

Coffee Enema - Instructions

Necessary Items

- **Enema bucket** - Preferred to an enema bag as it is easy to clean and transparent to see flow amount
- **2 - 4 Tbsp - lightly Roasted Coffee.** Use only organic! Conventional coffees may contain added ingredients or agricultural chemicals
We recommend [Premier Coffee](#) for its health-promoting properties
- **½ Quart (16 oz or 2 cups) Purified Water** (not tap water) - For heating
- **½ Quart (16 oz or 2 cups) Purified Water** - For cooling the heated water
- **Lubricant** - For insertion of tube into rectum; a few drops of Olive, Sesame, or Coconut Oil
- **Old Towels** - To use when kneeling/laying on the floor; do not use good towels (coffee stains)
- **Fine Metal Strainer**
- **2 Cups Hydrogen Peroxide** – For cleaning the equipment

Preparation:

1. **Grind Coffee Beans** to a fine powder just before ready to use to retain the most active phytonutrients from the coffee. Pre-ground coffee beans are partially oxidized & should not be used.
2. **Simmer Ground Coffee.** Add powder to 2 cups water, bring to a simmer for about 5 minutes. Turn off heat.
3. **Let Sit for 5 Minutes.** Let sit uncovered for 5 to 10 minutes to release the phytonutrients.
4. **Strain Mixture** through a fine metal strainer to remove any large particles that could clog the enema tube.
5. **Add molasses, binders and any other ingredients ***
6. **Add Cool Water to Hot Mixture:** Add 2 cups of cool water, then pour into enema bucket. Final mixture should be warm to the touch, about 100 degrees F. Add an ice cube if still too hot.

CAUTION: *If the temperature is too hot, it may cause damage to the anus or intestine.*

Instructions

1. It is best to do enemas in the morning before eating and after the first bowel movement.
2. Before starting, drink plenty of water or consider using a liver/gallbladder tonic to open ducts.
3. A bathroom is the most practical room as a toilet is necessary. A bathtub is ideal not only for easy cleanup but it can also provide a therapeutic and relaxing experience while doing the enema. Just fill the tub with warm water, add Epsom salts and some essential oils.
4. If a tub is unavailable, spread old towels out on the floor to lie on and follow the same procedures.
5. Apply lubricant to rectum and nozzle of the hose. Lie down on left side in a fetal position, and slowly insert the nozzle about one inch.
6. Another method is to be kneeling and lean on one hand and then with the other hand, gently insert the enema nozzle. Be sure it is inserted fully. Lower head down near the floor so gravity will help the fluid flow downwards into the colon.
7. If some fecal matter is lower in the rectal tract, first begin by taking in a small amount of the fluid, hold briefly, and expel fecal matter. Then proceed to the first round.
8. Once comfortable, slowly open the valve that begins the flow and leave it open until bucket is half emptied (or until you feel full). If the flow seems too fast, close the hose clamp; wait for a minute or two, then open the clamp again. Try to take in about half of the liquid (½ quart) , leaving the rest for a second round immediately following the first. Close the clamp, remove the nozzle.
9. Lie on right side, (or if on back, try to elevate pelvis) Squeeze your pelvic floor muscles to keep the liquid inside, like doing a Kegel exercise, or trying to stop the flow of urine.
10. Lie back and enjoy a relaxing bath during this time! Try listening to music or meditating
11. Try to hold for around 15 minutes. For the first round, sometimes five minutes or less is only possible but it gets easier with practice. When necessary, sit on the toilet and expel the fluids.
12. When ready, start the second round, and repeat the previous steps.
13. When finished, clean the enema kit to avoid infection:
 - Run clean water through to rinse out the coffee, then
 - Fasten the clamp at the bottom and
 - Fill with 2 cups of Hydrogen Peroxide
 - Let it sit for 15 minutes, then drain and rinse with purified water

* **You can also customize an enema** to meet your needs that may include liquid oxygen, parasite herbs, liver gallbladder herbs, antifungals, molasses, etc. The following are excellent enhancements; for superior results, add:

- 1 tsp organic molasses, and/or

The following products from Premier Research Labs:

- **2 - 3 capsules of [BiliVen™](#)** – An advanced nutraceutical gallbladder formula that promotes comprehensive detoxification and healthy bile metabolism support
- **1 tsp [Liver-ND™](#)** – A probiotic-fermented formula that supports the liver's natural detoxification process and overall health
- **2 tsp [Gallbladder-ND™](#)** – A probiotic-fermented botanical formula that delivers optimal gallbladder support
- **2 capsules [HepatoVen™](#)** – A comprehensive, multi-botanical Liver Support formula
- **2 - 3 capsules [Allicidin®](#)** – A broad-spectrum formula that supports both immune and cardiovascular health

CAUTION: *Please get advice from a medical professional if you are:*

- Very young or elderly
- Pregnant
- Undergoing chemotherapy

Or have:

- Gallstones
- A prolapsed anus, severe hemorrhoids or rectal fissures
- Any severe heart or respiratory issues
- Chronic bowel issues