



# Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

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## Why Coffee Enemas Are Good For You and How To Do One

Coffee enemas are an effective way to ward off constipation and keep energy high on the cleanse. They may sound extreme at first, but once you try it a few times, you'll be amazed how good you feel.

Originally brought to the forefront by late cancer physician Dr. Max Gerson, coffee enemas have been safely used in healing practices for decades, dating all the way back to World War I.

Caffeine and other beneficial compounds found specifically in coffee can stimulate the liver to produce its own master antioxidant called glutathione S-transferase (GST) which will then allow the liver to detoxify itself. This GST is known as the "master detoxifier" and is a powerful enzyme that binds with toxins and flushes them out during the enema process.

The more toxins you eliminate the better you will feel.

- Can reduce systemic toxicity levels by up 700%
- Cleanse and heal the colon and digestive tract
- Improve peristalsis to alleviate chronic, long-term constipation
- Boost energy levels, mood, and mental clarity
- Assist greatly in the elimination of pathogens
- Detoxify and repair the liver
- Can help relieve chronic pain and ease "die-off" symptoms

## How to Perform a Coffee Enema:

- Bring 2 tablespoons of organic coffee and 4 cups of water to a boil. Then simmer for 13 minutes.
- Add 2 cups of room temperature or cool water to the mixture and make SURE it cools to room or body temperature. You do not want boiling hot water going up the shoot!
- Strain out the grinds by either passing them through a coffee filter as you pour them in your enema bucket, or slowly decant and as you pour the coffee in, the grinds should stay behind in the pot.
- Pour coffee into an enema bucket. If you don't have an enema bucket, you can pick one up at your local drugstore.
- Hang the bag or bucket 3 or 4 ft above you (usually on the shower) for good flow.
- Make yourself a nice cushioned pad with a towel on the floor, near the toilet, so you can relax. Take a deep breath! Adding your favorite essential oils to a diffuser or sprinkling it on your towel during this process is very helpful. ([like Young Living's Release](#))
- Lie on your right side (liver side down) and insert tip. A little coconut oil, olive oil, or any other lubricant you usually use will work just fine. Just don't use too much because it can cause the tube to slip out.
- Take in as much as possible.
- Using acupressure points, you can rub the right calf area and rub and slightly twist the right pinky toe while doing your enema to support the further release of toxins (do this in the last 5 minutes as both can produce a bowel movement).
- If you begin to cramp, stop the flow and take a few deep breaths. The cramping should pass and allow you to take in more.
- Hold for 20 minutes. If you've never done a coffee enema before you may only be able to hold it for 3 minutes or so because the sensation is so new and strange. The more you do, the easier it will become to hold it for 20 minutes.
- Use this time as "me time: meditate, listen to your favorite music or podcast and just relax. Lightly rub your lower abdomen in circles to encourage further elimination.

- Expel. It's time to poop. Letting go of all of those toxins will make you feel so much better. The squatting position when you eliminate will help you eliminate deeper and further. It's recommended to put a foot stool or a [Squatty Potty](#) by the toilet when you poop.

**Notes:** If you are short on time, you can simmer the coffee in less water, then top it off with cold water or use ice cubes to get it to body temperature.

You should feel relief of symptoms after the enema. If not, consider a second one OR the next time (if you are especially constipated), you might consider doing a regular enema with distilled water FIRST to clear out the colon and THEN do a coffee enema.

It is completely normal to get a bit nauseous or to get chills during or right after a coffee enema as a large amount of toxins are being eliminated.