



Heal Your Gut. Get Your Life Back.

## COFFEE ENEMA RECIPE

- 1- Mix together 1 litre of water (4 cups) and 4 tablespoons of ground coffee (see options above). This will be enough to do 2 enemas with 500ml each.
- 2- Bring to the boil and boil for 2 minutes.
- 3- Reduce the heat to a minimum, cover with a tight lid and simmer for another 15 min.
- 4- Cool down to body temperature and strain.

\* If doing regular coffee enemas, you can prepare enough to do 4 enemas by putting 16 tablespoons (about 1 cup) of ground coffee into 1 litre of water. Follow the instructions above. Strain into a glass container and add enough water to bring back up to 1 litre. To do each enema, use 1 cup of the coffee solution and add another cup of boiled, filtered water.

## HELPFUL HACKS:

**Molasses:** Add 1 tbsp of organic blackstrap molasses to the coffee solution. It's best to add when the coffee solution is still hot so that it mixes in evenly. This will help you retain the solution longer and more easily.

**Biomolecular oxygen and bioactive carbon mineral:** For an even more powerful enema, add 2 to 10 drops of biomolecular oxygen and bioactive carbon mineral to the coffee solution (start with 2 drops and work your way up). Best added once the coffee solution has cooled down to body temperature.

**Binders (Biotoxin, Vir-Rad-Chem and/or HM-ET binder):** Take 2 caps 15-30 minutes before the enema and then another 2 caps directly after the enema. The biotoxin binder is best for bacterial and parasites by-products and mold/mycotoxins. The HM-ET binder is best for heavy metals and environmental toxins such as pesticides. The Vir-Rad-Chem binder is a good all-rounder. You can mix and match any of those.

You can buy all of those products (except the molasses) [here](#) (US and outside Australia. Use code 3aWjx5GJ ) or [here](#) (Australia)

## COFFEE ENEMA PROCEDURE

We recommend doing **2 coffee enemas back to back** for best results.

In order to ramp up detoxification, you need to **retain** the coffee solutions in the bowel for **20 minutes** for each enema. This can be a challenge at first, but will get easier with time. Adding the molasses (see hacks above) will help if you are struggling to retain for the full 20 minutes.

- 1- Use 500 ml (2 cups) for each enema.
- 2- Lie down on the right side with knees brought up to the tummy, or assume a knee and elbow position (so the exit of the bowel is higher than other parts of the bowel, allowing the coffee solution to flow in). Lubricate the end of the tube with some oil. If using a simple tube instead of an enema kit, you will need to suck at the end of the tube to get the liquid to flow and then introduce in the bowel (do this over the bath before getting into the described position above).
- 3- Let all the coffee into the bowel and take the nozzle out (again do this over the bath if using a simple tube).
- 4- Retain for 20 minutes. Changing position can help to keep the coffee in longer. So, when there is an urge to empty, turn onto another side, or onto the back or assume a knee and elbow position.
- 5- After 20 minutes, expel the solution in the toilet. It's best to wait until you feel an urge to evacuate.
- 6- Repeat the whole process a second time.

**\*If doing the enema for detoxification**, it is best to do the coffee enema AFTER a bowel movement, preferably in the morning. This will make it easier to keep the coffee in for the recommended 20 minutes. If needed, you can do a water enema first to empty your bowels.

**\*\*If you are doing the enema primarily for constipation relief**, you can do the enema at any time. Try to keep the coffee inside the bowels for as long as possible as this will help stimulate the vagus nerve and strengthen the bowel muscles. However, if you feel a strong urge to empty your bowels, there is no need to wait for 20 minutes.