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COFFEE ENEMA GUIDE

HISTORY, INFORMATION & INSTRUCTIONS

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HISTORY OF THE COFFEE ENEMA:

The coffee bean and plant have been part of herbal medicine, folk medicine and shamanic healing for thousands of years. It is particularly well understood by the native tribes of South America, where coffee began to be cultivated many thousands of years ago. It was known as a potent liver remedy and given particularly to the elderly and to those who were infirm or ill in the liver.

The coffee enema may have been first used in modern Western nations as a pain reliever. As the story goes, during World War I nurses kept coffee pots on the stove all day long. Battle surgeons and others drank it to stay awake while working horrendously long hours. Enema bags hung around as some patients needed help moving their bowels.

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Pain medications were in short supply.

Doctors were forced to save the pain drugs for surgical procedures, with little or none for follow-up after surgery. When surgical patients woke up from operations without the benefit of further morphine injections, they would scream in pain and agony from the surgery. They were also constipated from the anesthesia drugs.

As the story goes, one day a nurse was preparing an enema for constipation. Instead of fetching water for the enema, she accidentally dumped some cool coffee into the patient's enema bag, undid the release clamp, and into the patient it flowed. "I'm not in so much pain," the poor soldier said. The nurse took notice, and thus began the use of coffee enemas to help control pain.

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Indeed, until about 1965, the coffee enema procedure was listed in the famous Merck Manual, which is used as a handbook by physicians the world over.

Drs. Gerson and Kelley. The man who popularized coffee enemas more than any other in modern times was Max Gerson, MD, author of *A Cancer Therapy - Results of 50 Cases* (1958). Dr. Gerson pioneered nutritional therapy for cancer and other diseases with amazing results. His therapy combined coffee enemas with a special diet, juices and a few other nutritional supplements. The enemas were an integral part of the therapy. He found that to heal his patients of cancer, he had to stop their pain medication, as it damaged their already weak livers. Coffee enemas, up to 6 per day, would

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stop the pain without a need for drugs. They also enabled the body to absorb and digest tumor tissue and eliminate it safely, an important stumbling block in natural cancer treatments.

*Note: It is not recommend to do six per day unless on a cancer protocol such as the Gerson Protocol . Only one or sometimes two on a standard detox day for general people (not cancer patients)

THE SCIENCE BEHIND COFFEE ENEMAS & ADDITIONAL INFORMATION:

Coffee enemas are NOT for colon cleansing, but for toxin release. They increase bile flow and stimulate glutathione, which is a POWERFUL method of detoxification. Glutathione is the primary antioxidant that is prevalent in every cell in the human body. Glutathione is primarily synthesized in the liver.

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This cleansing occurs by the action of the liver -- which essentially grabs toxins in the blood and binds them to the extra bile being produced. The liver then releases the toxic bile into the small, then large, intestine for evacuation. The entire blood supply circulates through the liver every three minutes. By retaining the coffee 15 minutes, the blood will circulate four to five times for cleansing (similar in many ways to what occurs during kidney dialysis).

The palmitic acid in caffeine increases the activity of glutathione S-transferase (GST) by 600% in the liver and a 700% increase in detoxification in the small intestine. So, it is the COFFEE doing the work here.

That is why we don't simply use water.

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The liver uses the glutathione to neutralize poisons like alcohol, caffeine, and medications and make them water soluble so they can be removed from the blood. The water content stimulates peristalsis and helps to empty the large intestine with the accumulated toxic bile.

CAFFEINE & COFFEE ENEMAS:

Lots of people who are sensitive to caffeine ask about the coffee enemas. The vast majority of people who are super sensitive to drinking caffeine, have NO PROBLEMS at all with the coffee enemas. That is because, when you drink coffee, it is going directly to the stomach for the process of digestion. It is fully absorbed by the body, and the effects are almost immediate.

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In a coffee retention enema, you are only "holding" the coffee for 15 minutes, before it is eliminated into the toilet. As you can see in the water, the coffee is all there. As the coffee is filtering through the vein that leads to your liver, it is encouraging bile production which allows for more toxins to be released from the body. So, the coffee is not digested. Some people do feel a surge of energy after an enema, and that effect is due to the clean sweep of the toxins.

It is possible to feel nauseous on occasion with an enema, or a burst of energy, but neither are from the caffeine itself. My recommendation is usually to do them in the morning *If that is possible for you*. Morning time is great because overnight, your body has released many toxins, which can be

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swiftly carried out in the morning's first enema.

You may find if you are unable on some days to do a morning enema, that later in the day you may feel cranky, tired, headache, etc. That is usually because the toxins are floating around and are seeking a way out.

HOW DO I DO IT?

Take 1 Quart (around 950ml) of distilled water and boil it on the stove. Once boiling, add 3 heaping TBSP of organic ground coffee. Lower heat and simmer for 15 minutes. Cool to body temperature. Strain out all grinds in fine mesh strainer or milk bag. Pour into enema bag or bucket. Put some vitamin E oil (or coconut oil or other organic natural oil) on the tip of the enema insertion tube and

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then lie down on your RIGHT side, and insert the enema tube.

Try to retain the entire quart for 15 minutes. In the beginning, this may be challenging. It gets easier. Listen to music, relax, make sure you are warm. Release into the toilet after 15 minutes. The retention part is the healing part here, not the flushing action. So, if you are having a difficult time, try using 2 cups of pure or distilled water first to flush out whatever is in the way, and then try with the coffee. (I always do a water flush first)

MORE DETAILS:

1. You CAN do it at night, and if that is the time that works best in your life, that is what you should do. If possible, it is ideal to do it in the morning because our body releases a lot

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of toxins while we sleep, best to get them out before we go on with our day. You can prepare the coffee the night before, store it in glass and keep it covered and at room temperature if that is more convenient for you.

2. You can do more than one per day. I've often done one in the morning, and another in the late afternoon when I am just not feeling great during a cleanse.

TO SANITIZE ENEMA TUBE and NOZZLE

1. Clean thoroughly with soap and warm water, let the soap/water mixture go through the tube.

2. Rinse thoroughly, and make sure that hot water runs through the tube and nozzle until it is clear.

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3. Fill a bucket with a mixture of water and bleach; the mixture should be 1 gallon of water (around 4.5L) to 1 1/2 cups bleach. This will make the mixture about 10% bleach and 90% water.
4. Put the tubing and nozzle into the bucket and allow it to soak for 15 minutes.
5. Take the enema equipment out of the bucket and rinse it thoroughly once more with warm water. **ESPECIALLY IMPORTANT TO RINSE TOTALLY AND THOROUGHLY.**
6. Suspend over shower head, or bath tub, anywhere to dry.

Bleach is one of the only things that will kill the toxins, there can be some really nasty bacterial items that the tip is exposed to. Bleach does have a few uses as far as I'm concerned, although of course be really careful when handling.

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Dry brushing, rebounding, sauna, massage, neti pot, tongue scraping are all WONDERFUL adjuncts to the coffee enema and if you can add them in during juice fasting you will notice HUGE differences in how you look and feel. But at the end of the day, Coffee Enemas are King.

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A COLLECTION OF HELPFUL TIPS FOR FIRST TIMERS BY EXPERIENCED COFFEE ENEMA USERS

"Just relax and breathe deep if you feel cramping coming on. If you can't hold it and gotta go get to the toilet quick! Also make sure it's not too hot. I like mine on

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the warmer side but I boil 2 cups of water with the coffee and then add in 2 cups of room temp water after I've strained it and it's usually perfect. It's way faster than waiting for the whole 4 cups to cool down"

"I ALWAYS do a water flush first, even if I've already eliminated. Learned the hard way many times, and for me it just works better. Don't feel like you need the full quart. I average about 3 cups. Not sure why, but that seems to be the magic amount for me. Here's a big one: release ALL the air out of the tube prior to shooting the coffee up your bum otherwise you will have a very unpleasant and perhaps painful experience. I find it helpful to stretch my body as long as possible, as opposed to lying in a fetal position, as it seems to help open the colon for the coffee

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to flow freely. If I feel a gas bubble and it's not releasing thru the tube, I find it helpful to prop myself up and slightly twist my torso and sometimes that moves the bubble along, sometimes out the tube, which you can leave inserted if you choose. Finally, listen to your body. Some sessions, I am unable to hold it for the full 15 minutes and will be lucky to get to 5 minutes. I don't fight my body to retain it and will release early if that's what my body needs to do. It often feels like it's purging something that needs to come out right then and if I were to fight it, it wouldn't be healthy to retain the toxins for longer. You can always make more coffee and do another one."

"Low lights, relaxing music, comfy towel for your head, organic soy wax candles. I like the temp at 100 degrees exactly because by the

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tttime it gets put in the bag and into my body it's like perfect body temperature and when not a few days into a juice fast I do a water flush first to remove any waste because that feels gross to me to have it sitting 15 minutes without the water flush first."

- "1. Have the coffee warm (not too warm, baby milk warm)
2. Better to be close to the shower than the toilet. (easier to clean mess)
3. Make sure no air in the tube
4. Let the liquid in slowly
5. Set a timer where you can see it
6. Use a heat pack
7. For cramps do the childbirth breathing
8. For cramps have an empowering mantra to say in your head (mine was I am strong)
9. Don't use white towels!!

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10. Stay near the toilet, you might think your finished but you're not!

10. Love yourself and congratulate yourself after every enema no matter how long you last. The mental barriers to overcome sticking a tube up your bottom deserve to be acknowledged."

"Make sure you have a comfortable surface, such as a yoga mat, with towels on top, and have a towel or blanket to cover you as well (as you'll be pantless). A pillow helps too. I always do a water flush first & make sure all bubbles are out of the tube. I use a handful of toilet paper or paper towel between my cheeks incase of leaks. In case of cramps I usually breath through them, squeeze/hold my tight & straighten out as much as I can until it passes, often I'll hear a gurgle and then the cramp will subside. Relaxing helps a lot too"

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Why add in coffee enemas while trying to conceive?

Coffee enemas are such an easy way to increase your chances of trying to conceive by helping you to eliminate excess toxins and helping your body to eliminate excess hormones from birth control, meat consumption, xenoestrogens and more. Many of us are estrogen dominant which can be a big reason why we struggle to conceive. The cleaner your body is, the higher your chances of conceiving. I am a big believer in doing safe cleanses, detoxes & preparing your body nutritionally BEFORE trying to conceive so that you are in the most optimal state to grow your baby and you are passing a lot less toxins to your baby. Your precious future baby deserves a clean, safe environment to grow!

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Book in with me for your FREE 1st consultation where I can guide you in preparing & executing your first coffee enema, discuss pre-conception cleansing & optimal nutrition and get your started towards growing your family.

Grab a spot in my 16 week fertility coaching program or my 66 day pre-conception group cleanse to prepare for conception and/or preserve your future fertility. Contact me on my social media pages for more information & to see if you are a good candidate for my program.

Information by Health Mastery Institute & by Me, Monique Lee-Anne - The Natural Fertility Coach

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