

COFFEE ENEMA RECIPES

What you will need:

- ✓ A large stainless steel, enamel or glass pot (NEVER use aluminum pots)
- ✓ A tight fitting lid for the pot
- ✓ Organic Light Roast Coffee (we recommend s.a. Wilson's Therapy Blend)
- ✓ A fine mesh stainless steel strainer
- ✓ 8 oz Mason Jars (available from Ball or Kerr)

Regular Strength Enema

One enema

1 quart of distilled water
3 rounded TBS of lightly roasted organic coffee

Boil for 3 minutes then cover and simmer at lower heat for 25 minutes. Use tight fitting lid. Replace missing water up to $\frac{1}{4}$. Strain through a fine mesh stainless steel strainer.

Concentrate Coffee Enema

$\frac{1}{2}$ gallon concentrate for 8 enemas

$\frac{1}{2}$ gallon of distilled water
2 cups of lightly roasted ground organic coffee

Bring water to a boil.

Add 2 cups of ground coffee very slowly.

Boil for 3 minutes without lid. Lower heat and add a lid. Then simmer for 15 additional minutes.

Let it cool and strain through a stainless steel strainer. Do not use coffee filters or cloth (they bind cafestol palmitate). Add distilled water to replace evaporated water up to $\frac{1}{2}$ gallon.

For use add 8 oz of concentrate to 24 oz of water. Use at body temperature.

Concentrate Coffee Enema

$\frac{1}{4}$ concentrate for 4 coffee enemas

32 oz of distilled water
12 rounded TBS or 1 cup of organic lightly roasted ground organic coffee

Pour water into a pot and bring to a boil. Add the organic coffee a little at the time so that it does not boil over.

Boil for 5 minutes uncovered to drive off the oils. Cover, lower the heat and simmer for 20 minutes or more. Allow to cool and the ground to settle. Strain into a one liter jug (2 pints or jar) Add distilled water to make up to the full amount of 32 oz fluid. You can either mark the jar for convenience with tape indicating 1 cup increments or simply measure 8 fluid oz of concentrate for each enema.

Will keep in the refrigerator for up to 2 days.