

## COFFEE ENEMA INSTRUCTIONS

### Supplies needed to make a concentrate:

Light roast organic coffee (not decaf)  
Enema bag or bucket  
Purified or Spring water or filtered tap water  
Organic coconut oil  
Hydrogen peroxide  
Stainless steel or glass pot  
Fine mesh strainer  
Thick towel to lay on  
Pillow if desired

**The coffee concentrate can be made and stored in the refrigerator for 7 days.**

### To make:

In a stainless steel or glass pot, bring 1 cup of organic coffee grounds and 1 quart (4 cups) purified or spring water to a boil for 5 minutes. Then simmer uncovered for 15 minutes. Strain using a fine mesh strainer.

Add additional purified or spring water to bring mixture back to 1 quart (4 cups). Store in glass or stainless steel container in the refrigerator.

### To use:

In a stainless steel or glass pot, heat 1 cup of coffee concentrate with 3 cups of purified or spring water. Be sure not to overheat! If so, allow to cool to body temp before using. This amount is for 1 enema session. Most people start with ½ sessions for a few times before using a full session.

Place a folded thick towel on the bathroom floor or in the bathtub. Place a pillow for your head near the towel.

### For 1/2 session:

Following your enema bag or bucket instructions for use, place 2 cups of your mixture (½ cup coffee concentrate with 1-½ cups water) in bag or bucket. Be sure to clamp your hose off first. The bag or bucket should hang or be held up about 18 inches above where you are lying.

Lubricate the tip with coconut oil.

Lie on your right side or your back and insert the tube slowly into your rectum about 3 to 6 inches.

Release the clamp and allow liquid to flow until bag or bucket is empty.

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Remove tube and either remain on your back with feet elevated or turn to your right side. Hold the coffee for 12-15 minutes. (never longer than 15 minutes). Don't worry if you have trouble holding it for that long. It will get easier the more you do it.

After no more than 15 minutes, head to the toilet and expel the contents. This may take a few minutes. All of it may not come out at one time. Don't worry.

Repeat using the other 2 cups of your coffee preparation. This completes your session.

If you prefer to do a full session, (recommended) use the 4 cups coffee solution at one time and instill rectally as directed above. Hold for 12-15 minutes then empty contents into toilet. This completes your session. May repeat this session in 4 hours if desired.

After each use, rinse the bag or bucket with warm water. Rinse tubing with hot water then peroxide and hang to dry.

## Helpful Tips

The best time to do the enema is shortly after a bowel movement. Try to do this in the morning or early afternoon. Many use the enemas at night and don't have trouble with sleep.

For ease in retaining the coffee enema you may add ¼ tsp. celtic sea salt to your warmed enema solution before inserting.

If gas is a problem, move around a bit before taking the enema. Raise your hips after coffee is inserted. This will relieve any gas you may have.

If constipation is a problem, you may want to use a warm water enema first to expel impacted feces. Urinate before you begin the enema.

You may remain lying on your back with hips elevated for comfort.

If cramping occurs take deep breaths in through the nose and exhale slowly through the mouth until cramp passes. This is not usually a problem.

It is safe to take a coffee enema up to 6 times daily (this is used for cancer patients in Gerson therapy). You will reap health benefits by taking the enema daily. Some use it daily for years without any problems. Let your symptoms be your guide.

There are no known dangers to using coffee enemas on a daily basis.

If you do not expel all or most of the coffee, it means you are dehydrated. Drink more water!

You may also use a mineral supplement daily such as MegaFood Balanced Minerals or a liquid trace mineral formula.

Visit [www.drlwilson.com](http://www.drlwilson.com) for more info on coffee enemas. Also research the Gerson therapy for more information on the benefits of coffee enemas.