

COFFEE ENEMA

Coffee enemas have been used for over a hundred years to support detoxification of the body. Coffee enemas enhance liver function by stimulating the release of stored toxins and wastes so they can be removed from the body quickly and efficiently.

Coffee enemas should be done every morning before 12pm or as directed by your doctor.

Items needed:

- Enema bag (silicone is best)
- 2 TBSP Organic, whole bean coffee (not decaf)
- Coffee grinder
- 1 Quart filtered water
- Glass or stainless-steel coffee maker (standard 8 cup French press works well)
- 1 TBSP blackstrap molasses (Optional – this can be helpful if you have trouble retaining the enema for longer than 10 minutes)

Pour boiling water over the coffee grounds and allow to steep for 10-20 minutes. Strain out coffee grounds, add blackstrap molasses if using and allow to cool to body temperature. **NOTE:** you may make the coffee the night before, store in the refrigerator and warm before use the next morning

PROCEDURE:

Make sure the clamp on the enema bag tube is closed. Pour the warm coffee into the enema bag. Open the clamp with end of tube over the sink to allow air bubbles out and coffee to fill the tube.

Add anal attachment to the end of the tube and lubricate with coconut oil or other natural lubricant.

Hang the enema bag high enough that the tube is not kinked; the shower rod or a towel rack work well.

Place a towel on the floor of your bathroom or lie in the bathtub. Lay on your left side and insert the enema tube into your anus. Release the clamp and let a pint of coffee flow in slowly, then re-clamp. Hold the coffee for 10 minutes and then move to the toilet and release. Repeat with the remaining pint and hold for another 10 minutes. **Holding the enemas for longer than 15 minutes each time is counterproductive.** You may take in the entire quart if you are able to hold for 10 minutes.

You may feel jittery at first, but this should subside after three sessions. If it does not, you may be making the coffee too strong. Decrease the amount of coffee beans and try again. If the sensation does not pass discuss it with your doctor.

Be sure to clean your enema kit thoroughly with soap and water. Let all parts dry completely between uses.