






## Coffee Enema

Why do a coffee enema? We live in a toxic world and are exposed through the air, water, food, personal care and cleaning products. Therefore, this modality is necessary to help clear the liver of toxins that we are exposed to. The Liver is one of our main organs of detoxification and is the chemical processing plant of our body. The coffee enema boost the body's glutathione s-transferase GST enzyme system which captures and binds toxins to be removed from the body lending to many benefits such as pain relief, energy boost, supports mental clarity, aids colon cleansing and physical rejuvenation.

### *Items Needed:*

	<p>Preferably Organic Ground Coffee dark or medium roast. You will need 1 tbsp per cup of water (8 tbsp)</p> <p><b>Note:</b> Do not use decaffeinated coffee.</p>
	<p>2 quarts (8 cups) of pure clean filtered or alkaline water.</p> <p><b>Note:</b> Do not use distilled water.</p>
	<p>Silicone enema bag is preferable, or a stainless-steel enema can.</p> <p>You can keep the can or bag and tubing sterile.</p>

### *Directions For Preparing the Coffee:*

- Brew 4 tablespoons of coffee in 4 cups (1 quart) of water.
- Strain.
- Bring coffee to body temperature before inserting (test the temperature with the back of your hand). You may not be able to feel the hot coffee internally and do not want to risk internal burns.

## **Instructions for doing the enema**

### **FIRST:**

- While you are waiting for the coffee to cool, give yourself a plain water enema with the remaining 1 quart of water.

#### **Bag Positioning:**

- Hang the bag 2-3 feet above your body. The higher you hang the bag (5 – 6 ft above your body: shower rod or top of door), the faster the water will flow into your colon. If you cannot handle the fast/force of the water flow, keep it closer to 2 or 3 feet above where you are lying down or standing.

#### **Body Positioning:**

- You may lie down on a towel on the floor. Have something stable that is available to help you get up if necessary.
- You may stand if you know you will have trouble getting up easily from the floor. To lower the risk of having an accident, standing in the bathroom would be ideal. Lean against the wall or in a position to brace yourself to stay safe. Safety First!
- Insert the tube in and let the water or coffee flow into you.
- When you feel cramping or the urge to expel, put yourself on the toilet when necessary.

### **SECOND**

- After the plain water enema, when the coffee enema preparation is cooled to body temperature, pour it into the enema bag and give yourself the coffee enema.
- Follow the same body and bag positioning.
- When you do the coffee enema, you want to hold the coffee for 12 – 15 minutes to get the total cleansing and glutathione boosting effect.