

Coffee Enemas

The scientific base of coffee enemas, the ultimate liver detox

The purpose of the coffee enemas is to remove toxins accumulated in the liver and to remove free radicals from the bloodstream. In the 1920s, two German professors tested the effects of infused caffeine on rats. They found that caffeine travels via the haemorrhoidal vein and the portal system to the liver, opens up the bile ducts and allows the liver to release bile, which contains toxins. The theobromine, theophylline, and the caffeine in coffee dilate blood vessels and bile ducts, relax smooth muscles, and increase the bile flow.

Doctors at the University of Minnesota showed that coffee administered rectally also stimulates an enzyme system in the liver called glutathione S-transferase by 600%-700% above normal activity levels. This enzyme reacts with free radicals (which cause cell damage) in the bloodstream and makes them inert. These neutralized substances become dissolved in the bile, are released through the bile flow from the liver and gallbladder, and are excreted through the intestinal tract. The coffee enema is held in the colon for 12-15 minutes. During this time, the body's entire blood supply passes through the liver 4-5 times, carrying poisons picked up from the tissues. So the enema acts as a form of dialysis of the blood across the gut wall.

The purpose of the coffee enema is NOT to clear out the intestines, but the quart of water in the enema stimulates peristalsis in the gut. A portion of the water also dilutes the bile and increases the bile flow, thereby flushing toxic bile (loaded with toxins by the glutathione S-transferase enzyme system) out of the intestines.

By lowering your blood serum toxin levels by regular administration of coffee enemas, you can achieve the following: Increased cell energy production, enhanced tissue health, improved blood circulation, better immunity, tissue repair, decreased inflammation of the gut, liver and cellular regeneration.

Additionally, coffee enemas can help to relieve pain, nausea, general nervous tension and depression. Clinical practice has shown coffee enemas to be well tolerated by patients when used as frequently as every four hours, therefore the coffee enema may be viewed as one of the most effective cholagogues in the medical literature.

References: *A Cancer Therapy: Results of Fifty Cases*, Dr. M. Gerson; *Healing the Gerson Way*, Charlotte Gerson; *Liver Detoxification with Coffee Enemas*, Morton Walker, DPM excerpted from July 2001 edition of Townsend Newsletter. See: *Alternative Medicine Definitive Guide to Cancer*, W. John Diamond, M.D., W. Lee Cowden, M. D. and Burton Goldberg, Future Medicine Publishing INC, Tiburon, CA 199.

The Magic Ratio for Detoxifying

Do **1 coffee enema for every 3 juices** you drink.

- i.e. 3 juices = 1 enema per day
6 juices = 2 enemas per day etc.

The food, juices and supplements will push toxins out of your organs, cells and tissues into your blood stream. The coffee enemas will support your liver and help pull toxins out of your body so they don't get reabsorbed and deposited elsewhere.

Preparing the Enema

Equipment

- 1 ENEMA BUCKET OR BAG with hose + clamp** - 1 litre enema bag, plastic or stainless steel bucket with a clamp
- ORGANIC COFFEE** - Caffeinated (decaffeinated doesn't work). Light roast preferred; medium works well too. Regular, flaked, or course grind. Never use instant coffee or non-organic coffee.
- LUBRICANT** - natural, organic olive or coconut oil
- COMFORTABLE MAT** - yoga mat, Thermarest, thin foam mattress, etc.
- TOWEL OR BLANET** - for warmth
- TIMER**
- CASTILLE SOAP, IODINE, OR HYDROGEN PEROXIDE** - for cleaning
- HOTWATER BOTTLE**
- WASH CLOTH**
- Books, movies, music, candle light

Cooking Instructions

1. In a saucepan, add 3 heaping tablespoons of ground coffee to 4 cups (1 litre) of purified, filtered or distilled water.
2. Bring to boil uncovered for 3-5 minutes
3. Turn heat to low + simmer for 12-15 minutes with lid on
4. Strain coffee solution through a mesh strainer into a 1 litre mason jar.
5. Top up coffee solution to 1 full litre with boiled, filtered or distilled water. Allow coffee solution to cool to body temperature or comfortable to touch
6. Make sure clamp on bucket is in closed position. Pour coffee solution into clean enema bucket
7. Open clamp and let coffee flow through to bleed the air out of the tube then close clamp until you are ready to administer the enema.

Taking the Enema

1. **POSITION** - Lay on your **RIGHT** side on mat on bathroom floor or in the tub.
2. **PLACE CONTAINER ABOVE** - With the clamp closed, place bucket about 1 foot above your abdomen (i.e. on the toilet seat).
3. **LUBRICATE + INSERT** - Insert the tip gently and slowly approx. 4 inches. Move it around until it goes all the way in.
4. **LET IT FLOW, LET IT FLOW, LET IT FLOW** - Open the clamp, relax and allow gravity to let solution flow in. This may take a few seconds to a few minutes.

If the water does not flow, try: deep breathing, raising the bucket higher, twisting the inserted part of the tube slightly, or move tube out and then back in a few millimeters.

If you develop a cramp, close the hose clamp, turn from side to side, massage your belly, place hot water bottle on belly, hum or take a few deep breaths. The cramp will usually pass quickly.

5. **CLOSE CLAMP** - when all the liquid is inside. You can leave the tube inserted, or remove it slowly.
6. **RETAIN THE ENEMA FOR 12-15 MINUTES** - while laying on your **RIGHT** side. Use the time to read a book, meditate, do visioning exercises, rest, etc.

Releasing the Enema

7. **RELEASE** - After 12 - 15 minutes you may feel an intense urge to release the enema. If you haven't already done so, remove the tube, sit on the toilet and release the enema.
8. **WASH EQUIPMENT** - Wash the enema bag or container and tube thoroughly with a gentle soap or cleaner and hang to dry thoroughly.

Further Hints

9. **AFTER BOWEL MOVEMENT** - If possible, do the enema after a bowel movement to make it easier to retain the coffee. If this is not possible, take a plain water or chamomile enema first if needed, to clean out the colon.
10. **DEALING WITH GAS** - If intestinal gas is a problem, some exercise before the enema may eliminate the gas. Deep belly breathing will also help.
11. **MASSAGE** - If water will not flow around the entire colon, you may gently massage your lower abdomen.

12. **REDUCE AMOUNT OF COFFEE** - If the enema makes you jittery, reduce the amount of coffee or solution for one week, then try again with the full strength solution.
13. **EAT SOMETHING BEFORE** - To activate peristalsis in the intestines and colon, eat something just before and after taking the enema.
14. **TEMPERATURE** - The water may be too hot or too cold. Be sure the water temperature is comfortable.
15. **PATIENCE** - Be patient, as practice makes perfect.
16. **STAY WARM + COZY** - Keep yourself comfortable + warm by using a blanket and pillow.

If you can start these ASAP that would be brilliant - you cannot detox enough. There are dozens of additional benefits to introducing coffee enemas into your life.

