**The Coffee Enema**

Enemas are a very useful way to detox from the gastrointestinal system as well as the blood. Because all of your blood is filtered through your liver every 3 minutes, enemas can be used to get coffee into your system, absorbed, and filtered through your liver, thus stimulating the liver to release and produce more bile.

**How Do I Make a Coffee Enema?**

First, you’ll need to purchase a coffee enema kit. These can be found at a local drug store or some medical clinics. If you want to use coffee, it is best to use a green, non-decaffeinated green tea (the decaffeination process adds more chemicals into the coffee). You’ll also likely want a bathtub where you can do the enema (this is not essential, but does make the clean up process a bit easier).

**Coffee Enema Kits**

* Reusable enema kit
* Organic green coffee, non-decaffeinated
* Pot for cooking coffee
* 1.5 liter container (to hold the water)
* Filtered or purified water

**Prepare a coffee enema**

1. Mix 2 teaspoon of coffee and 0.5 liters of water in a pot and boil it for 10 minutes.
2. After boiling, pour it into a jug which contains 1 liter of purified or filtered water.
3. Check and make sure that the temperature is between 99 – 104 degrees Fahrenheit. It is important to make sure the temperature does not get too hot to protect your internal organs. Use a thermometer to test until you know how it should feel.

**Coffee Enema Instructions**

1. Pour liquid into a reusable enema bag.
2. Hang it at a door knob, shower faucet, or something that is almost the same height.
3. Open the clamp and release some coffee water to make sure no air is in the tube (AKA “priming” the tube with the coffee water).
4. Put on some olive oil, grapefruit oil, vitamin E oil, or any oil that is not highly processed at the end of the tube to ease the insertion process.
5. Insert the tube about 2 inches into your anus.
6. Lie down on your right side in the bathtub or the floor of the bathroom. You can put a mat or towel underneath you.
7. Allow the coffee to start going in your body. When you feel full, you can close the clamp, remove the tub, and try to lay there for about 5-15 minutes (the longer you hold it, the better the detox potential).
8. Finally, stand up and release the coffee fluid and bowel matter into the toilet bowl.
9. You can repeat this to finish the bucket or discard the remaining amount.

**How often do you do a coffee enema?**

If you are actively detoxing, some practitioners may recommend doing enemas daily. If you are pretty healthy and looking to do it more for regular detox, once a week should be sufficient. If you tend to be more constipated, you may benefit from 2-3 per week. It is always recommended to get instructions from your health care provider.

**Important Things to Know**

* If you can’t hold the coffee fluid for that long (especially on the first few times), just let it out. As times go by, you will be able to hold a bag of coffee for the full time without trouble.
* Always remember to keep the temperature no higher than 104 degrees Fahrenheit! Remember to use your wrist to feel the temperature.
* If you can’t find the hole to insert the tube in, don’t worry. Take your time, be gentle. If you can’t get the tube in, don’t force it in. Remember to put some olive oil and push it slowly. It is also helpful to “bear down” when inserting – believe it or not, but this actually helps to pull in the tube when you release.
* You can do the enemas in the morning or night. It is best to do it 2+ hours after your meal. Some people find it hard to sleep if they do coffee enema in the evening or at night – sometimes you will need to use the bathroom more than once after the enema.

Please always feel free to call with questions!