

The coffee enema

To buy an enema kit - go to www.detoxyourworld.com

3 tablespoons of ground coffee to 2 pints of water. Boil for 3 minutes, simmer for 10 mins with lid on. Filter and leave to cool. It is a lot easier to hold the coffee if it is cold.

Empty bowels first. If you have not been able to, then before you use the coffee solution, fill the enema bag with water and a small amount of coffee, ie; a very dilute coffee enema. You will then need to go to the loo straight away, leaving you with an empty bowel. You are now in a position 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 to about a quarter full with nozzle switched *on*, whilst holding it over a sink / bucket. When the coffee reaches the nozzle, switch it off. Any spare coffee can be used again the next day.

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

Put some oil or petroleum jelly over the nozzle and lying on your back, insert it into your anus.

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.

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

The chances are 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!