

## COFFEE ENEMA

The caffeine in coffee has a remarkable way of dumping the toxins out of the liver and can be used at any time. According to Dr. Max Gerson, we can tolerate several coffee enemas per day in the case of significant disease.

The sigmoid colon, which is the last portion of the bowel, has a system of veins leading back to the liver. Because the sigmoid colon accumulates toxic and putrefied materials, this system carries the material back to the liver to be detoxified. The caffeine in the coffee also travels through this system to the liver where it acts as a strong agent, and assists the dumping of accumulated toxins in the bile ducts. It is a huge supporter of the liver's filtration process.

Coffee contains cholagogues, substances that increase the flow of toxin-rich bile from the gallbladder. The coffee enema may be among the only pharmaceutically effective cholagogues noted in the medical literature that can be safely used many times daily without toxic effects. Caffeine also stimulates dilation of blood vessels and relaxation of smooth muscle, which further increases bile flow. This effect does not happen when the coffee is consumed orally.

Max Gerson, M.D. founder of the Gerson Institute and Gerson Diet Therapy, recognized that coffee enema is effective in stimulating a complex enzyme system. The increased activity of these enzymes ensures that free-radical activity is greatly diminished and that carcinogens are blocked. The activity of the glutathione enzyme system is increased by at least 600% above normal by using this simple method. An Enema bag is preferably clear plastic so you can see through it. Enema kits can be purchased on line or at your local pharmacy (a converted hot water bottle).

You will need the following:

- A large stainless steel cooking pot
- Organic, fully caffeinated, drip grind coffee
- A Pyrex one-quart measuring cup
- Purified water
- Old towels

### INSTRUCTIONS:

1. Bring 1 quart/litre of purified water to a boil. Add 3 rounded tablespoons of fully caffeinated coffee and boil for 5 minutes.
2. Measure 2 cups coffee; filter to omit fine grinds.
3. Pour premeasured coffee into enema bag. Loosen the clamp on enema bag tubing and let a small amount of coffee out to release any air in tubing.
4. Use a coat hanger to hand the enema bag from no higher than a doorknob or towel rack.
5. Lay an old towel on the floor. (Coffee stains!)
6. Lie on your right side on towel. Gently insert the catheter a few inches into the rectum. Use coconut oil or another oil for lubrication if needed.
7. Use two cups of coffee during session. Roll from side to side to make it more comfortable. Clamp off tubing the moment you start to feel discomfort.
8. Attempt to retain the enema for ten minutes. Practice deep breathing while retaining enema. Never force yourself to retain the enema if you are in discomfort. Breathe through discomfort and do your best, going slowly as you can. Void when necessary or in ten minutes.
9. Refill the enema bag and repeat the process. The goal is holding the enema long enough so as to reach the liver.

The daily amount of coffee can be prepared at one time, or a more concentrated coffee solution can be made and later diluted to make multiple sessions more convenient.

**VARIATIONS ON THE COFFEE THEME:** Combine half the amount of coffee with chamomile tea in the case of IBS, diarrhea, or bleeding. You may adjust the liquid amounts to suit your needs.

\*If you find that a late night coffee enema keeps you awake, consider doing chamomile tea.

**Maureen Fontaine, 250-661-6224**

B.Ed., Certified Darkfield Microscopic – Trainer/Mentor/Coach  
Health & Wellness Consultant, Master Herbalist, Spiritual Intuitive & Ontological Life Coach, Instructor – Pacific Rim College