

# Coffee Enema

**RECOMMENDATION** - With the approval of your physician, take a coffee enema daily, or a minimum of 4 times a week for the first 4 months of your program. Thereafter, take as needed, e.g., if/when you feel toxic or experience problems with elimination. When coffee enemas are no longer needed, it is believed you should feel the same – neither better nor worse – whether taking the coffee enema or not.

The coffee enema is believed to be useful in aiding the liver in its processes of detoxification, as well as aiding the colon in its activities of elimination. The efficient removal of metabolic waste and toxins through the colon is vital to the maintenance of health and the prevention of illness.

The coffee enema may be performed at any time that is convenient for you. It usually takes from 30-60 minutes, depending on the person. It is best to choose a time period when you will feel unrushed and will generally be undisturbed. Most people prefer to take the enema in the morning, because for many people, taking it in the evening keeps them awake at night or otherwise disrupts their sleep. Others find that their sleep is not at all bothered and prefer the enema in the evening.

Some find it preferable to take the enema before a meal, while others prefer it following a meal or between meals. There is really no best time to do the enema; it is only a matter of individual preference.

## Necessary Articles

- **COFFEE** Must be organically grown. Commercial coffees are loaded with herbicides and pesticides. Organic coffee is available through health food stores or direct from Ultra Life. Never use instant or decaffeinated coffees. They are too adulterated and chemicalized.
- **ENEMA BAG** Any bag designed for enema usage is acceptable. Based on experience, however, most people have found the type that is designed as a combination enema/douche bag to be preferable to the combination enema/douche/hot water bottle. The former conveniently has a permanently open wide mouth at one end, allowing for the easy addition of liquid, whereas those of the hot water bottle variety require constant sealing and unsealing for their use.
- **COLON TUBE** A 30 inch colon tube, size 22FR or 28FR, is required. The 2 inch enema nozzle that usually comes with the enema bag is insufficient for the high enema. Colon tubes are generally available from a hospital supply or drug store. They are also available directly from ULTRA LIFE.
- **LUBRICANT** A lubricant is required for the insertion of the colon tube. Any natural lubricant is acceptable. Avoid any commercial, chemical lubricants. Natural herbal ointments are available from health food stores. Herbal ointments are available from ULTRA LIFE. Natural oils or butter can also be used.

## Preparation

Coffee may be prepared using glass, stainless steel or enamel cookware. Never use aluminum or teflon.

Unboiled coffee using the drip or the toddy method is the preferable means of preparation. However, the use of an electric percolator is acceptable. You can also just use a saucepan: Fill the pan with a quart of pure water. Bring water to a boil and immediately turn off the burner. Add the desired amount of ground coffee and steep until cooled to the desired temperature. Strain and use.

**Always use distilled water or water purified through reverse osmosis.** Tap water is unsuitable for either drinking or for enemas in a health-building program.

**Use anywhere from 1 teaspoon to 4 Tablespoons of coffee grounds to a quart of water.** Exactly how much you use on a regular basis will depend on your metabolic individuality. You should expect to feel a sense of ease and well-being on the completion of the enema. If you experience jitteriness, shakiness, lightheadedness, nervousness, weakness, etc., you will need to decrease the strength of the coffee solution. Consult your physician on this issue if you have questions.

# Coffee Enema Procedure

If you are having regular bowel movements, the enema should be performed *preferably following* the bowel movement *rather than before* it. When you do coffee enemas on a regular, daily basis, however, you may not accumulate enough bulk to continue to have regular movements. If this is the case, you should not strain to have a natural bowel movement first, as this may result in the development of hemorrhoids. When your program of daily enemas is discontinued, your normal daily bowel movements should resume. The enemas will sufficiently serve to evacuate the bowel if you do not have a natural movement.

- 1. ARRANGE AN AREA ON THE BATHROOM FLOOR TO INFUSE THE COFFEE SOLUTION**  
Most people lay an old towel atop a throw-rug or folded blanket situated on the floor of the bathroom. The coffee is infused when in a supine position, so most people make the floor as comfortable as possible. Some prop pillows against the wall and use the time in comfort for reading or making phone calls.
- 2. FIND A PLACE FROM WHICH TO HANG THE ENEMA BAG**  
It should not be higher than about 2 feet off the ground (assuming you will lie on the floor). If the bag is too high, the solution will flow with too much force, causing discomfort.
- 3. HANG THE ENEMA BAG FROM THE PLACE YOU HAVE CHOSEN**
- 4. CONNECT THE COLON TUBE TO THE PLASTIC NOZZLE ON THE END OF THE TUBE THAT ATTACHES TO THE ENEMA BAG**
- 5. CLOSE OFF THE HOSE LEADING TO THE COLON TUBE WITH THE HOSE CLAMP PROVIDED TO PREVENT THE ESCAPE OF ANY FLUID**
- 6. ADD THE COFFEE SOLUTION TO THE ENEMA BAG**  
Your coffee enema solution should be at room temperature or only slightly warmer at the time of usage. Too hot or too cool may cause your colon to contract, resulting in difficulty in the retention and performance of the enema.
- 7. OPEN THE FLOW CONTROL CLAMP AND ALLOW A LITTLE COFFEE TO FLOW TO THE END OF THE TUBE AND OUT INTO THE SINK, TOILET OR BATHTUB, JUST ENOUGH TO ELIMINATE ANY AIR IN THE TUBE**
- 8. LUBRICATE THE FIRST SEVERAL INCHES OF THE COLON TUBE**  
Additional lubrication may be applied to the rectum to aid in the insertion of the colon tube.
- 9. INSERT THE COLON TUBE INTO THE RECTUM**  
Most people prefer to accomplish this while lying on their left side. Ideally, the tube should be fully inserted. How this is best accomplished soon becomes a matter of individuality, learned through trial and error. Everyone has a different colon in terms of twists and turns as well as degrees of contraction and relaxation. For some, it is a simple matter to fully insert the tube. For others, it requires patient, gentle effort. Allowing the slow inflow of solution while inserting the tube is often helpful. Also, many find that twisting and turning the tube while gently pushing facilitates its progress. Others suggest that momentarily withdrawing the tube slightly and then proceeding with its insertion can help get around tough corners – the various bends and turns in the colon. *Under no circumstances should any force be used.* The whole procedure should be very easy and gentle. Many people are simply unable to fully insert the tube. That is all right. You should just insert the tube as far as your colon will easily allow. It usually takes experiencing several enemas before you become comfortable with the procedure and develop your own, individualized means for doing it.
- 10. OPEN THE CLAMP TO ALLOW THE COFFEE SOLUTION (1 QUART) TO FLOW INTO THE COLON**  
The rate of flow can be regulated with the control apparatus. When the flow is completed, you may remove the tube or leave it inserted during the course of the enema. Many people prefer to leave the tube inserted with the valve left open, as it will allow any gas present in the colon to escape.
- 11. LIE ON YOUR LEFT SIDE FOR 5 MINUTES, ON YOUR BACK FOR 5 MINUTES, AND ON YOUR RIGHT SIDE FOR 5 MINUTES**  
During this time, gently massage the colon, concentrating particularly on any hard, lumpy areas.
- 12. AFTER THE 15 MINUTES, YOU MAY THEN EXPEL THE ENEMA**  
You should not strain to hold the enema. If you feel the need to expel before the 15 minutes, you should do so. No straining of any kind should be done at any time. The whole process should be very effortless.