



COFFEE ENEMA*

SUPPLIES

- Enema bag
- 1/4 cup freshly ground organic coffee
- 1 gallon distilled water

PLACE COFFEE AND ½ GALLON OF WATER INTO POT

1. Bring to a boil and then turn fire down to a simmer for 5 min
2. Remove from heat
3. Drain OR simply pour 1/3 of water into enema bag (be sure not to let the grounds in the bag)
4. Fill the remainder of the enema bag with water from the distilled water jug (where you took 1/2 of the water out)
5. NOTE: water should be warm (98-100F), NOT HOT - this is going inside of you!
6. If you do not want to do coffee, this can be done with water only.

ONCE BAG IS READY - LAY ON LEFT SIDE HIP - **THIS IS IMPORTANT : LEFT SIDE**

1. Release enema bag and allow mixture to flow , closing the clasp once you feel pressure / or a need to go to the bathroom
2. Go when you feel you have to, but try to remain still and retain as long as you can.
3. NOTE: try to add a hip lift (lay on back , knees bent, and lift hips to help flow of water through entire intestine. Try to hold for 5-10 seconds and then
4. Go to the bathroom
5. NOTE: you can also add CLOCKWISE massage of your belly to help encourage movement of bowels
6. Repeat until all of the water is out of the bag

ONCE COMPLETE - RINSE BAG AND CLEAN NOZZLE THOROUGHLY

- Begin with once/week enemas
- Can build up to 3-4 times a week
- BONUS : Take activated charcoal with 2 cups - 1 quart - of water 10 minutes prior to your enema for more powerful parasite cleanse.

* This documents what I have found to be best/simplest practice, & is a compilation of information from several resources. (Dr. Elizabeth Daniels, The Gerson Institute, Dr. Andrew Kaufman, and other professionals and non-professional sources)

