

## Purpose of doing a Coffee Enema

Coffee enemas rapidly help remove toxins from the liver. They often provide quick relief for fatigue, headaches, spasms, detoxification, or just feeling poorly. Coffee enemas are also effective in relieving pain. Patients with cancer, for example, may achieve relief from pain even when all else fails.

## How Coffee Enemas Work

A coffee enema, when done properly, causes the liver to produce more bile, opens the bile ducts and causes the bile to flow. In this process, a toxic liver can dump many of its toxins into the bile and get rid of them in just a few minutes. This often gives great relief to all parts of the body

## Preparing the Coffee Enema

Add 3 heaping tablespoons of **ORGANICALLY** grown coffee (must be organic) to 1 quart (4 cups) of **DISTILLED** water (never use ordinary tap water). Let it come to a boil and then simmer for 20 minutes. Keep lid on. Strain and cool. Use at body temperature. If have extra store in glass jar in refrigerator for 1-2 days.

Lie down on right side with both legs drawn close to the abdomen. Breathe deeply, in order to suck in the greatest amount of fluid into the necessary parts of the colon. It also helps to let all of the air out of the lungs and suck the gut in and out while in this position.

The fluid should be retained for 12-15 minutes. It helps to have a clock or watch in view. Dr. Gerson found that all the caffeine is absorbed from the fluid within 12 minutes. The caffeine goes through the hemorrhoidal veins directly into the portal veins and into the liver.

## General Disclaimer

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