

The Coffee Enema

Coffee enema is simply an effective and natural process. As we know that liver is our primary processor of all the blood in the body. All the blood in the body passes through the liver every 3 minutes. Coffee enema cleanses the toxins and wastes in the blood by stimulating the liver to make more bile.

How to Make a Coffee Enema?

Firstly, you need to prepare some coffee enema supplies and kits. Next, prepare a good coffee. Finally, get the coffee in your body and enjoy the process.

Coffee Enema Kits

1. Reusable enema kit
2. Organic coffee which is not decaffeinated
3. Pot for cooking coffee
4. A jug which can contain 1.5 liters of water
5. Filtered or purified water

Prepare a coffee enema

1. Mix 2 teaspoon of coffee and 0.5 liters of water in a pot and boil it for 10 minutes.
2. After boiling, pour it into a jug which contains 1 liter of purified or filtered water.
3. Check and make sure that the temperature is around 40 degrees Celsius or 104 Fahrenheit. It is important to keep the temperature low to protect your internal organs. Use a thermometer to test until you know how it should feel.

Coffee Enema Instructions

1. Pour it into a reusable enema bag.
2. Hang it at a door knob or something that is almost the same height.
3. Open the clamp and release some coffee out to make sure no air is in the tube.
4. Put on some olive oil, grapefruit oil or any oil that is not highly processed at the end of the tube to ease the insertion process.
5. Insert the 2 inches of the tube into your anus.
6. Lie down on the floor in the toilet on your right. You can put a mat or towel on the floor.
7. Allow the coffee to start going in your body and hold it for 10 to 15 minutes if you can.
8. Finally, release the coffee into the toilet bowl

How often do you do a coffee enema?

If you are having some health problems, it is recommended to do coffee enema once a day. If you are someone who is very healthy, do it once a week. If you have constipation very often, do coffee enema 2 to 3 times per week.

Important Things to Take Note

If you can't hold that long (especially on the first few times), just let it out. My body couldn't even take in a quarter bag of coffee the first few times. As times go by, you will be able to hold a bag of coffee.

Always remember to keep the temperature at 40 degree Celsius or 104 Fahrenheit! Remember to use your hand to feel the temperature.

If you can't find the hole to insert the tube in, don't worry. Take your time, be gentle. If you can't get the tube in, don't force it in. Remember to put some olive oil and push it slowly.

You can do it morning or night. But please remember to do it 2 hours after your meal. Some people find it hard to sleep if they do coffee enema in the evening and at night.