



# Coffee Enema

## (Benefits, Preparing & Performing)

### **Benefits:**

1. Stimulates the liver, our main organ of detoxification, to produce more bile. Bile is a bodily fluid that has a role in fat digestion and is able to dissolve fat soluble toxins for removal from the body through the gall bladder, small intestine, and colon.
2. Opens and relaxes the common bile duct muscles to produce a large flow of bile from the gall bladder into the small intestine (CLEAN GREENS -spirulina, chlorella, bentonite, charcoal) act as a binding agent to bind the toxins to prevent re-absorption). This allows the liver to rid itself of many toxins quickly, freeing it to process more blood-transported toxins from throughout the body. Encouraging a systemic detoxification effect and greater overall state of well-being \*All the blood in your body passes through the liver approx. every three minutes.
3. Supports the dilation of blood vessels through the effects of the coffee's theophylline and theobromine, further increasing blood flow to the liver.
4. Increases glutathione s-transferase (GST) production, a key detoxification enzyme, by 600 to 700%, via action of coffee's palmitic acid. GST shuttles toxins for binding with glutathione, which neutralizes them and carries them out of the body in the bile.
5. Speeds up the transit time of waste through our main elimination organ, the colon.

### **What you will need:**

- ü Stainless steel or glass pot
- ü Measuring cup
- ü Tablespoon
- ü Strainer
- ü Organic Coffee
- ü Coffee enemas kit



# Preparing & Performing A Coffee Enema

## **How to make the coffee:**

1. Pour 1L of water using a measuring cup into the pot. Place the pot on the stove.
2. Bring the water to a boil. Once the water starts to boil, turn the stove off.
3. Now, add 4 tablespoons of Organic Coffee into the pot and briefly stir the coffee. Let it sit for 20 minutes uncovered.
4. Strain (and throw out) any coffee grains, and allow coffee to cool.
5. Can double the amounts to prepare enough coffee for following days.

## **How to perform the enema**

1. Take out the enema tube/bag from its plastic envelope.
2. Add 500mL of the cooled down coffee into the top of the bag - then clamp tube (pressing on the white lock in the middle of the tube) after all air is eliminated from tubing.
3. Hang the bag filled with coffee above shoulder height, near a toilet..
4. Prepare area with pillow for head, and towel to lie on for comfort.
5. After lubricating the tip of the tubing, (with coconut or olive oil) insert approx 1.5 inches into the rectum.
6. Open the white clamp, so the water can flow through slowly. using the clamp or squeezing the hose with your fingers to regulate it. If you feel uncomfortable pressure build up in your colon, close the hose clamp or squeeze the hose shut and allow the pressure to subside, then begin again at a slower inflow rate. Only put in what your colon will comfortably hold.
7. Once the enema coffee is in your colon, gently remove the nozzle or tube, letting the end hang into a clean container, and start your timer. Roll onto your right side and relax. Several minutes later you can rest on your back and, towards the end of the enema roll onto your left side again.
8. Once you have held the coffee in for 15 minutes, proceed to the toilet and release the enema. Stay on the toilet as long as necessary to allow a complete evacuation. A toilet stool that raises your knees toward your chest can be helpful, as can momentarily standing up and sitting down again. Do not push to achieve evacuation. Relax instead.