



### ***Basic Coffee Enema Procedure & Recipe***

The very last part of the colon, before reaching the rectum, is in an “S” shape and called the sigmoid colon. By the time stool gets to this part of the colon, most nutrients have been absorbed back into the bloodstream. Because the stool contains products of putrefaction at this point, there exists a special circulatory system between the sigmoid colon and the liver. There is a direct communication of veins called the enterohepatic circulation. Have you ever felt sick just before having a bowel movement, when stool material has just moved into the rectum for elimination? As soon as the material is evacuated, you no longer feel sick. This is due of the toxic quality of the material and the enterohepatic circulation coming into play. Because of this, it is important to evacuate when you have the urge. The rectum should usually be empty.

This circulatory system enables toxin to be sent directly to the liver for detoxification, rather than circulating them through the rest of the body and all of its vital organs including the brain. This system of veins carries rectal / sigmoid toxins directly to the liver for detoxification.

When a coffee enema is used, the caffeine from the coffee is preferentially absorbed into this system and goes directly to the liver where it becomes a very strong detoxicant. It causes the liver to produce more bile (which contains processed toxins) and moves bile out toward the small intestine for elimination. This seems to free up the liver to process more incoming toxic materials that have accumulated in the organs, tissues and bloodstream. The coffee does not go into the systemic circulation, unless the enema procedure is done improperly.

The coffee contains some alkaloids that also stimulate the production of *glutathione-S-transferase*, an enzyme used by the liver to make the detox pathways run. It is pivotal in the formation of more glutathione, one of the main conjugation chemicals, enabling toxins to be eliminated via bile into the small intestine. So in other words, *a coffee enema speeds up the detoxification process* and minimizes the backlog of yet to be detoxified substances. You will need the following materials:

- An enema bag or bucket, preferably one of clear plastic that you can see through
- A large stainless steel cooking pot
- Organic coffee fully caffeinated, drip grind coffee
- A source of uncontaminated water. Chlorinated water should be boiled for 10 minutes

The see through enema bag/ bucket is preferable, but an old fashioned type that doubles as a hot water bottle can be used although it is hard to tell how much is used at each pass. Do not use any bag with a strong odor.

### **Procedure**

- 1.Put a little over 1 quart of clean water in a pan and bring it to a boil. Add 2 flat tablespoons of coffee (or the coffee amount that has been prescribed for you, the Gerson Program recommends 3 rounded Tbsp.). Let it continue to boil for five minutes, then turn the stove off, leaving the pan on the hot burner.
- 2.Allow it to cool down to a very comfortable, tepid temperature. Test with your finger. It should be the same temperature as a baby's bottle. It's safer to have it too cold than too warm; never use it hot or steaming; body temperature is good.
- 3.Next, carry your pan or pot and lay an old towel on the floor (or your bed if you are careful and know you won't spill – for safety, a piece of plastic can be placed under the towel). If you don't use an old towel, you will soon have many old towels since coffee stains permanently. Use another bunch of towels, if you want, as a pillow and bring along some appropriately relaxing literature. Pour the coffee from the pan into the enema bucket **without getting the coffee grounds in the cup**. You may prefer to use an intermediate container with a pour spout when going from the pan to the enema bucket. Do not use a paper filter to strain the grounds. Put your enema bag in the sink with the catheter clamped closed.
- 4.Pour the coffee into the enema bag. Loosen the clamp to allow the coffee to run out to the end of the catheter tip and re-clamp the bag when all the air has been removed from the enema tubing.
- 5.Use a coat hanger to hang the enema bag at least two feet above the floor; on a door knob or towel rack. The bucket can rest on a chair, shelf or be held. Do not hang it high, as on a shower head, because it will be too forceful and the hose won't reach. It should flow very gently into the rectum and distal sigmoid colon only. It is not a high enema or colonic. Allowing it to go well up into the colon may introduce caffeine into the general circulation as though you had taken it by mouth.
- 6.Lie down on the floor on your back or right side and gently insert the catheter. If you need lubrication, food grade vegetable oil such as olive oil, a vitamin E capsule, or KY jelly should be fine, unless you are chemically sensitive. It is generally a good idea to avoid petroleum products.
- 7.Gently insert the tube into the rectum a few inches and then release the clamp and **let the first 1/2 of the quart (2 cups maximum) of coffee flow in**. Clamp the tubing off as soon as there is the slightest amount of discomfort or fullness. Do not change positions or use an incline board to cause the enema to enter further into the colon; this defeats the purpose of this type of enema.

Try to retain the enema for a minimum of 12 or more minutes. Sometimes there will be an immediate urgency to get rid of it and that is fine. It helps to clean the stool out of the colon so that next time around you can hold more of the enema longer. Never force yourself to retain it if you feel that you can't. When you have clamped the tubing, remove the catheter tip and void when you have to. It is best to hold it for at least 12 minutes each time. After you have emptied the bowel, proceed with the remaining 1/2 quart and likewise hold that for at least 12 minutes, if able, then void.

The goal is to have two enemas, not exceeding 1/2 a quart (2 cups) each, that you are able to hold for 12 to 15 minutes each. Usually 2 or 3 times will use up all of the enema, but that is not your goal.( The Gerson Program recommends one 4 cup enema) Being able to hold it for 12 to 15 minutes is. When you have finished your session, rinse out the bag and hang it up to dry. Periodically run boiling water, peroxide, or other comparable antimicrobial agent through the empty bag to discourage mold growth when not in use.

If you feel wired or hyper, or have palpitations or irregular heartbeats after a coffee enema, you should reduce the amount of coffee, usually by half for a few days or weeks. Or consider that you really need organic coffee. Be sure the source of your water is good clean chemical-free spring, well, or filtered water.

Sometimes you will hear or feel a squirting out and emptying of the gallbladder. This occurs under the right rib cage, or sometimes more closely to the mid line. If after a week of daily enemas you have never felt or heard the gall bladder release, You should consider making the coffee stronger, going up in 1/2 Tablespoon increments per quart, not exceeding 2 Tablespoon per cup. Alternately, you may need a slightly larger volume, such as 3 cups at a time. Sometimes, 3 enemas (2 cups or less each) rather than two at a session are more beneficial for some.

Always discontinue the enemas if there is any adverse reaction whatsoever, and discuss it with the doctor at your next appointment. If you find the enema helpful, do not use it more than once per day for any extended period without medical supervision. Use it as necessary, perhaps several days in a row, but more commonly a few times a week.

*Excerpts from Dr. Sherry Rogers 1994 book "Wellness Against All Odds"*

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