

DISCLAIMER:
This handout is only for our patient's for whom it was prescribed.

Ingredients

- 2-to-3 cups filtered water for boiling.
2 for the first coffee enema, 3 for subsequent enemas, if 2 works well.
- 3 tablespoons **Organically Grown** drip-ground coffee. Do *not* use instant, or decaf.
- Add 2-to-3 cups room temperature water to simmered coffee, to lower to body temperature.
- Lubricant. Olive or coconut oil work well, or any other cooking oil.
Glycerin works if that is all you have.

Gear

- Enema bag.
- Glass, or ceramic-coated, pot. *Not* aluminum or stainless steel.
- Small Strainer. Funnel.
- Towel. Mat or thick Blanket, such as a yoga mat. Small Pillow.

Because every person is different, volumes administered vary, but this is the most common recipe.

- Boil water and coffee in a glass or ceramic pot. *Not* aluminum or stainless steel.
- Simmer 20 minutes.
- Allow it to cool for about half an hour, less if your house temperature is cold.
- Pour 2-to-3 cups room temperature water into a large non-metallic, non-plastic container, such as a glass or ceramic coffee pot. 2 for the first coffee enema, 3 for subsequent enemas.
- Pour cooled coffee into the same container, which is already filled with room temp water.
You will now have 4-6 cups of coffee that is slightly warmer than body temp.

Double Check That Coffee is Not Too Hot, by applying a little to your wrist.
If it is too cold, say below 95°, warm it again slightly.

- Once cooled to body temperature (~98.6°), pour it into the enema bag, stopping before coffee grounds flow out of the bag.
- Screw on the lid/hose/speculum. Purge air from hose. Close the hose clamp.
- Hang the enema bag from a doorknob.
- Apply lubricant to the speculum (part inserted into the rectum).
- While on your back, gently insert speculum fully (about 4 inches).
Do not force insertion. There should be NO pain.
- Release the hose clamp. Allow the fluid to flow in *slowly*, over a few minutes.
- Once all the fluid is in, remove the speculum.
- You may turn onto your right side, which allows coffee to flow through the entire colon.
- Feel free to use only part of the liquid on the first treatment, if it feels like too much.
- Try to retain the coffee for 5-10 minutes. Sit on the toilet long enough to expel all coffee.

For patients with Irritable Bowel Syndrome, colitis, or chronic diarrhea, please check with us before doing a coffee enema. We may suggest that you mix coffee with equal parts chamomile tea.

