

## Coffee Enemas

Max Gerson, a German Doctor, pioneered the use of coffee for enemas as part of his healing therapy 'The Gerson Therapy' in the 1930s. He helped many people heal from cancer in his lifetime.

Coffee taken rectally dilates the bile ducts and stimulates an enzyme system in the liver known as Glutathione S – transferase (GST). This removes a vast array of free radicals from the blood stream. Free radicals are also known as electrophiles – they are atomic particles with one or more electrons in unpaired spins. They have an affinity for other electrons and want to get involved where they should not.

Under the influence of coffee rectally, the GST enzyme system increases in activity to 650 percent above normal and removes electrophiles from the bloodstream.

During the time the coffee is held in the gut (fifteen minutes), all the blood in the body passes through the liver at least five times. The blood circulates through the liver every three minutes.

The coffee causes dilation of the liver's blood vessels and bile ducts, relaxation of smooth muscle, stimulation of intestinal peristalsis and elevation of bile flow.