



Coffee Enema Procedure

Coffee enemas are a great way to cleanse and detoxify the liver as well as aiding the colon in the elimination of waste. The efficient removal of toxins and metabolic waste is vital to the maintenance of health and prevention of illness. The coffee enema can be performed at any time that is convenient for you. It usually takes between 30-60 min, depending on the person. It is best to choose a time period when you will feel unrushed and will generally be undisturbed. Most people prefer to take the enema in the morning, after their regular bowel movement however you may also find it relaxing to do in the early evening. See what works best for you. It is a matter of personal preference to take the coffee enema before or after a meal.

NECESSARY ARTICLES

- 1) COFFEE must be organically grown. Commercial coffees are loaded with herbicides and pesticides. Never use instant or decaffeinated coffee since they are both adulterated and chemicalized.
- 2) ENEMA BAG Any bag designed for enema usage is acceptable. Based on experience however, most people prefer the type that is designed as a combination enema/douche bag over the combination enema/hot water bottle because it has an open wide mouth at one end, allowing for easy addition of liquid.
- 3) COLON TUBE - 30 inch colon tube size 22FR or 28FR is suggested. The 2 inch enema nozzle that usually comes with the enema bag is insufficient for a high enema, is made of plastic and can be uncomfortable.
- 4) LUBRICANT is required for the insertion of the colon tube. Any natural lubricant is acceptable. Avoid any commercial, chemical lubricants. Natural herbal ointments are available from your local health food store. Natural oils can also be used such as olive oil.

PREPARATION

Unboiled coffee using the drip method, use of an electric percolator or fill a saucepan with 1 quart of pure water. Bring water to a boil and turn off the burner, add the desired amount of coffee and steep until cooled to the desired temperature. Strain and use. Always use distilled water or water purified through reverse osmosis. Tap water is very unsuitable for either drinking or for enemas in a health building program. Coffee may be prepared using glass, stainless steel or enamel cookware. Never use aluminum or Teflon. Use anywhere from 1 teaspoon to 4 Tablespoons of coffee grounds to 1 quart of water. Exactly how much you use on a regular basis will depend on your metabolic individuality. 1 Tablespoon is a good place to start and work your way up to 4 Tablespoons. 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 or weakness you will need to decrease the strength of the coffee solution. Consult your practitioner to determine what is best for you.

COFFEE ENEMA INFUSION

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 movements. If this is the case, you should not strain to have a natural bowel movement 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 movement.

1. 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 floor of the bathroom. The coffee is infused when in a supine position, so most people make the floor as comfortable as possible. Some people prop pillows against the wall and use the time in comfort for reading or making phone calls.*

2. FIND A PLACE FROM WHICH TO HANG THE ENEMA BAG

- *It should not be higher than about 2 feet off the ground (assuming you will lie on the floor). If the bag is too high, the solution will flow with too much force, causing discomfort.*

3. HANG THE ENEMA BAG FROM THE PLACE YOU HAVE CHOSEN

4. CONNECT THE COLON TUBE TO THE PLASTIC NOZZLE ON THE END OF THE TUBE THAT ATTACHES TO THE ENEMA BAG.

5. CLOSE OFF THE HOSE LEADING TO THE COLON TUBE WITH THE HOSE CLAMP PROVIDED TO PREVENT THE ESCAPE OF ANY FLUID

6 .ADD THE COFFEE SOLUTION TO THE ENEMA BAG

- *Your coffee enema solution should be at room temperature or only slightly warmer at the time of usage. Too hot or too cool may cause your colon to contract, resulting in difficulty in the retention and performance of the enema.*

7. 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

7. LUBRICATE THE FIRST SEVERAL INCHES OF THE COLON TUBE

- *Additional lubrication may be applied to the rectum to aid in the insertion of the colon tube.*

8. INSERT THE COLON TUBE INTO THE RECTUM

- *Most people prefer to accomplish this while lying on their left side; ideally, 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 twist and turns as well as degrees of contraction and relaxation. For some, it is a simple matter to fully insert the tube. For others, it requires patient, gentle effort. It is often helpful if you allow the slow inflow of solution while inserting the tube. Also, many find that twisting and turning the tube while gently pushing facilitates its progress. Others suggest that momentarily withdrawing the tube slightly and then proceeding with its insertion can help get around tough corners - the various bends and turns in the colon. Under no circumstances 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, individualized means for doing it.*

9. OPEN THE CLAMP TO ALLOW THE COFFEE SOLUTION (1 QUART) TO FLOW INTO THE COLON

- *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.*

10. 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.*

11. AFTER THE 15 MINUTES, YOU MAY THEN EXPEL THE ENEMA

- *You should not strain to hold the enema. If you feel the need to expel before the 15 minutes, you should do so. No straining of any kind should be done at any time. The whole process should be very effortless.*