

The Coffee Enema

2 tablespoons (30g) of organic ground coffee to 500mls filtered water. Bring to boil. Simmer for 5 minutes with lid on. Leave to stand for a further 5 minutes. Filter / sieve and leave to cool. It is a lot easier to hold the coffee if it is cold.

Save time by making up a concentrate for enemas for up to a week in advance. In this case, use enough water to cover the coffee and so that it will not boil dry. Before use, make it up to at least 400 mls each time using filtered water. Make sure the coffee is room-temperature before use.

Empty bowels first. If you have not been able to, then before you use the coffee solution, perform a water enema - using filtered water. Do not attempt to hold the solution - as soon as you need to empty your bowels, go ahead. You are now ready to do the coffee enema proper.

Enema Technique

Hang the enema bag onto a suitable hook in your bathroom. (At least 4 feet high). Fill the bag up with nozzle switched *off*, Attach the catheter, then switch nozzle on, whilst holding it over a sink / bucket /toilet. When the coffee fills the catheter, switch it off.

Put down some plastic sheeting, and a towel to lie on.

Put some oil (such as olive) over the catheter and lying on your back, or on your side, insert it into your rectum. Insert as much of the catheter as you can - but do not force it.

Switch nozzle on.

If you have an irresistible urge to *go* then switch *off* nozzle and eliminate. Then try again- this may happen if you were unsuccessful in emptying your bowels earlier.

Usually it is easier to hold on to the coffee after a failed first attempt.

Remove the catheter from rectum.

Circling the feet and hands helps to get you through waves of peristalsis (spasm).

Lie on your back for 5 minutes, left side for 5 mins, then right side for 5 mins. If you feel adventurous, then try a shoulder stand. Aim to hold the enema for around 15 minutes

It is possible that your first attempt will be a disaster! , Don't lose heart because each time you do it, you will find it easier.

Good Luck! Use the time to listen to something you find inspiring.