



## COFFEE ENEMA INSTRUCTIONS

(Excerpted from: *A Cancer Therapy*, by Max Gerson, M.D.)

The effect of coffee enemas is: increased bile production, opening of the bile ducts, and greater flow of bile. If you are doing repeated coffee enemas, causing some nausea or vomiting, peppermint tea will settle the stomach.

To make enemas most effective, the patient should lie on his right side, with both legs drawn close to the abdomen, and breathe deeply, in order to suck the greatest amount of fluid into all parts of the colon. The fluid should be retained 10-15 minutes. It appears that the caffeine is thus absorbed via the hemorrhoidal veins directly into the portal veins and into the liver. Coffee enemas are not given for the function of the intestines but for the stimulation of the liver.

You will need a hot water bottle/enema bag with a hose and syringe applicator nozzle. Spend extra to purchase the type with a clip on the hose which allows you to easily regulate the flow of liquid – you may want to moderate the flow into the colon so that it doesn't spasm. It is also helpful to do this enema after a bowel movement, or to do a small warm water enema to clear the colon, which makes it very comfortable to retain the coffee 15 minutes. Be sure to use ointment on the nozzle tip for ease of insertion in the anus.

To prepare the coffee: Boil three tablespoons of organic ground coffee in one quart of distilled or purified water for three minutes. Reduce heat and simmer for 20 minutes longer. Strain the grounds to use a clear coffee liquid. Let cool to body temperature.

Pour this coffee into the enema bottle and gently squeeze any air out of the bottle before screwing the hose on. Make sure the clip is tight to prevent leaking when you hang the bottle upside down on a towel rack in your bathroom. Prepare a comfortable towel pad on the floor, bring a pillow for your head, and perhaps a towel to cover and warm your bare legs. Have a clock nearby to time the 15 minute hold.

Lying on the floor near the toilet, where you can reach the enema hose, insert the nozzle into the anus and slowly release the hose clip to allow coffee to flow into the rectum. If you feel pressure to evacuate your bowels, just stop the flow and wait for the impulse to pass – a few seconds. Massage the coffee up the colon ( up the left side of the abdomen) and even roll over onto your right side with knees pulled up as in a fetal position to aid the flow further up into the colon. When all the coffee is inserted you can remove the nozzle and lie quietly – read, listen to music, meditate – for the 15 minutes to allow caffeine absorption.

After 15 minutes, squeeze the anus to hold the coffee in while you stand and move to the toilet to evacuate the bowels.