

## Why it works

The effects of a coffee enema are different than a saline enema. The most important difference between a saline enema and a coffee enema is the presence of caffeine in the coffee. Caffeine, theophylline and theobromine, combine to stimulate the relaxation of smooth muscles causing dilatation of blood vessels and bile ducts. The effects of having a coffee enema are not the same as drinking coffee. The veins of the anus are very close to the surface of the tissue. The caffeine absorbed differently than it is in when coffee is drunk. It pulls the toxins out through osmosis. If you have liver problems, start with one a day and do them in the morning as you will feel a rush of energy. It's from the release of toxins, not the absorption of the caffeine. After awhile, you can do them at night if you can't sleep and they will aid in sleep. You can do them as often as every 4 hours.

## Liver benefits

Additionally, coffee has a chemical makeup that is stimulative. The enzymes in coffee, known as palmitates, help the liver carry away the toxins in bile acid. The coffee is absorbed into the hemorrhoidal vein, then taken up to the liver by the portal vein. With the bile ducts dilated, bile carries toxins away to the gastro-intestinal tract. Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon. Thus, when the colon is evacuated, the toxins and bile are carried out of the body.

## Concerns

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.

1. Using 3 tbl. of coffee per 32oz of fluid, bring the coffee to a boil. Boil for 3 minutes then simmer for 15 minutes. Strain using a very fine sieve. Allow this liquid to cool to body temperature (98.6 F). It should feel comfortable to the touch. (I boil less water than that, then fill up the rest with cooler water to save time.) You may also want to add some potassium to the coffee to decrease any gas bubbles.
2. Pour this liquid into the enema bag, clamping the tube as you pour. Lubricate the nozzle with KY or vasaline. 32 oz. total liquid.
3. Hang the enema bag between 1 1/2 to 2 feet above the floor in the bathroom. The higher the bag, the faster the speed of intake into the colon.
4. Place a large towel on the floor with a pillow and a book. Lie on your right side, with your legs curled into your abdomen. It's important to lie on your right side to get the fluid moving towards your liver.
5. Take deep breaths and slowly insert the nozzle several inches into the rectum. If it is

inserted too quickly it may bend or become kinked inside the colon. A gentle rotating motion can be used to insert. Move the enema bag higher or lower to adjust the flow of the solution into the colon.

6. Retain the solution for about 12 to 15 minutes. Lie quietly (without a lot of moving around) You may hear or feel a squirting of fluid below your right rib cage. Many people believe that this sensation is due to the release of toxin-laden bile. After 15 min., release it (not onto the floor. lol).

7. The enema syringe 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**

- You may not be able to hold all the fluid in with one enema. In this case, the procedure can be repeated two or more times in sequence, making sure to empty the bowel in between. This is usually only a problem the first time or if it has been awhile in between.
- If you have cramping, the solution is flowing too quickly. Pinch the enema tube to stop the flow and lower the bag. Do not continue until the cramps have subsided.
- If the solution is flowing unevenly, the enema tube may be bent or kinked. Slowly and gently pull it partly out and then insert it again several inches. It's important to only go in a few inches – more than that and it won't be working the lower bowel.

From Amy Long – <http://www.ulcseminary.org>