



The Coffee Enema

A high, retention enema, using coffee, should be taken to aid in the elimination of toxic waste material from the body.

The coffee enema is very stimulating to the liver and is the greatest aid in elimination of the liver's toxic wastes.

The coffee enema, besides stimulating liver detoxification, also has beneficial effects in cleaning the colon. Coffee is an excellent solvent for encrusted waste accumulated along the walls of the colon. The caffeine also directly stimulates the peristaltic muscle to contract more powerfully and loosen such deposits, which are occasionally visible as hard, black material and "ropes" of mucus. Gradually, as the protein metabolism of the body improves, the muscle tone of the bowel becomes normal and thorough evacuation is possible without the aid of the enema.

Essentially, the coffee enemas help the liver perform a task for which it was not designed — that of elimination in 1 or 2 years the accumulated wastes from many years of living in ignorance of the laws of nature.

At first, most people dislike enemas and have psychological barriers against them. Ignorance of the purpose and function of the enema, as well as misunderstanding of the proper procedure for taking it bring about this aversion. I have observed, however, that the persons most opposed to enemas soon reverse their prejudices and become the most avid supporters of them! In many cases, the enema relieves distress and gives a sense of well being and cleanliness never before experienced. The proper removal of toxins and debris from the colon is absolutely essential in all conditions of disease and ill health.

It is most desirable to take the coffee enema early in the morning and it may be repeated again in early afternoon and/or evening, depending upon the toxic condition of the body. Enemas using coffee in the afternoon or evening may interfere with sound sleep. If enemas are needed at these times, many patients prefer to use only warm pure water omitting the coffee. But it is better to take coffee at these times also, and a weaker solution to permit sleep would be better than not using coffee at all.

How To Make A Coffee Enema

1. Just before bedtime each day, make a pot of coffee (1 liter). Unplug coffeepot and allow to cool to room temperature. Alternatively make the coffee early morning & cool down to body temperature with spring water
2. It is best to arise early enough each morning to allow time to take the enema in a relaxed, unhurried state.
3. The coffee must be regular, non-instant, non-decaffeinated coffee. It must be prepared in enamelware, glass or stainless steel, or by the tricolator filter method. Aluminum or Teflon should not be used at any time! We have found the coffee that is unboiled or prepared via the "drip method" is preferable. Use 3 to 4 tablespoons of ground coffee to 1 liter of Filtered or spring water. Any water that enters into the body should be filtered borehole or spring water.

Avoidance of city water supplies (always chlorinated, which has been strongly linked to hardening of the arteries, and often fluoridated, which has been strongly linked to cancer and thyroid disease) is most essential to removing stress from the kidneys.

If a coffee enema makes a person jittery, shaky, nervous, nauseated, or light-headed, the coffee solution is too strong. The amount of coffee can be adjusted from 1 teaspoon to 4 tablespoons per 1 liter of water as tolerance level permits.

4. The high, retention coffee enema should consist of 1 liter of coffee, held for 15 minutes. Some people, children especially, can take and retain only a 500ml (2 cups) of enema solution at a time. If this is the case, one must take 2 enemas each time, one right after the other, and hold each for 15 minutes as directed.
5. Upon rising each morning plug in the coffeepot for a few seconds to bring coffee to body temperature; unplug and take the morning coffee enema.

How To Take A Coffee Enema (additional useful tips)

- A. Before the enema, do some form of mild exercise if possible, such as walking briskly. If one is extremely debilitated and weak, this step will of course need to be omitted until strength returns.
- B. Attempt a normal bowel movement. The enema is much more effective if the colon has been evacuated. One should not become disturbed, however, if there are no regular bowel movements, or very few, during Metabolic Program. In many cases, not enough bulk collects to instigate a normal bowel movement. When no normal bowel movements are forthcoming, the enema cleans the colon adequately.
- C. Bulk formers such as 2 tablespoons of miller's bran with each meal (obtainable at the health food store) are quite helpful in forming stools and thereby creating more normal bowel movements for those who take daily enemas.
- D. After the normal bowel movement, if one is forthcoming, or before taking the coffee retention enema, most people find that taking an enema with 1 liter of warm spring filtered water is very helpful (do not retain this enema). This procedure begins the cleansing of the colon, removing large particles of residue and most of the gas. The warm water enema is optional and does not need to be taken if the coffee enema can be retained for the desired period.
- E. Place 1 liter of coffee in your enema bag or bucket or applicator.
- F. Next, allow the coffee to flow to the end of the colon tube, thus eliminating any air in the tube.
- G. The colon tube should be lubricated with KY gellie or Vitamin E cream or other lubricant that doesn't contain additives or chemicals.
- H. The enema bag should not be over 92 cm higher than the rectum. If it is placed too high, the coffee runs into the colon too fast and under too much pressure, causing discomfort.
- I. There are several positions that can be used while inserting the colon tube. Squatting is one. There is also the knee-chest method, with chest and knees on the floor and buttocks in the highest position possible. Most people, however, find it easiest to lie on the left side until the solution is out of the bag or bucket. The enema should never be taken while sitting on the toilet or standing.
- J. The tube should *never* be forced when discomfort occurs.
- K. Regardless of the position used up to this point, one should now lie on the left side for at least 5 minutes, then on the back for another 5 minutes, then on the right side for at least 5 minutes. If this is not possible, lie only on the right side
- L. After the enema is retained for 15 minutes or longer, it may be expelled.
- M. One is now ready for the rest of his daily routine clean and refreshed!

Helpful Hints

1. If you find you have a lot of gas and it is difficult to retain the enema, try putting 2 tablespoons of blackstrap molasses into your coffee solution.
2. If you get a sudden gas bubble causing an urge to expel the solution, breathe very fast through your nose using your abdominal muscles like a bellows. This usually helps the colon wall break up the gas bubble.
3. If you find that a little coffee leaks out, place an old towel under your buttocks.

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