Click Here

Coffee enema instructions

Bring 32 oz (1 quart) of filtered or distilled water to a boil. Add 3 tablespoons of organic, ground coffee. Simmer for 10 minutes, ensuring the mixture doesn't spill over. Turn down heat and let it cool. Strain the coffee through clean white linen or nylon cloth. If needed, add filtered or distilled water to restore to 32 oz (1 quart). Notes: Use your preferred enema delivery system; clean the system with castile soap or mild soap before each use. Lay on your right side as recommended by Dr. Gerson. Caution: Ensure liquid temperature is close to body temperature and you are well-hydrated before performing a coffee enema. Relax, breathe deeply, hold the coffee for 12-15 minutes, then evacuate. You may experience significant withdrawal symptoms after using a coffee enema, such as nausea or vomiting, and you may also feel jittery due to high levels of caffeine. If you're new to coffee enemas or sensitive to caffeine, consider the following steps: Bring 2 cups of water to a boil, then reduce heat, and add 1-2 teaspoons of coffee. Simmer for 10 minutes, then strain into a 4-cup solution with cool water. Proceed by using half of this liquid in the enema bag and retaining it for 10-15 minutes. You may feel nauseous or lightheaded during your first use due to the high concentration of toxins being released at once. However, you can gradually increase the amount of coffee over time while monitoring your reactions. It's essential to follow guidelines when using coffee enemas: Use no more than 2 tablespoons of coffee per quart of water. Consider consulting a doctor before performing a coffee enema for the first time or if you're extremely sensitive to caffeine. Given article text here The coffee enema procedure involves introducing a mixture of coffee and water into the rectum to stimulate detoxification. To alleviate cramping, massage the abdomen gently or lie on one's side to help move gas through the digestive system. The art of enemas has been practiced throughout history and across cultures. In fact, the earliest recorded mention of enemas dates back to ancient Egypt's Ebers Papyrus, around 1500 BCE. The practice gained popularity in Europe by the 17th century, with "enema jugs" becoming a fashionable household item. Enemas were so valued that Louis XIV allegedly received over 200 enemas during his final year of life. In the United States, coffee enemas gained traction during World War I as a pain reliever when medications were scarce. The Gerson Institute popularized coffee enemas in the 1950s for cancer treatment. Interestingly, the coffee enema procedure was included in the Merck Manual until 1977. The primary reason people use coffee enemas is to detoxify their liver. According to the Gerson Institute, a coffee enema helps remove toxins accumulated in the liver and free radicals from the bloodstream by increasing glutathione levels by 700%. The potent compounds in coffee also dilate blood vessels and bile ducts, relaxing smooth muscles and increasing bile flow. Mechanical cleansing of the bowels is another benefit of coffee enemas. Regular use can improve colon muscle tone, reduce constipation, and flush out toxic substances, parasites, bacteria, heavy metals, yeast colonies, and other debris. Coffee enemas can also help with gas, bloating, and digestion issues by benefiting the liver and gallbladder. Furthermore, coffee enemas can be a valuable tool in parasite cleansing practices, flushing out old debris, impacted fecal matter, and bugs from the colon. The skin is another elimination pathway; if the body/liver becomes overburdened with toxins, they may be eliminated through the skin, causing acne, eczema, or psoriasis. Given article text here Coffee enemas offer numerous benefits, including improved liver function, enhanced cleansing of the colon, and a reduction in skin issues. By stimulating the parasympathetic organs, coffee enemas can calm the nervous system, leading to increased energy levels, better moods, and pain relief. Additionally, they may improve mental clarity and reduce brain fog. However, it is essential to approach this practice with caution. Coffee enemas are not recommended for pregnant women, young children, or individuals with certain medical conditions such as hypertension, chemotherapy, bleeding or ulceration in the colon tract, ulcerative colitis, Crohn's disease, renal or heart failure, or acute or chronic diarrhea. Before attempting a coffee enema, it is crucial to consult with your primary care physician. Additionally, ensure that all equipment used for the enema is clean and follow proper safety guidelines, such as allowing the coffee to cool down before use and replenishing electrolytes afterwards. Choose an organic coffee that is free of mold and pesticides, as conventional coffee may contain toxins. There are several brands of coffee suitable for coffee enemas, including Purity Coffee, which offers a range of antioxidant-rich options, and SA Wilson Gold Roast Coffee, which contains higher levels of caffeine and palmitic acid. If you're interested in doing coffee enemas, start by using one teaspoon of coffee per enema. Gradually increase the amount by one teaspoon each time until you reach two tablespoons, which is equivalent to six teaspoons. It's essential to use filtered water instead of tap water, as it may contain chemicals like chlorine and fluoride that can hinder detoxification. When choosing an enema bucket or bag, opt for a glass or non-toxic option. I personally prefer the Happy Bum Co. brand, which offers easy-to-use and clean products made from safe materials. Glass enema buckets are also a good choice due to their lack of chemical leaching and ease of cleaning, although they may be more delicate than other options. Stainless steel or BPA-Free plastic enemas can be alternatives, but it's crucial to look for high-quality products that don't contain hazardous materials. Some popular brands include PureLife and Happy Bum Co., which offer durable and chemical-free solutions. When preparing the coffee solution, you have two main methods: 12-minute boil or quick boil. For the 12-minute method, add one quart of filtered water to a saucepan with coffee and simmer for 12 minutes before straining and cooling it down. Alternatively, you can use the quick boil method by adding the coffee and water together in a saucepan and boiling it rapidly. Remember that consistency is key, and doing coffee enemas once per week can support basic health maintenance. However, if you're dealing with specific detox protocols or exposure to environmental pollutants, your healthcare practitioner may recommend more frequent use. I prepare my coffee enema solution by heating water and adding it to a saucepan with coffee, then letting it steep until I'm ready to use it. I strain the mixture before using it. I find that starting the day with this process helps me feel more centered. It's essential to note that the ideal temperature for the solution is between 98-102°F. For those new to enemas, I recommend beginning with a water enema and gradually moving on to coffee once you become comfortable with the procedure. When performing a coffee enema, it's crucial to have an empty colon, so doing one after a bowel movement is ideal. It's also important to start with low amounts of coffee and gradually increase the dose as your body becomes accustomed to it. I recommend beginning with 1 teaspoon of coffee in a quart of water and increasing the amount by 1 teaspoon at a time until you reach the full dose of 2 tablespoons, which is equivalent to 6 teaspoons. To make the process easier, lubricate the tip of your enema catheter before insertion using coconut oil or ghee. Allow yourself ample time and a quiet space to learn how to perform coffee enemas. You can listen to calming music, practice deep breathing exercises, or read your favorite book while you're doing it. When administering the coffee enema, allow the solution to flow slowly into your body, allowing your colon to adjust without cramping too much. It's also essential not to rush and to give yourself time to get comfortable with the process. You can start by adding just one cup of coffee at a time and pausing between fills. Remember that everyone is different, so don't stress if you don't do it exactly as I'm instructing. Find what works best for you and be patient with your body as you learn this new process. Place a towel on the bathroom floor or in the bathtub. Connect tubing from the enema bucket, ensuring the clamp is closed. Lube the catheter tip and clamp again. Pour cooled coffee into the bucket, straining out grounds to prevent them in your solution. Open the tubing briefly at the sink to remove air before starting. Position the enema bucket near where you will lie down, making sure it's higher than your body for the coffee to flow. Starting on your left side is ideal, but lying flat works too. Once comfortable, insert the tip 3 inches into your rectum, ensuring adequate lube. Take deep breaths and relax as you open the clamp, allowing coffee to flow in intervals. If cramping occurs, stop the flow and take breaks until it passes. If struggling to hold the coffee, do smaller enemas or adjust your dose over time. After completing the coffee, remove the tip and roll onto your right side. Breathe, relax, and listen to a podcast for 12-15 minutes before going to the toilet. Replenish electrolytes with bone broth, green juice, or filtered water with electrolyte drops and sea salt. Drink plenty of water throughout the day. Clean enema equipment with an EPA registered sanitizer and disinfectant to kill germs and bacteria. To make a coffee enema more comfortable, some people find it helps them retain the enema longer. Start by decreasing the amount of coffee – if four cups is too much, begin with one to two cups and gradually increase. Change positions frequently to allow gas pockets and cramping to adjust. Gentle abdominal massage can also be helpful in relaxing the body. Take slow, deep breaths to calm down. Be patient, as it may take time for your bowels to adjust to coffee enemas. It's recommended to start with water enemas if you're new to enemas. Given the numerous health issues I've faced, including Lyme disease, multiple chemical sensitivities, and heavy metal toxicity, I've discovered that a coffee enema has been my go-to solution to alleviate these symptoms. Through trial and error with various protocols, I've developed a recipe for coffee enemas that works for me, but it's essential to note that everyone's needs are unique, so you may need to experiment to find what suits you best. My intention in sharing this protocol is to facilitate your journey in discovering the most effective method for yourself. To prepare a coffee enema at home, you'll need: * Freshly ground, organic, light-roast, caffeinated coffee * Celtic Sea Salt * Chlorophyll (capsules, perles, or liquid) * Tangerine essential oil * A coffee maker * Pyrex measuring cups: two-quart and two-cup * Gold mesh or ultrafine stainless steel strainer or brown paper filters * Enema bag or bucket with nozzled hose or silicone colon tube * Clean, nontoxic lubricant (coconut oil, ghee, aloe vera gel, or Super Salve) * Timer or watch * Stainless steel pitcher * Clean towels and/or paper towels Before performing the coffee enema, it's crucial to clear out your colon with an enema series. This involves using a therapeutic soap in the first enema and a mixture of Celtic Sea Salt and essential oil blend (such as OHN Colon Cleanse Essential Oil Blend) in the second enema to neutralize toxins, support healthy flora, and reduce infections. To perform the coffee enema: 1. Bring 1-2 cups of purified water to a boil. 2. Stir in up to three tablespoons of finely ground organic coffee (adjust to your caffeine sensitivity). 3. Steep for 10-20 minutes. 4. Strain and add cool water to equal 2-4 cups (1/2-1 quart). Note that Kristina Amelong's enema series protocol, coffee enema recipe, and additional tips can be found in the provided resources. The benefits of coffee enemas include broad detoxifying properties, which have helped individuals with various health issues such as fibromyalgia, prostatitis, BPH, Lyme disease, IBS, constipation, Candida overgrowth, heavy metal toxicity, multiple chemical sensitivities, and more. Timing of Coffee Enema and Preparation Use 4-8 teaspoons of liquid chlorophyll about 30 minutes before starting the enema. Prepare by making a comfortable space with a towel, hanging your bag near the toilet, setting up your coffee solution, and lubricating necessary areas. Your colon comfortably holds the enema coffee for 12-15 minutes before releasing it. Once you're done, stay on the toilet as long as necessary for complete evacuation. A toilet stool can be helpful in elevating your knees and comfort during the process. The coffee used for enemas is typically lightly roasted to maximize caffeine and palmitic acid content. Buy organic coffee beans and use a glass container or equipment that minimizes leaching of toxins into the coffee. The recommended dose is 1-3 tablespoons per quart of water, but you can experiment to find your best amount. Chlorophyll acts as a toxin binder, so it's essential to deliver something with high surface area near the bile duct entrance after coffee stimulation. Use a suitable enema equipment and insertion setup that includes stainless steel or silicone components to minimize toxin leaching. A helpful tip is to cool down the coffee slightly once you're close to the desired temperature by pouring it back and forth between containers. Remember to use a binder during your enemas and avoid materials like latex, soft plastics, and disposable kits whenever possible. Trying to insert a tube 12-18 inches into your colon can be tricky and may cause unnecessary damage or irritation. As long as you've had a bowel movement or preliminary enema, you only need to insert the coffee tube about 4 inches to reach the desired area. This is especially important for those sensitive to caffeine, as it can cause an unwanted buzz if it circulates too widely. To make holding the enema more comfortable and effective, consider using a series of slow injections or starting with a plain water enema to clear the lower colon first. It's also beneficial to use a coffee temperature that matches your body temperature for easier retention. Coffee enemas can be safely done daily for up to 7 days a week depending on individual needs, making them particularly useful during periods of high toxicity exposure or when combined with heavy metal chelation protocols. Even weekly or bi-weekly sessions can provide significant benefits. Drinking coffee alone is not enough to reap its benefits; a proper detoxification process through an enema can help stimulate liver function and release toxins more efficiently. Dr. Nicholas Gonzalez, a renowned alternative cancer doctor, warns that coffee can actually hinder liver function when consumed directly. During the administration of a coffee enema, several mechanisms come into play. Firstly, coffee stimulates the liver to produce more bile, which helps in dissolving internal and external toxins for removal from the body. Secondly, it causes the muscles of the bile duct to relax, allowing a larger flow of bile from the gallbladder into the small intestine. Moreover, coffee's theophylline and theobromine cause blood vessels to dilate, increasing blood flow to the liver. This, in turn, boosts glutathione s-transferase production by 600-700%, enabling it to shuttle toxins for binding with glutathione, which neutralizes and carries them out of the body. By facilitating a systemic detoxification effect and promoting overall well-being, coffee enemas offer a comprehensive approach to cleansing the body. By harnessing this process effectively, individuals can experience significant benefits in their health and resilience.