

# Coffee Enema Cleanse

## Ingredients Needed

1/2 quart (about 16 oz or 2 cups) - Purified water (not tap water) - for heating

1/2 quart (about 16 oz) - Purified water - for cooling the heated water

2 Tablespoons - Premier Organic Coffee (whole coffee beans) (tested by QRA™ for toxicity)

Enema bucket

Lubricant (for insertion of tube into rectum): Olive oil or coconut oil

## Preparation

1. Grind Coffee Beans. Fresh-grind the coffee beans to a fine powder. Do not do this ahead of time so you will get the freshest, most active phytonutrients from the coffee. Pre-ground coffee beans are partially oxidized & should not be used.
2. Simmer Ground Coffee Beans for 5 Minutes. Add the freshly ground coffee bean powder to 1/2 quart of water and bring to a simmer (small, rolling bubbles) for about 5 minutes. Turn off the heat.
3. Let Sit for 5 minutes. Let sit uncovered for 5 to 10 minutes. (The soak time helps to release the phytonutrients into the water.)
4. Strain Mixture. Strain the coffee-herbal mixture with a fine metal strainer to remove any large particles that could clog the enema tube. (Or you can pour off the liquid into another bowl, being careful not to pour out the dregs in the bottom.)
5. Add Cool Water to Mixture. Add about 1/2 quart of room-temperature water (cool or room temperature) to the hot coffee-herbal liquid mixture, then pour into the enema bag. The idea is to cool the hot coffee mixture to a warm temperature so it is not too hot when inserting the fluid into the rectum. The final mixture should be warm to the touch, not too hot and not too cool—about 100 °F.

**Caution:** If the temperature is too hot, it can cause damage to the anus or intestines; if it is too cool, it may cramp the intestines and toxic waste elimination may be poor. However, too cool is better than too hot.

## Instructions

Although not necessary, an excellent time to take an enema is after a bowel elimination. Keep in mind, coffee may leave permanent stains. You may want to wear old clothes, and use old towels (or paper towels).

1. Apply a small amount of oil such as Olive Oil to the anal area for ease of insertion of the enema nozzle. An excellent position to do the enema is on a rug on the floor near a toilet, on your knees with your head down near the floor. The enema bag should be hung on a towel rack or shower curtain rod—elevating the liquid is necessary to have enough pressure for the fluid to flow into the colon.
2. While leaning on one hand on the floor, with the other hand, gently insert the enema nozzle into the rectum. Be sure the nozzle is inserted fully. Be sure to put your head down near the floor so gravity will help the fluid flow downwards into the colon.
3. Slowly release the hose clamp to allow the liquid to begin to flow into the colon. Often you will have the sensation of warm liquid gurgling or flowing into the colon. If the flow seems too fast, close the hose clamp; wait for a minute or two, then open the clamp again. Try to take about half of the liquid (about 1/2 quart) into the bowels; then hold for 10 minutes before expelling. During this time, you may close the clamp, remove the nozzle from the rectum; then lay on your right side during the 10 minutes, or lay on your back with legs and pelvis elevated on a pillow if possible. If desired, you may lay in a bathtub during this time for easier clean-up. This is a great time for meditating or praying.

4. After 10 minutes or until you feel the urge for a bowel movement, expel the fluid. Then take in the second 1/2 quart and hold for another 10 minutes, then expel. Often, if some fecal matter is in the lower rectal tract, you may want to take in about 1/8 or 1/4 of the liquid, just enough to expel the fecal matter in the lower tract. In this case, it is not necessary to hold the liquid for any period of time. Then divide the remaining liquid approximately in half (mentally) and hold each portion for 10 minutes to allow adequate soaking time to cleanse hardened fecal material, infectious organisms, other toxins, etc. in the lower rectal tract. After taking in the liquid and nature calls (i.e. you feel a strong urge to expel the liquid), even after a minute or two, do not resist, go ahead and expel it. At first, it may be hard to hold the liquid for the full 10 minutes (or even a few minutes). Later, after several enemas, and thus a certain amount of toxic elimination, it will be much easier for the bowels to hold the liquid for the full 10 minutes.
5. After the Enema, drink 1 tablespoon of the Premier Aloe Detox with ½ a cup of purified water. The Aloe Detox dramatically promotes elimination of released toxins and helps prevent reabsorption.

That's it you're done!

### **Regarding nausea during the enema**

During your first few enemas, you may experience some nausea during or after the enema process. This is often due to the release of internal stagnant, putrefied toxins. Do not let this deter you from continuing with a series of coffee enemas. Over time, most people will find that the nausea clears within in a short time. If you do experience nausea, you may want to follow the enema with a warm cup of tea (such as green tea or hyssinol tea).

### **Best time to take an enema**

During the day before 8 pm. Give yourself some time to rest after the enema (20 to 30 minutes). For about ½ hour after your enema, remain at home or near a toilet. This helps ensure that you will be near a toilet if another small amount of enema liquid needs to come out that was not expelled earlier. Sometimes, if the enema liquid reaches higher in the colon tract, it may take longer to move down into the lower bowel to be expelled. So don't be surprised if you need to expel another small amount of liquid.

### **Recommended frequency of coffee enemas**

The condition of the colon (and its relationship with the liver/gallbladder) of an average American adult contains high levels of toxic, stagnant waste. Therefore, we typically recommend a series of coffee enemas as follows: one coffee enema per week for 4 weeks; then 2 coffee enemas per week for 4 weeks. After completing this series, we recommend a "maintenance" coffee enema once every 60 days. This is a magnificent, highly efficient procedure to eliminate ongoing, but still bio-accumulating toxic residues from exposure to dietary (especially restaurant eating) and environmental toxins.

### **Recommended coffee brand**

Currently, we can recommend the following coffee brand for use with coffee enemas: either Premier Organic Coffee (recommended) or Allegro Kenya Grand Cru Coffee (PLU 356), available at Whole Foods. These are both organic and have not been over-roasted which can harm the oils in the beans.