

How to Coffee Enema

Step-By-Step

Why do a coffee enema?

The number one benefit is stimulating glutathione production in the liver which is an antioxidant that aids in natural detoxification and boosts immunity.

How to do a coffee enema:

1. Measure 3 cups of distilled water and 3 Tablespoons of organic light roast coffee in a small to medium sauce pan
2. Turn on heat to medium high and bring the mixture to a boil
3. Once to a medium boil keep the lid off and set the timer for 5 minutes. Then turn heat to low and simmer for 12 more minutes with the lid on
4. Use a sieve to strain the coffee into another container to allow it to cool. If you have boiled off water or started with less to help it cool faster, add more distilled water until you have 3 cups of liquid again
5. Allow the mixture to cool until you can comfortably rest your pinky finger in it
6. Place your bucket on a counter or held by a hook and pour the liquid in to your enema bucket while holding the tube vertically above the bucket to reduce air bubbles
7. Slowly lower the tube below the bucket until coffee enters the tip. Pinch the clamp so you can lay down without any spilling
8. Prep your enema tip and bum with coconut oil. Slowly insert the tube and start on your left side. Once the tube is in release the clamp to let the coffee enter your body. Once the coffee is in clamp the tube shut and set a timer for 8-15 minutes
9. After a few minutes turn onto your back and practice deep breathing or give yourself a gentle stomach massage
10. Turn onto your right side for the last 5 minutes to allow the coffee to move into your liver and stimulate glutathione production
11. Gently remove the enema tip and move to the toilet to release the enema!