If you are interested in detox, then you need to learn about coffee enemas. Why? Because frankly there is no pill, powder, potion or food that will perform the detox mechanisms that a coffee enema will do!

Why in the world would anyone want to do an “upside down coffee” aka: coffee enema?

I thought the same thing decades ago before I studied the coffee enema research and tried my own “upside down coffee” on for size. Since then I’ve seen coffee enemas quickly clear all types of symptoms from headaches to severe, body pain to liver detox to gallbladder stasis and much more.

But the bottom-line purpose of the coffee enema is single fold: To lower serum toxins. And the coffee enema does just this through a variety of mechanisms that will be discussed in this paper.

The following quote was written in the 1986 Gerson Institutes Healing Newsletter by Gar Hildenbrand:

History of coffee enemas: The coffee enema may have been first used as a pain reliever. As the story goes, in World War I nurses had coffee pots going around the clock. Surgeons drank it to stay awake working horrendously long shifts. Enema bags hung around as some patients needed help moving their bowels. There was a severe shortage of pain medications. So they were forced to save the analgesics for surgical procedures with little or none for follow-up. When surgical patients woke up from operations without the benefit of further morphine injections they would be screaming in pain. One nurse, instead of fetching more water from the water truck just grabbed a pot of cold coffee and dumped it in the patient’s (enema) bag, undid the release clamp and on into the patient it flowed. “I'm not in so much pain” he said. He experienced a drastic reduction in pain. It was a coffee enema moment in history. Thus began the use of coffee enemas to help control pain.

Since the topic of coffee enemas may be new to you, you may think that it is a new fad kind of thing. Untrue! As you read above, the first known coffee enema was during World War I and the coffee enema was even listed in the doctor’s Merck Manual as a treatment of choice for many ailments up until the 1970’s when drug therapy replaced its use.

To understand how/why a coffee enema can be so effective we need to discuss the anatomy of the human body. The large intestine (bowel), which terminates at the anus, has a blood system that removes fluid from the intestine and carries this fluid (and whatever is in it) back up to the liver. This blood system is called the “portal system”. Thus, when a coffee enema is taken in via the anus/bowel’s portal system, not only the water in the coffee enema is taken to the liver but all the ingredients in the coffee are taken up into the liver as well.
Coffee enema mechanisms:

1. The coffee is a smooth muscle dilator. That means that the coffee is going to expand and contract the portal veins that go to the liver, the biliary tree within the liver and the bile ducts. This dilation helps to move the toxin carrying sludge out the liver, into the gallbladder, into the small intestine and finally, to the bowel where it can be eliminated.

2. The salts of palmitic acids (kahweol and cafestol palmitate) contained in the coffee up-regulates the production of glutathione (a potent detoxifier). In mice, it was found that the coffee enema enhanced glutathione detoxification 600% in the liver and 700% in the small intestine.

3. The fluid in the enema stimulates peristalsis which quickens the movement of toxic bile and fecal matter from the upper small intestine closer to the anus. Because toxic bile is normally taken back up to the liver and thus, not eliminated, the shortened toxic bile transit time from liver to anus allows more toxins to not be reabsorbed and instead be eliminated in the stool. Since toxic bile is typically reabsorbed back up to the liver 8-10 times before elimination, the faster transit time through the 30 feet of small/large intestine can have a profound effect on reducing total toxic load.

4. Coffee is loaded with potassium and has a high potassium to sodium (K/Na) ratio — meaning that coffee has many times more potassium in it that sodium. Therefore, when the coffee is taken rectally the liver is getting a huge infusion of potassium! Although too difficult to explain in this document, let’s just suffice to say that this is a really good thing!

Summary

Coffee enemas rapidly help remove toxins from the liver. They often provide quick relief when one is fatigued, sleepy, has headaches or just feeling poorly. They also help with difficulties resulting from the sudden withdrawal of all intoxicating sedation.

A coffee enema, when done properly, causes the liver to produce more toxin-containing bile, opens the bile ducts, causes the toxic bile to flow and lowers the transit time of the bile out of the body. In this process, a toxic liver can dump many of its toxins into the bile and get rid to them in just a few minutes. This often gives great relief to all parts of the body and often makes the difference between lying down feeling miserable and feeling good and being active. Coffee enemas are also effective in relieving pain. Patients with cancer, for example, may achieve relief from pain even when drugs have failed.

In addition, the potent detoxifier, glutathione, is greatly increased in the liver. Since the entire body’s blood supply travels through the liver every 3-4 minutes, by retaining the coffee enema for 15 minutes the blood supply has essentially received at least four passes of increased glutathione uptake of serum toxins.

At the beginning of using coffee enemas and during “flare-ups”, the bile contains poisons, produces spasms in the duodenum and small intestine and may even cause overflow of bile into the stomach. This may cause feelings of nausea, which could result in the vomiting of bile. If this happens, drinking a good quantity of strong peppermint tea will help wash out the bile from the stomach and bring relief.
It is interesting to note that drinking a cup of coffee has an entirely different effect from that of using it as a cleansing enema. Drinking coffee causes the following problems: increases reflex response; lowers blood pressure; increases heart rate; causes insomnia and heart palpitation; over stimulates the adrenals; irritates the stomach; and leaves a toxic residue in the body. A coffee enema, when done properly, will not produce these effects.

Materials needed to do a coffee enema:
1. Enema bucket
2. Organic coffee
   a. Preferably coffee grown specifically for enemas as it contains high quantities of kahweol and cafestol palmitate that stimulate glutathione production. Also the chemicals found in commercially grown coffee could damage the liver when used as a coffee enema
   b. Organic enema coffee comes in 1 pound and money saving 5 pound size)
3. One quart of pure distilled or reverse osmosis water
4. Lugol’s iodine (comes in 2 oz dropper size and money saving 32 oz size)
   a. Used to sanitize the bucket/tube after use
   b. Extremely caustic, must be diluted!
   c. Will stain. Be careful!
5. Clock or timer
6. Small stool
7. Coconut Oil
8. Pro Probio

Preparing and taking the coffee enema:

1. Add three (3) tablespoons of coffee to one (1) quart of water. Bring to boil. Let it boil briskly for 5 minutes with the lid off. Then put the lid on the coffee and let simmer for another 15-20 minutes. Let the mixture cool to body temperature (until it feels lukewarm to touch). Strain and use at body temperature.
2. Put the coffee solution in the enema bucket. Allow the coffee to drain out of the tube so there is no air or other non-coffee liquid in the tube. Lubricate the enema tube a few inches with coconut oil.
3. Prepare a relaxing place in the bathroom with towels/mat on the floor. While lying on your right side, with both legs drawn in close to the abdomen, insert the enema tube 3-8” into the rectum. Open the enema tube clamp and allow the coffee to slowly enter the bowel. Breathe deeply in order to suck in the greatest amount of fluid into the necessary parts of the colon. It also helps to let all of the air out of the lungs and suck the gut in and out while in this position. Or deep breathes as well.
4. Set the timer for 15 minutes. Relax. If you feel strong peristalsis contractions you can either try to relax and deep breath through it or get on the toilet and release this amount and resume relaxing on the floor.
5. After a full 12-15 minutes have passed, evacuate the enema into the toilet. By sitting up straight and putting your feet on small stool your intestine is less twisted and more able to evacuate large amounts when the next wave of peristalsis hits. Some find rubbing reflex points on their feet or massaging the hepatic flexure point (located under the bottom of the rib cage on the right side) help stimulate peristaltic waves.
6. Wash and rinse the enema bucket and tube with soapy water. The final rinse should involve filling the bucket with hot tap water and then adding one dropper of Lugol’s iodine to the water. Let some Lugol’s water flow through the tube. Clamp off the tube and stick the ends of the tube into the Lugol’s water inside the bucket. Thus, the inside of the bucket, the inside of the tube and the outside of the tube are all being sanitized together.
7. Take a clean dry wash rag and stick into the dilute Lugol’s water. Squeeze to remove excess. Use this to wipe down the toilet seat – top and bottom. Lugol’s iodine is a strong anti-microbial.
8. After the bucket/tube has sanitized for a few minutes, drain and rinse.
9. Be sure to swallow one Pro Probio capsule per day.

**Save time! Make coffee concentrate!**

If you want to save some time, make a coffee concentrate! To do this use one (1) cup of coffee to the one (1) quart of water. Cook and strain as usual. But pour the coffee concentrate into a one quart jug (prefer glass) and add additional water to reconstitute it to one quart. Store in frig. This coffee concentrate now has enough coffee for FOUR enemas!

When you are ready to take an enema, put one cup of coffee concentrate and three cups of water into pot. Heat to body temperature (watch closely...it will heat to body temperature very quickly). Then put into enema bucket and proceed with coffee enema.

It is recommended that the coffee concentrate not be stored for more than two days in refrigerator.

**Concerns, warnings and dangers**

Consult your physician before pursuing coffee enemas!

However, when done correctly and by those persons without an existing electrolyte deficiency, coffee enemas have been used for decades helping people across the world. The most common danger comes when people “over do” the coffee enemas and find themselves faced with serious electrolyte depletion. In fact, it is reported that one person died from doing 11 enemas in one day and one enema per hour thereafter due to electrolyte depletion. This is a serious misuse of the coffee enema!

If a coffee enema is done once in awhile electrolyte depletion is not so much a concern.

But when one is doing one or more enemas per day electrolyte depletion is a concern and should be supplemented with potassium and magnesium (preferably) in the form of freshly juiced organic veggie juice. The rule of thumb is 24 ounces of veggie juice per one enema. This is the reason why Gerson cancer patients were able to reverse cancer and achieve optimal wellness with 3-5 enemas daily --- they were drinking 3-4 quarts of veggie juice per day! If you are not on blood pressure medication or have kidney failure, the Gerson program also recommends boosting the potassium content of the veggie juice with one (1) tablespoon of diluted potassium liquid per juice prepared from a very special potassium powder.

Mixing electrolyte depleting modalities is a big mistake as well. For example, doing a coffee enema and a sauna or a coffee enema and a colonic on the same day could be a serious mistake. Also, taking a diuretic Rx (as found in many hypertension drugs) and doing enemas or castor oil would also be a big mistake.

Another concern is that the bowel spasms and enema is trapped and unable to be evacuated. While this is uncomfortable, this in itself is not a risk. The water will be absorbed and you will urinate it out via the kidneys. However, if you find this a common occurrence we find that it passes as the person repletes their intracellular potassium levels via the use of much veggie juice and potassium booster and/or concentrates on relaxing during the enema process.

And lastly, there have been a few people who didn’t read the directions and infused BOILING coffee into their rectum. Ouch! Of course they suffered severe damage to their rectum. The coffee is to be brought to approximately body temperature – like you would if you were testing the temperature of heated bottled milk before giving to a baby.
Of course there is risk with just about anything in life. And so it is with coffee enemas – read instructions and don’t over do it. If you have any questions, be sure to consult with your health care provider.

**Castor Oil Days**

Once one has mastered the coffee enema, you may be interested in investigating “castor oil”---orally and by enema. These are discussed in a later article.

*The statements in this paper have not been evaluated by the Food and Drug Administration (FDA). Coffee enemas are not intended to diagnose, treat, cure or prevent any disease.*