

## COFFEE ENEMA INSTRUCTIONS

Purchase organic coffee. Choose fine ground, light-medium roast. Store in freezer.

Using measurements below, bring coffee and water to a boil in a large saucepan and boil for 3 minutes to evaporate the aromatic acids.

Cover and simmer for 17 minutes (total cooking time = 20 minutes).

Pour through sieve into jar. Cover.

\*Concentrate can be stored 2-3 days in fridge so you will always have some ready.

### Use following proportions:

To make enough for **1 enema**, combine 3 T ground coffee in 8-10 oz water. Cook as directed.

To make enough for **4 enemas**, combine 1 cup ground coffee with 4 cups water.

To make enough for **6 enemas**, combine 1-1/2 cups ground coffee with 4 cups water.

**FOR EACH ENEMA YOU WILL USE ONE CUP OF COFFEE CONCENTRATE AND THREE CUPS OF WARM WATER.**

**To make enemas most effective, lie on RIGHT side, both legs drawn close to abdomen, breathe deeply to get the most fluid into all parts of the colon. In approx. 12 minutes, all caffeine will be absorbed through the bowel wall and into the hemorrhoidal vein, then to the liver.**

Why coffee enema vs oral intake?

You have to drink too much to get same effect as enema. Also, coffee, when drunken, causes dilatation of the stomach valve and quick dumping of food. That means, food passes through the digestive tract without having been properly digested.

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The use of coffee enemas for detoxification purposes has been a well-known and used practice for many years. There is no better stimulant for bile production and its subsequent flushing than coffee. This is due to the number of pharmacologically acting substances in the coffee. The caffeine stimulates the relaxation of smooth muscles causing dilation of blood vessels and bile ducts. The mopping up of free radicals effectively inhibits the formation of carcinogens and performs a protective role against cancer.

The coffee enema is unsurpassed in its capacity to stimulate the flushing of toxic bile or bile that has been loaded with toxins. Without the coffee enema, cancer patients would not be able to detoxify at the rate required for cure. During an enema, the coffee is absorbed in the hemorrhoidal vein, then taken up by the portal vein which serves the liver directly. The enema is retained for 10-15 minutes during which time it stimulates the liver cells to cleanse the blood, removing toxins. The entire blood circulation will be recycled every three minutes through the liver or about 5 times during this period enabling a thorough cleanse. With the bile ducts open, a flushing of toxic bile is encouraged which enters the gastrointestinal tract. The large volume of fluid retained in the lower colon stimulates peristalsis that ensures the propulsion of bile through the intestine and to the outside. It is important to remember that the enema is given for the stimulation of the liver and not for the function of the intestines.