm:** Put the left over coffee mixture in a bowl and sit the bowl in a sink of hot water while you do the first part of the enema.

## **Enema Instructions:**

**Tip 1:** *A small amount of fecal matter is in the lower rectal tract. Therefore you may want to take in a small amount of the liquid – just enough to expel the fecal matter in the lower tract. In this case, it is not necessary to hold the liquid for a period of time as you are doing this as prep for the actual enema.*

**Tip 2:** *Although not necessary, an excellent time to take an enema is after emptying the bowels.*

**Tip 3:** *Coffee may leave permanent stains. You may want to wear old clothes and use old towels*

1. The enema bag should be hung on a towel rack (or shower curtain rod) – elevating the liquid is necessary to have enough pressure for the fluid to flow into the colon.
2. Apply a small amount of oil (such as olive oil or coconut oil) to the anal area (for ease of insertion of the enema nozzle).
3. While leaning on one hand on the floor, with the other hand, gently insert the enema nozzle into the rectum. Be sure the nozzle is inserted fully. *An excellent position to do the enema is on a rug on the floor (near a toilet) on your knees with your head down near the floor so gravity will help the fluid flow downwards into the colon.*
4. Slowly release the hose clamp to allow the liquid to begin to flow into the colon. *Often you will have the sensation of warm liquid gurgling or flowing into the colon. If the flow seems too fast, close the hose clamp; wait for a minute or two, then open the clamp again. Try to take in the full 2 cups of liquid in the first go.*
5. Remove the enema nozzle from rectum and lie down on your right side and try to hold the liquid in for 10 minutes before expelling. *You may also lie on your back with legs and pelvis elevated on a pillow if possible. If desired, you may lay in a bathtub during this time. This is a great time for reading or listening to music.*
6. After 10 minutes, expel the fluid.
7. Take in the second 2 cups of coffee liquid and hold for another 10 minutes, then expel. That's it, you're done!

**Note:** *After taking in the liquid, 'nature may call' (i.e. you feel a strong urge to expel the liquid) after a minute or two- do not resist the urge, go ahead and expel the liquid. At first, it may be hard to hold the liquid for the full 10 minutes. After several enemas (and thus a certain amount of toxin elimination), it will be much easier for the bowels to hold the liquid for the full 10 minutes.*

**Always discontinue the enemas if there is any adverse reaction whatsoever, and discuss it with your health practitioner at your next appointment.**

## **Answers to Commonly Asked Questions:**

**Recommended Number of Coffee Enemas:** The condition of the colon (and its relationship with the liver/gallbladder) of an average adult contains high levels of toxic, stagnant waste. We typically recommend a series of coffee enemas as follows: one coffee enema per week for 4 weeks; then 2 per week for 4 weeks. After completing a series, we recommend a 'maintenance' enema every 60 days.

Coffee enemas are a very quick and effective way of clearing toxins from the body therefore doing a coffee enema after operations, dental work (anesthetics, sedation) etc is recommended.

Coffee enemas are a magnificent, highly- effective way to eliminate ongoing, bio-accumulating toxic residues from exposure to dietary and environmental toxins.

**If you find the enema helpful, do not use it more than once every second day for any extended period without medical supervision. Use as necessary 1-3 times a week.**

**If you are on medications you need to double check with your practitioner if it's safe for you to do coffee enemas.**

**Best times to perform an enema:** during the day before 7pm (if you're sensitive to caffeine do it in the morning or early afternoon). Give yourself some time to rest after the enema (20-30 minutes). For about ½ hour after your enema, remain at home or near a toilet. This helps to ensure that you will be near a toilet if another small amount of enema liquid needs to come out. Sometimes, if the enema liquid reaches higher in the colon tract, it may take longer to move down into the lower bowel to be expelled. So don't be surprised if you need to expel another small amount of liquid.

**Nausea during the enema:** during your first few enemas, you may experience some nausea during or after the enema process. This is often due to the release of internal stagnant, putrefied toxins. Do not let this deter you from continuing with a series of coffee enemas. Over time, most people will find that the nausea clears within a short time. If you do experience nausea, you may want to follow the enema with a warm cup of apple cider vinegar and water, or you could make a tea opening 2 caps of GastroVen into a glass of hot water.

**Feeling hyperactive or getting heart palpitations:** some people are sensitive to caffeine. If this is you, then you may want to reduce the amount of coffee by half for the next few enemas you do then try increasing to the full amount at a later date.

### **How Coffee Enemas Work:**

Once the stool gets to the sigmoid colon (the part of the colon before the rectum) most nutrients have been absorbed back into the bloodstream and now the stool contains toxins. There is a venous circulatory system between the sigmoid colon and the liver called the **enterohepatic circulation**. This circulatory system enables toxins to be sent directly to the liver for detoxification, rather than circulating them through the rest of the body.

*Have you ever felt sick just before having a bowel movement and as soon as the material is evacuated, you no longer feel sick? This may be due to the toxic quality of the material and the enterohepatic circulation coming into play. Because of this, it is important to evacuate when you have the urge. The rectum should usually be empty.*

Coffee contains **alkaloids** which, when taken into the liver through the enterohepatic circulation, stimulate the production of **glutathione**. Glutathione is one of the main liver conjugation chemicals making it a strong detoxification agent. Glutathione causes the liver to produce more bile (which contains processed toxins). The bile is released into the small intestine for elimination. The coffee does not go into the systemic circulation, unless the enema procedure is done improperly.