



## COFFEE ENEMA INSTRUCTIONS

Please read all instructions before starting the process.

1. Boil 1 quart of spring water in a stainless steel pot.
2. Place 2 heaping tablespoons of **plain regular organic freshly ground coffee** into the boiling water, cover with lid and turn off heat.
3. After 15 minutes, strain the grounds and pour the liquid coffee into a glass container and let it cool to room temperature. (Do not cool coffee in plastic.)
4. After coffee has reached body temperature, pour it into the enema bucket. (Clamp tube to stop the run of coffee.)
5. Hang or place the bucket about 3 feet above where you are laying. Use olive oil to lubricate the tip of the tube and insert tube 6" – 8". Place the flat white clamp about 6"- 8" from the tip of the tube to indicate the distance.
6. Lay on your right side using your left hand to adjust the clamp to regulate the flow of the coffee to no more than a couple of ounces per minute. The slower the flow, the deeper and more effective it will clean. (Slide the adjustable clamp as far away from the bottom of the tube as necessary, for comfortable reach.)
7. Hold the coffee for 12-15 minutes or longer. If you are having a hard time holding coffee try kneeling with your head down. (Some leakage of liquid is normal.)
8. After you have eliminated all the coffee enema you will need to replenish your colon with beneficial Probiotic: Rinse enema bucket, fill with 4 oz. of warm filtered water and add in ½ tsp. of dairy free acidophilus. You want to retain this mixture in the body for at least an hour or overnight. (This step can also be done before bed time.)
9. Please avoid using coffee maker and or coffee filter, instead strain coffee through a stainless steel strainer.

Note: Enemas should be done after evacuation and should not be done at night for sleep can be interrupted.

\*Caution: Coffee stains, use old towels or do it in the bathtub.

Note: Clean enema bucket every time with liquid Dr. Bronner's soap.

DISCLAIMER: As with any natural remedies coffee enemas may result in your feeling worse before you feel better. Do not do enema if you have hemorrhoids, or fissures, or are allergic to coffee or recently undergone any surgery. If you have medical conditions, contact your medical health care practitioner. Enemas are not guaranteed to cure or prevent illness.

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