

Giving Yourself a Coffee Enema

By Bill Yeary, ND

Why a Coffee Enema?

The effects of having a coffee enema are not the same as drinking coffee. The coffee is absorbed into the hemorrhoidal vein, then taken up to the liver by the portal vein. The caffeine from the coffee stimulates the liver and gallbladder to produce and release bile (which contains processed toxins). The bile is moved out to the small intestine for elimination, which from there is moved out from the body. This frees up the liver to process more incoming toxic materials that have accumulated in the body. The coffee also contains some alkaloids that stimulate the liver to produce enzymes (glutathione-S-transferase) that detoxify the body. So basically, a coffee enema speeds up the detoxification process and reduces the backlog of toxins. Some people claim that it provides immediate relief to such things as congestion, indigestion, pain, and headaches.

Supplies

- Re-usable enema bag with tube and applicator tip for insertion
- Lubricant (KY jelly or olive oil)
- Purified or distilled water (2 quarts)
- Drip grind organic coffee, fully caffeinated (4 tablespoons)
- Coffee maker (will need 1.5 to 2 quarts)

Preparing the Coffee

Brew organic coffee to the rate of 2 tablespoons per quart. Allow it to cool down. The temperature should be approximately body temperature up to about 104 degrees F. Cold water will cause the colon to contract somewhat, reducing the amount of fluid that you can take in. Test water temperature with your finger. It is better to have it too cool than too warm; never use it hot or steaming.

Location

Many will choose the bathtub or bathroom floor with towels or chux pads. Coffee does stain, so use old towels.

Filling and Hanging the Bag

Before you fill the bag, make sure that the clamp is closed. Pour the coffee into the enema bag. Loosen the clamp to allow the coffee to run out to the end of the catheter tip and re-clamp the bag when all the air has been removed from the enema tubing.

Use a coat hanger or something to hang the enema bag at least two feet above your bottom. The higher the bag is, the faster the speed of intake into the colon. You want it to flow gently into the rectum. You should use the clamp to regulate and control the flow.

How to Take a Coffee Enema

You may not want to take a coffee enema at bedtime as there might be some effect from the caffeine that might hinder sleep. Taking a coffee enema may be best in the morning or right after a bowel movement. The enema is more effective if the colon has been evacuated. When no normal bowel movements are forthcoming, the enema is still effective for cleaning the colon and detoxifying the body.

There are a variety of positions that one can assume to begin an enema. Most people find it easiest to lie flat on their backs with their knees flexed and their legs elevated. From this position you can raise your legs overhead into a partial or full shoulder stand. This position allows gravity to move water farther along the colon. For those less agile, a pillow under the hips can be effective. It is good to change positions while retaining the coffee. Regardless of the position used, one should lie on the left side for at least 5 minutes, then on the back for another 5 minutes, than on the right side for at least 5 minutes. After the enema is retained for 15 minutes or longer, it may be expelled. I also recommend lightly massaging your colon from the bottom left corner of your abdomen toward your chest (descending colon), across to the upper right (transverse colon) and down the right side (ascending colon).

Lubricate yourself and the tip of the nozzle with a non-petroleum lubricant. Gently insert the tube into the rectum a few inches. Open the clamp very slowly and let a small amount (approximately ½ to 1 cup) of water into your colon, wait, relax, and rest. When ready, add another cup. This is important for a successful enema because if you add the coffee solution too quickly, you may stimulate the sigmoid and rectum to cramp. Clamp the tubing off as soon as there is the slightest amount of discomfort or fullness to give your colon time to adjust. Take as much as you can hold, hopefully the whole two quarts. You may not be able to take all the solution. That is okay. You can immediately

repeat the process and will most likely be able to take more the next time. Start massaging and change positions when you feel comfortable.

When you are ready to empty the bowel, move to the toilet and release carefully. You may need to stay for a little while as you continue to release contents.

Cleaning the equipment

Rinse out the bag and hang it up to dry. Periodically run boiling water or peroxide through the empty bag to discourage mold growth when not in use. The applicator tip or nozzle should be sterilized after each use. It can be boiled or washed thoroughly with soap and water, then soaked in a solution of 4 drops grapefruit seed extract and 2 cups water.

Troubleshooting

- The liquid that you put into your colon may not all come out the first time that you release on the toilet. Treat all urges to “pass gas” as a potential release of bowel contents.
- You may not be able to hold all the fluid in with one enema. The procedure can be repeated again after emptying the bowel in between.
- If you have cramping, the solution may be flowing too quickly.
- If you get a sudden gas bubble causing an urge to expel, try breathing very fast through your nose using your abdominal muscles. If you find you have a lot of gas and it is difficult to retain the enema, try putting 2 tablespoons of blackstrap molasses into your coffee solution.

Concerns

- Sometimes you will hear or feel a squirting out and emptying of the gallbladder. This occurs under the right rib cage close to the mid line.
- Many people are concerned that the body will become 'addicted' to the enema. This fear is unfounded. The bowels can continue to function on their own after enemas are discontinued.
- It might be prudent to do a liver gallbladder flush to remove gallstones before doing coffee enemas.

This article is for informational purposes only and is not intended to be medical advice.