



COFFEE ENEMA

By doing a coffee enema, you are dramatically enhancing your liver's own natural detoxification capacity. Coffee enemas also help to decrease your chances of feeling any Herxheimer reactions ("die-off" symptoms) if you're detoxing from a major health issue.

This treatment allows your liver to dump toxins straight into your intestines and expel them right out of your body when you have a bowel movement following the enema.

The amazing science behind coffee enemas is that the speed of blood flow through the liver is enhanced, which allows you to clean all the blood in your body every 3-6 minutes. Boosted antioxidant capacity supercharges your liver to take its natural ability to the next level.

COFFEE ENEMAS MADE SIMPLE

1. Brew 3 TBSP of organic caffeinated coffee with 1000ml of distilled or filtered water in a French press coffee maker (or boiling water in a pot)
2. Allow the coffee to brew for 10 minutes
3. Press down the French Press to filter and then let the coffee cool to room temperature
4. Pour the 1000ml of coffee into the stainless-steel enema bucket (ensure the sterile tubes are already attached and clamped closed)
5. Place the bucket on a table in or nearby the bathroom approximately 3 feet above the ground and lie down on your back or left side (you can place a towel down,) close enough that the tube can reach you
6. Insert the small part of the tube about 3-5" into your rectum. (You can use an oil or gel to lubricate the tube)
7. Unlock the clamp and allow the coffee to begin to slowly flow into your body. (You can clamp the hose to slow down flow of liquid into colon if needed.)
8. After all the coffee has emptied from the bucket, turn over onto your right side (do not remove the tube since it can cause a release of the liquid back out of your body.)
9. Try to hold the coffee in for 12-15 minutes by breathing and relaxing your body. Read a book, listen to a calm podcast or some gentle music if needed.
10. Go to toilet and try to eliminate.

NOTE: Do not complete this detox hour if you are sick with an acute infection, experiencing prolonged diarrhea, menstruating, pregnant, have hemorrhoids, or any injury to the anal area. Be sure to sanitize and dry the enema kit thoroughly before and after as per instructed with the kit.

