

COFFEE ENEMA

PURPOSE

To support detoxification by mechanically cleansing the colon and stimulating the liver to increase production of glutathione S-transferase (GST) thanks to the palmitic acid found in coffee. GST is a powerful antioxidant and detoxifying enzyme that binds with, and flushes out, toxins in the body through bile, the main route of waste elimination.

EQUIPMENT

- A medium- or dark-roast, mycotoxin-free coffee (see notes about coffee for enemas*)
- Small stainless steel or ceramic sauce pot (avoid aluminum cookware)
- Very fine mesh stainless steel strainer
- Stainless steel enema bucket & tubing
- Lubricant (petroleum jelly, olive oil, or coconut oil)
- Towel and/or yoga mat



INGREDIENTS

- 4-5 cups of boiled water, distilled water, spring water or carbon-only filtered tap water
- 1-3 Tbsp coffee
- Optional: organic blackstrap molasses (high in potassium which helps with retention)

DIRECTIONS

Prepare the Coffee

1. For one enema, add 4 cups or 946 ml of water in a sauce pot.
2. Add 1 to 3 tablespoons of coffee, stir, and bring water to a boil.
Note: beginners should start with ½ tsp to 1 tbsp and increase gradually with time and practice. Feeling jittery is an indication to reduce the amount of coffee.
3. Once boiling, turn down the heat and allow it to simmer on low for 12-15 minutes.
4. Remove the pot off the stove, and allow the coffee solution to cool down to lukewarm and tolerable to the touch. To help speed up the cooling process, it can be placed in the freezer.

Notes:

- *The ideal coffee temperature for an enema is about body temperature or a little lower (90-97°F or 32-36°C if using a thermometer to measure). If it gets too cool, it can be harder to retain the coffee enema however.*
- *If while simmering too much liquid evaporates, add more water to bring the coffee solution back to 4 cups or 946 ml. This can also help speed up the cooling process.*
- *1 Tbsp organic blackstrap molasses can be added after it cools to help with retention & reduce cramping.*

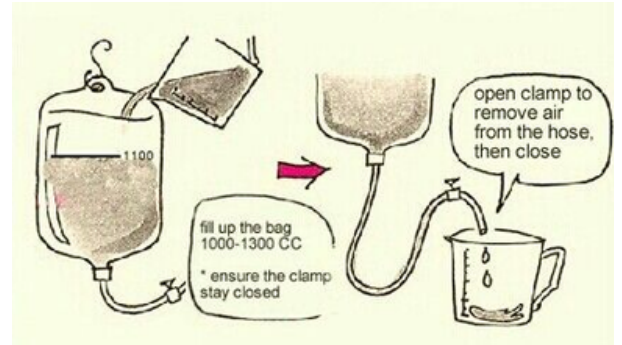
5. Filter the coffee through a stainless-steel mesh strainer into a glass sealable glass jar. Repeat as needed to remove any small pieces of coffee residue.

COFFEE ENEMA

DIRECTIONS

Prepare for the Coffee Enema

6. Prepare the area to lie down on by layering a few old towels or yoga mat on the floor in or near the bathroom. Be close to a toilet in case of urgency and spillage.
7. Make sure the enema bucket and tubing are clean, and the clamp is closed.
8. Pour the lukewarm coffee solution into the bucket.
9. Remove air from the enema tubing by releasing the clamp and allowing a small amount of the coffee to drain out into the sink. As soon as it starts flowing, quickly close the clamp to expel any air in the tube.
10. With the clamp closed, hang or position the bucket 1 to 3 feet above the abdomen from the lying position. If there is no place to hang it, simply hold the bucket up to let the coffee flow in when ready.



Notes:

- The higher the bucket, the faster the coffee solution will flow out. Lowering the bucket height can prevent cramping and will reduce the speed.
- Cut the tubing shorter if there are waves preventing the flow of coffee.

COFFEE ENEMA

DIRECTIONS

Inserting & Holding the Coffee Enema

11. Lubricate both the tip of the enema nozzle and rectum to prepare for the insertion which is typically done lying down on your back, although some prefer to be lying on their side or on all fours for the insertion.
12. Gently insert the enema tip (at least 2 inches or 5 cm). Do this carefully as to not tear any tissues.
13. Once the tip is all the way in, open the clamp and allow the coffee solution to begin flowing. It might take a few seconds. Make sure there are no kinks or waves in the tubing.
14. Once all of the liquid is inside or you feel it's enough, close the clamp and gently remove the tip from your rectum.
15. Turn onto your right side for about 30 seconds. Then turn again onto your back and hold the coffee enema for 15-20 minutes if possible.

Notes:

- *Retention time is more important than the quantity of liquid inserted. Holding it for 10 minutes with only 1 cup of coffee solution is better than inserting all of the liquid and only being able to hold it for 1 minute.*
- *Some prefer to lay down on their right side the entire duration. Use this time to meditate, journal, read or practice mindfulness.*
- *Never force yourself to hold it. If there is urgency, release it in the toilet.*
- *Do not hold the coffee enema longer than 20 minutes.*

16. When you are ready to expel the enema, go to the toilet and empty out the coffee solution.
17. After completing the enema, wash the enema tube, the bucket, and the enema tip thoroughly with soap and water, and hang them up to dry. It is not necessary to sterilize them. DO NOT use hydrogen peroxide.



COFFEE ENEMA

Pro Tips

- Do an enema in the morning, not in the evenings as they can be energizing.
- Have a bowel movement before doing an enema.
- Consider doing a water-only enema first, right before the coffee enema using 1 to 2 cups of water. This can help with retention.
- Add blackstrap molasses (1 Tbsp) to the coffee solution once it's lukewarm to prevent cramping and help with retention.
- Take a binder before and after doing an enema (e.g. GI Detox, Biotoxin Binder)
- HYDRATE well before and after the enema. Gerson institute recommends drinking three 8-ounce green juices per day for each enema. If that's not possible, add electrolytes to your water as a minimum.

*The Best Type of Coffee for Enemas

1. The best type for beginners seems to be a medium or dark roast coffee. Research in Molecular Nutrition & Food Research found that dark roast coffee restored blood levels of the antioxidants vitamin E and glutathione more effectively than light roast coffee. The dark roast also led to a significant body weight reduction in pre-obese volunteers, whereas the light roast did not. Separate research also showed that dark roast coffee produces more of the chemical, N-methylpyridinium. This chemical is produced during the roasting process, and the darker the roast, the more N-methylpyridinium is present. Caffeine levels vary depending on the degree of roasting of the coffee. However, darker roasts often contain less caffeine than lighter roasts.
2. Choose a company that tests for and is free of mold and mycotoxins, is GMP certified, and certified organic. [PureLife Enema](#) is one such company.