

## **THE COFFEE ENEMA**

### **Purpose**

The purpose of the coffee enema is to cleanse the blood and clear the liver of toxins.

These toxins occur from the normal metabolisms of food as well as the carcinogenic toxins from our polluted environment, drugs, food and water pollutants such as pesticides, preservatives, hormones, excreted prescription drugs and fluoride.

### **Mechanism**

This cleansing is accomplished by increasing the liver's capacity to detoxify toxins in the blood and binding them to the bile. In the process, the liver cleanses itself as it releases the toxic bile into the small, then large, intestine for evacuation.

The entire blood supply circulates through the liver every three minutes. By retaining the coffee 12 to 15 minutes, the blood will circulate four to five times for cleansing, much like a dialysis treatment.

The water content of the coffee stimulates intestinal peristalsis and helps to empty the large intestine with the accumulated toxic bile.

**Note**, coffee enemas are not primarily for colon cleansing.

### **Physiology**

Glutathione is the primary antioxidant that is prevalent in every cell in the human body.

Glutathione is primarily synthesized in the liver where it is abundantly present.

Glutathione participates in leukotriene synthesis for WBC mobilization and is a cofactor for the enzyme glutathione peroxidase (cellular antioxidant)

The palmitic acid in caffeine increases the activity of glutathione S-transferase (GST) by 600% in the liver and a 700% increase in detoxification in the small intestine.

GST(glutathione S-transferase) makes excess free radicals water soluble for easy elimination from the cells and the body and blocks and detoxifies carcinogens.

GST, binds bilirubin and its glucuronides so that they can be eliminated from the hepatocytes (liver cells).

The liver thus uses glutathione to neutralize poisons, e.g., alcohol, caffeine, medications, nicotine, and remove them from the blood. (The amino acid, Cysteine is the limiting factor as N-acetyl-Cysteine (NAC), in glutathione synthesis, ensuring an adequate supply of glutathione helps cleanse the blood of toxins and substances.)

80-90% of the blood that leaves the stomach and intestines passes through the liver. The blood carries important nutrients to the liver where they are metabolized into substances vital to life.

In the same way, exogenous toxic substances reach the liver where they are either activated or transformed into less toxic derivatives. Glutathione plays a crucial role in the liver's biotransformation system. Biotransformation in Phase One denatures (inactivates) the toxin and Phase Two makes the toxin water soluble to bind with the bile and be excreted through the feces.

See " THE GERSON THERAPY", by Gerson and Walker pg 163 (highly recommended reading) for the ; SUMMARY OF PHISIOLOGICAL BENEFITS OF COFFEE ENEMAS

Dr Max Gerson, MD, used several coffee enemas a day to remove his patients from morphine and relieve their **severe pain**.

#### **COFFEE ENEMAS IN SUMMARY:**

1. Cleanse the blood of toxins
2. Cleanse the liver to improve its many metabolic functions
3. Boost the immune system
4. Relieves severe pain and some headaches

Accumulated toxins have been associated with general nervous tension, confusion, depression, allergy related symptoms and **severe pain**.

#### **HOW TO PREPARE A COFFEE ENEMA**

Despite rumors to the contrary, coffee enemas are perfectly safe when taken as directed. (Unless otherwise specified, **ONLY** when on the Gerson Therapy they recommend each patient take the enema each morning.)

We usually recommend you prepare a quart of coffee, using 2-4 tablespoons of coffee per quart. The water should be purified with the reverse osmosis filtration unit; if you do not have such a unit, store bought spring water will suffice. Of course, organically grown coffee would be best for this procedure.

(However, Folger's Regular is of high quality and the cleanest of all commercial brands, and as a second choice, we recommend this for your enemas.\_

**NO FREEZE DRIED COFFEE.**

The coffee should be made in a stainless steel or glass coffee-maker. Aluminum is not recommended, since aluminum is a toxic metal and can leach into the coffee while perking. It is acceptable to make the coffee the night before use; this allows the coffee to cool. The coffee is best used at body temperature. If it cools too much over night, reheat slightly before using.

#### **QUICK BREW METHOD**

Place 2-4 tablespoons of organic coffee in a coffee filter, held in a strainer, placed over the cup. Add hot water. Place this cup of coffee in the enema bag.. Add three cups of purified water. This will bring it to body temperature, immediately ready for use.

## HOW ADMINISTER A COFFEE ENEMA

When preparing to take the enema, it is best to empty the colon first, (or you may take a plain water enema).

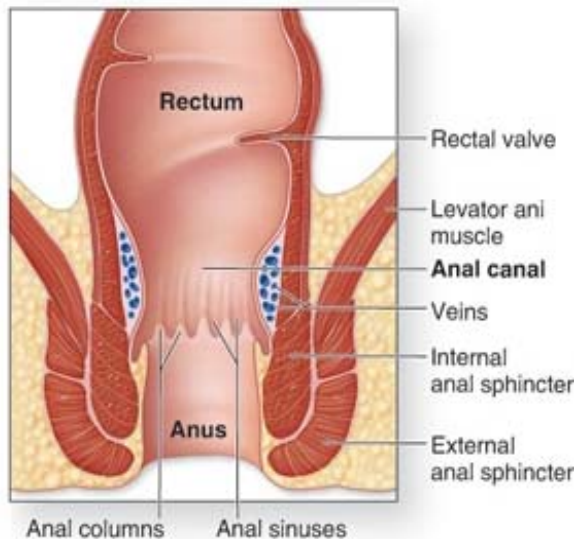
Hang the prepared solution in the enema bag (see - [www.clearwayhealth.com](http://www.clearwayhealth.com)) at least 12



- 18 inches above the waist. We use the shower faucet or a bent clothes hanger from the shower curtain. The higher the bag, the more pressure and the faster it will enter the body. See the Pump method at [www.implantorama.com](http://www.implantorama.com) .

First, release clamp and allow some coffee out to remove air from the tube, re-clamp.

Lubricate tip and rectum. Then lie on your right side in bath tub, or on your hands and knees, or stand bent at the waist, whichever is most comfortable, then slowly insert the tip with a side to side motion to bypass the transverse rectal folds (rectal valves).



Release the clamp, and let about a pint of coffee slowly flow in, then re-clamp. Wait five seconds. Then allow the rest in. Re-clamp.

Lay on your left side on a towel/mat close to the toilet. A pillow for your head is recommended. At first, it may be difficult to retain the enema, but we usually recommend **holding the coffee about twelve to 15 minutes before expelling.**

Sometimes, due to lessening of the blood toxic load, an increase in energy may occur, and some people may feel slightly jittery, although most find the enemas relaxing. Usually, the jitteriness lessens after about the third enema, if needed.