

## **Coffee Enema**

Please read completely!

Use 2 cups distilled water for every 2 tablespoons of ground coffee  
(DO NOT USE DECAFFEINATED)

Boil for 5 to 10 minutes until very dark.

Strain through a cheese cloth or coffee filter.

The coffee is now ready.

Before you use the coffee ... take a clear water enema!

For ease inserting speculum – use Vaseline on end of speculum and assume kneeling prayer position (head & elbows down, buttocks up) in tub or shower.

Take a plain water enema to dislodge any loose fecal matter in the rectum. Use 2 quarts of lukewarm distilled water in the enema bag and allow to flow slowly into colon while massaging the left side of lower abdomen for 1 minute.

Now lay on your back, massage across the lower abdomen for 1 minute. Then lay on right side and massage lower abdomen for 1 minute. Retain water in colon as long as possible; expel as necessary to clean out colon.

Now dilute the coffee with lukewarm distilled water, until you have a total of 1 quart of liquid. Pour this quart of diluted coffee into the enema bag.

Insert lubricated speculum while on your knees in tub or shower and lie on your left side and allow coffee to enter colon slowly until enema bag is empty. Roll onto your back and arch your back as you roll onto your right side. As you arch your back it helps the coffee move from one area to the next.

Breathe normally, as deep breathing can cause cramping. Lie quietly on your right side for 15 minutes allowing the caffeine to dilate the liver ducts in attempt to release toxins.

Follow coffee enema with 2 clear water enemas!