Coffee Enema

RECOMMENDATION

With the approval of your physician, take coffee enema daily or four times per week for the first few months of your program or as needed, e.g., if / when you feel toxic or experience problems with elimination. When coffee enemas are no longer needed, it is believed you should feel the same – neither better nor worse - whether taking the coffee enema or not.

The coffee enema is believed to be useful in aiding the liver in its processes of detoxification, as well as aiding the colon in its activities of elimination. The efficient removal of metabolic waste and toxins through the colon is vital to the maintenance of health and prevention of illness.

The coffee enema may be performed at any time that's convenient for you. It usually takes from 30 to 60 Minutes, depending on the person. It is best to choose a time period when you feel you're able to rest and will generally be undisturbed. Many people prefer to use the enema in the morning, because for some people, taking it in the evening keeps them awake at night or otherwise disrupts their sleep. Others find that it does not disturb sleep patterns.

Some find it preferable to take the enema before a meal, while others prefer it following a meal or between meals. There is really no best time to do the enema; it is only a matter of individual preference.

NECESSARY ARTICLES

- **COFFEE** Needs to be organically grown. Commercial coffees are loaded with herbicides and pesticides. Organic coffee is available through health food stores. **Never** use decaffeinated coffees. They are too adulterated and chemicalized.

- You may use Organo black or King since there is additional medicinal power in the ganoderma herb in the coffee and it has alkalizing properties.
- **ENEMA BUCKET** Purchase buckets designed for enema use that are easy to use and clean.
- Lubricant may be useful for the insertion of the colon tube. Any natural lubricant is acceptable. Avoid any commercial, chemical lubricants. Natural herbal ointments are available from health food stores. Natural oils or coconut oil can be used as well.

PREPARATION

Coffee may be prepared using glass, stainless steel or enamel cookware. Never use aluminum or Teflon. Unboiled coffee using the drip or the toddy method is a preferable means of preparation. However, the use of electric percolators is acceptable. You can also just use a saucepan. Fill the pan with a quart of pure water. Bring water to a boil and immediately turn off the burner. Bring desired amount of Grounds Coffee and steep until cold to desired temperature, then strain in use.

Use anywhere from 1 teaspoon to 4 tablespoons of coffee grounds to a quart of water. Exactly how much you use on a regular basis will depend on your metabolic individuality. You should expect to feel a sense of ease and well-being on the completion of the enema If you experience jitteriness, shakiness, lightheadedness, nervousness, weakness, etc, you will need to decrease the strength of the coffee solution.

COFFEE ENEMA PROCEDURE

If you are having regular bowel movements, the enema should be performed preferably following the bowel movement rather than before it. When you do coffee enemas on a regular, daily basis, however, you may not accumulate enough bulk to continue to have regular bowel movements. If this is the case, you should not strain to have natural bowel movements

first, as this may result in the development of hemorrhoids. When your program of daily enemas is discontinued, your normal daily bowel movements should resume. The enemas will sufficiently serve to evacuate the bowel if you do not have a natural bowel movement.

- Arrange an area on the bathroom floor to infuse the coffee solution. Most people lay an old towel atop a throw rug or folded blanket situated on the bathroom floor. The coffee is infused when in a supine position, so most people make the floor as comfortable as possible. Some prop pillows against the wall and use the time in comfort for reading.
- Find a place to hang the enema bag. It should not be higher than about two feet off the ground, assuming you will be lying on the floor. If the bag is too high, the solution will flow with too much force, causing discomfort. I use a coffee enema bucket and place it on the countertop while I lay in the floor. This works great.
- Hang the enema bag from the place you have chosen
- Connect the colon tube to the plastic nozzle on the end of the tube that attaches to the enema bag.
- Close off the hose leading to the colon tube with a hose clamp provided to prevent the escape of any fluid
- Add the coffee solution to the bag/bucket. Your coffee enema solution should be at room temperature or slightly warmer at the time of usage. Too hot or too cool may cause your colon to contract, resulting in difficulty in retention and performance of the enema.
- Open the flow control clamp and allow a little coffee to flow to the end of the tube and out into the sink, toilet or bathtub, just enough to eliminate any air in the tube.
- Lubricate the first several inches of the colon tube, as needed. Additional lubrication may be applied to the rectum to Aid in the insertion of the colon tube.
- Insert the colon tube into the rectum. Most people prefer to accomplish this while lying on their left side or back. Additionally the tube should be fully inserted. How this is best accomplished soon becomes a matter of individuality, learned through trial and error. Everyone has a different colon in terms of twists and turns as well as

degrees of contraction and relaxation. For some, it is a simple matter of fully inserting the tube. For others, it requires patient, gentle effort. Go slow while inserting the tube. It's often helpful to twist and turn the tube gently pushing, which facilitates its progress. Others suggest that momentarily withdrawing the tubes slightly and then proceeding with its insertion can help get around the tough corners, or the various bends and turns in the colon. Under no circumstance should any force be used. The whole procedure should be very easy and gentle. Many people are simply unable to fully insert the tube. That is all right. You should just insert the tube as far as your colon will easily allow. It usually takes experiencing several enemas before you become comfortable with the procedure and develop your own individual lives memes for doing it.

- Open the clamp to allow the coffee enema to flow into the colon. This should be one quart of the solution. The rate of flow can be regulated with the control apparatus. When the flow is completed you may remove the tube or leave it inserted during the course of the enema. Many people prefer to leave the tube inserted with the valve left open as it will allow any gas present in the colon to escape.
- Lie on your left side for 5 minutes, on your back for 5 minutes, and on your right side for 5 minutes. During this time, gently massage the colon, concentrating particularly on any hard lumpy areas.
- After 15 minutes, you may then expel the enema. You should not strain to hold the enema. If you feel the need to expel before 15 minutes, you should do so. No straining of any kind should be done at any time. The whole process should be very effortless.
- If you are unable to hold for the entire 15 minutes, use less solution, and attempt to hold as long as possible until you comfortably work your way up to minutes.