



LIFE-GIVING NUTRITION AND TECHNOLOGY, SYNERGISTICALLY APPLIED

Coffee Enema

Coffee enemas were first used by a nurse in World War I with injured soldiers. They have been used for many years, as a generalized detoxification procedure. Coffee enemas are extremely health giving when taken as directed. Coffee enemas stimulate the liver and gallbladder to release stored toxins and wastes in the form of bile. This accelerated detoxification of the liver enables your liver to purify the blood and body of disease-causing acid wastes at an accelerated rate, over what would otherwise be possible. In the case of cancer, getting the acids out quicker than the tumors can make them is essential to your healing.

When dealing with cancer, unless otherwise specified, it is recommended to take a coffee enema each morning. If your cancer is more progressed and acids are yet higher still, then it may be necessary to do a second enema in the afternoon. In the case of 4th stage cancer with advanced deterioration with your body's avenues of elimination it is recommended in a 16-hour day (6 a.m. to 10 p.m.), that you give yourself a coffee enema every 4 hours, to achieve a total of 4 coffee enemas per day.

How to make one half gallon of coffee: Use one quart and one cup of distilled or pure water. The water should be free of chlorine, fluoride or other harmful chemicals. Bring the water to a boil, then turn the heat down to a simmer. Add 3-4 tablespoons of organic coffee grounds to the water and bring it to a boil. Let simmer for 5 minutes. **Decaf coffee will not work it must contain the natural caffeine in the coffee bean.** After simmering coffee for 5 minutes pour through a strainer to filter the coffee grains out of the water. Then mix this 1 quart of hot coffee with 1 quart of room temperature water. This will give you ½ gallon of body temperature coffee, which you can pour into your enema bag.

The coffee should be made in a stainless steel, ceramic or glass coffeemaker. Aluminum or Teflon is not permitted as they give off aluminum and fluoride toxins. It is acceptable to make the coffee the night before and then allow the coffee to cool. The

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coffee is best used at body temperature, therefore, reheat if needed to bring to body temperature or slightly higher.

When preparing to take the enema, lie on your left side, and lubricate the colon tube using KY Jelly, coconut fat, olive oil or butter. Insert the enema tip into the rectum.

Release the clamp on the enema hose and let as much coffee in as you can comfortable hold. If the urge to eliminate is too strong then clamp down on the enema hose clamp, remove from your rectum the enema tip and sit on the toilet and eliminate. Repeat this process until the descending and transverse colon are clean. Now your colon should be empty enough to allow 8 ounces or more of coffee in without the strong urge to defecate. Retain this for 10 minutes. Ten minutes allows your hemorrhoidal arteries & veins to absorb the coffee and carry it to the liver. Once it reaches the liver it will respond by increasing its creation and release of bile. This causes the liver to clean itself out. The purpose of the Coffee Enema is to increase the detoxification rate of your liver so that it can filter more acids and toxins out of your body than would otherwise be possible. This enables you to begin to get ahead of the tumors ability to create lactic acid wastes.

Repeat the enema, holding for another ten minutes. At first, you may feel slightly jittery, although most people find the enemas relaxing. Usually, the jitteriness lessens after about the third session. If the jitteriness continues, this means you are making the coffee too strong.

When dealing with an earlier stage of cancer the coffee enema should be done 1x per day. When dealing with 4th stage cancer, then you are required to do 3 to 4 coffee enemas per day.

After each use, clean the enema bag and tip with hot water and biodegradable soap, like Oxo Brite or Castile Soap. For increased sanitation you may rinse the enema tip with 3% hydrogen peroxide or diluted bleach.