

Coffee Enema

**Remember: Always follow the advice and directions of your Physician.
This protocol is not meant to treat any disease, but rather to support a healthy body.**

The use of coffee in enemas for detoxification purposes is well known. It is a common herbalogical remedy that has been suggested by holistic and alternative medicine professionals for many years.

Why it works

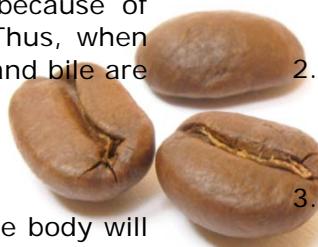
The effects of a coffee enema are different than a saline enema. The most important difference between a saline enema and a coffee enema is the presence of caffeine in the coffee. Caffeine, theophylline and theobromine, combine to stimulate the relaxation of smooth muscles causing dilatation of blood vessels and bile ducts. The effects of having a coffee enema are not the same as drinking coffee. The veins of the anus are very close to the surface of the tissue. The caffeine is therefore absorbed more quickly (and in higher concentration) than it is in when coffee is consumed orally.

Liver benefits

Additionally, coffee has a chemical makeup that is stimulative. The enzymes in coffee, known as palmitates, help the liver carry away the toxins in bile acid. The coffee is absorbed into the hemorrhoidal vein, then taken up to the liver by the portal vein. With the bile ducts dilated, bile carries toxins away to the gastro-intestinal tract. Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon. Thus, when the colon is evacuated, the toxins and bile are carried out of the body.

Concerns

Many people are concerned that the body will become 'addicted' to the enema. This fear is unfounded. The bowels can continue to function on their own after enemas are discontinued.



Supplies

You will need to buy a re-usable enema kit, available at most pharmacies. They are usually disposable (although they can be cleaned and reused for several months) and they are inexpensive.

- Reusable Enema Kit
- Distilled water
- Organic coffee (any roasting level)
- French Press pot

Preparing the Coffee

- Bring 8 cups of water to a boil.
- Grind eight heaping spoonfuls of organic coffee. Put it in a French Press pot.
- Pour the water over the coffee grounds and let it steep then cool for one hour.
- After this amount of time, the liquid should be about body temperature. If you stick your finger in the water it should be lukewarm, but not hot.
- Press the coffee grounds to the bottom, then pour the coffee liquid into the enema bag.

Directions

1. Follow the directions that accompany the enema kit. Lie on your right side, inject and retain the coffee for 10-20 minutes.
2. We recommend lightly massaging your abdomen from left to right (up the left side, and then left to right just below the navel).
3. Additionally, we recommend changing positions while retaining the coffee. After a few minutes turn over onto your back, a few minutes later switch to your left side before evacuating your bowels.