

# Coffee Enema

The purpose of a coffee enema is to stimulate the liver and gall bladder to remove toxins, open the bile ducts and increase peristaltic action. It's important to consume a daily dose of 'friendly' bacteria (lactobacillus acidophilus and bifidus) in order to restore and maintain your own natural intestinal flora. These can be found in products known as 'probiotics', in cultured vegetables and yogurt with live culture.

Before you do a coffee enema please do a water purge enema to loosen any deposit of toxic buildup existing in the colon. Then do the coffee enema. You can find an enema kit at any drugstore, they usually come complete with a hot water bottle, a hook, a hose that attaches to the bottle and a tip that screws onto the hose and is inserted into the rectum.

Here's how you do it:

1. Fluid preparation
  - warm 8 cups of distilled water to body temperature
  - brew 3 cups of organic regular coffee, then add 5 cups of cool distilled water to bring this down to body temperature.
2. Kit preparation
  - find a place where you can lay down and suspend the hot water bottle about 12 in. above you
  - fill the bottle with water
  - screw hose to bottle and tip to hose (tightly)
  - allow a trickle of water to escape before clamping the hose, in order to get rid of air in the line
  - apply lubricant to tip, make sure your hands are clean first
3. Body preparation
  - lie down on your left side with your hips elevated (use a pillow covered with a plastic bag)
  - insert tip carefully into rectum
4. Flow
  - adjust flow to comfort
  - take in as much as comfortable, while massaging your abdomen from left to right to move the fluid throughout the colon
  - close clip before removing tip
  - lie on your back, then on your right side for two to three minutes each, continuing to massage your abdomen
  - try to hold in the coffee enema for 15 to 20 minutes
  - expel. Massaging abdomen from right to left
5. Clean up
  - rinse hot water bottle and hose, as well as tip and plastic cover on pillow with hot water
  - sterilize bathroom surfaces with disinfectant
  - the tip in liquid bleach, wash with hot water before using again.

Caffeine used in this way stimulates the liver and gallbladder to remove toxins, open bile ducts and encourage increased peristaltic action. The good bacteria in the colon along with everything else, it is important to consume a

daily dose of live bacterial culture known as acidophilus or bifidus, in order to help restore your own natural intestinal flora.