

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" and in cultured vegetables and yogurt with live culture,

YOU CAN FIND AN ENEMA KIT in any drugstore. They usually come complete with a plastic enema bag, a hook to hang it with, a hose that attaches to the bag and a tip with lubricant for the end of the hose.

BEFORE YOU TAKE THE COFFEE ENEMA, it's advisable to do a water purge enema to loosen any deposits of toxic buildup existing in the colon.

HERE'S HOW YOU DO IT:

- Fluid preparation:
 - For the water purge enema, you will need 8 cups of distilled water warmed to body temperature
 - For the coffee enema, brew 3 cups of organic caffeinated coffee with distilled water
 - Add 5 cups of cool distilled water to bring the solution, to body temperature.
- Kit preparation
 - Find a place near a bathroom where you can lie down and suspend the enema bag at least 12 inches above you
 - Attach securely the bag to the hose and the hose to the tip.
 - Clamp the hose shut and fill the bag with the warmed 8 cups of water
 - Holding the tip over a sink, open the clamp enough to allow the hose to fill with water (to get rid of the air in the line)
 - Move the clamp down the hose enough to reach it as you are lying down
 - Clean your hands and apply lubricant to the tip
- Body preparation
 - Lie on your left side with your hips elevated on a pillow
 - Insert the tip into the rectum
- Flow
 - Open the clamp and adjust flow to comfort, taking in as much as comfortable while massaging your abdomen in a counterclockwise direction (from left to right) to help the fluid to move up thru the colon.
 - Before removing tip, close clamp
 - For three minutes each, lie on your back, then right side, continuing to massage abdomen
 - Expel, massaging abdomen from right to left.
- Then repeat procedure with the coffee solution, except try to retain the enema for 5-10 minutes before expelling