

## Instructions for Taking a Coffee Enema

Into the enema bucket put:

*8 fl oz of coffee concentrate*

*Add 8 fl oz of very hot water to the coffee concentrate in the bucket*

*Add more water by using cool filtered water – fill up to 32 fl oz - the enema bucket is clearly marked – the temperature of the water should be body temperature*

*Eat a small piece of fruit before the first enema of the day. This is to activate the upper digestive tract and restore blood sugar levels after the night's sleep. Also, do this whenever considerable time has elapsed since the last meal, juice or snack. Nourish first - then detoxify.*

Mix 8 oz of the coffee concentrate with 24 oz of warm filtered water. The coffee solution should be about body temperature. Run a little of the solution through the tube into the toilet to get rid of air bubbles. Close/lock the plastic tube. Hang the enema bucket on the IV pole, about 16-20 inches above you (whether lying on a couch or on the floor), **NO MORE**. Lubricate about two or three inches at the end of the tube, or the red enema catheter, with a small amount of Bottoms Up Balm. Place your yoga mat and a disposable towel on the enema bench and grab a paper towel. Lie down on your **RIGHT SIDE** and draw both your knees close to your abdomen. Breathe deeply. Please do not use any towels.

Insert the tube about two or three inches into your rectum, but **NEVER** more than 6 inches. Open the plastic clamp and allow the fluid to run *very* slowly to avoid cramping. Relax and breathe deeply, in order to suck the greatest amount of fluid into the colon. If you can, retain the solution for 12-15 minutes. Experiments have shown that after 10-12 minutes almost all the caffeine is absorbed from the fluid. The blood circulates through the liver about once every three minutes, therefore in 15 minutes the blood will have filtered through the liver five times. You may keep the tube inserted for the duration of the enema or remove it after the filling. Use your paper towel to remove the tube from your rectum to avoid any spilling on your mat.

If you have trouble retaining or taking in the full 32 fluid oz, lower the bucket. If you feel spasms, lower the bucket to the floor to allow the flow to back up a bit to relieve the pressure. After 10-20 seconds, slowly start raising the bucket toward the original level. You can also control the flow of the solution by pinching the tube with your fingers or adjusting the plastic clamp in a partially closed position. You will quickly learn what works best for you. If you can't take the full quart at first, expel some and take the rest.

### Keep Your Equipment Clean

Don't place the tube back into the bucket until after you have thoroughly cleaned both the bucket and the tube. The bucket and the tube are ideal environments for bacteria to breed. Use a biodegradable food-use detergent and rinse well. Rinse daily, or as often as needed, with 3% hydrogen peroxide.