

Coffee Enema Worksheet: Step-by-Step Guide



Remember, everyone is unique. Read and follow instructions carefully. Discuss your plans with a healthcare provider for personalised guidance.

Equipment and Materials Needed:

- Stainless Steel Enema Bucket Kit
- Rubber/silicon tube, clasp, and insertion tip
- Coffee Plunger
- Heat resistant glass jar
- Organic Coffee
- Purified or distilled water
- Organic raw Coconut Oil
- Timer
- Optional: towels, blanket, pillows

Note:

- Directly introducing substances into the colon bypasses the liver's filtration process. Therefore, it's necessary to use pure, clean, and organic products for the enema preparation.
- Before a coffee enema, many individuals opt for a water enema to ensure thorough cleansing of the intestines, allowing for better retention of the coffee solution.
- Choose caffeinated, organic coffee. Freshly grinding beans is ideal, but the key is to get started with what works for you.

Coffee Enema Preparation: Step #1

1. Cleanse Equipment:

Thoroughly clean all enema equipment.

2. Boil Water:

Boil filtered water to ensure purity.

3. Prepare Coffee:

Place 2 tablespoons of finely ground organic coffee into the plunger.

4. Add Boiled Water:

Fill the plunger with 2-4 cups of boiled water.

5. Adjust Quantity:

For first-time users, start with 1 litre; you can increase to 2 litres per enema. Everyone is different, so go with what feels right for you.

6. Brewing Time:

Allow the coffee to brew for 4-6 minutes.



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Select caffeinated, organic coffee for maximum effectiveness. Freshly grinding beans is the ideal choice.

7. Measure Mixture:

Pour 500ml of the brewed coffee into a heat-proof jug and add 500ml of cool water to the mixture, waiting until it reaches a comfortable temperature. Alternatively, pour out 1 litre of the coffee brew and let it cool.

8. Transfer Solution:

Pour the prepared cooled solution into the enema bucket.

9. Optimal Timing:

Perform the enema in the morning on an empty stomach for optimal results.

Executing the Enema: Step #2

1. Secure the Clip:

Ensure the hose clip is securely closed to prevent any accidental spills.

2. Temperature Check:

Test the coffee temperature; it should be comfortably neutral, not too hot.

3. Hanging the bucket:

Hang the enema bucket at least 1m above using a hook, door handle, or rail.

4. Choose a Space:

For beginners, opt for the bathtub or use a towel underneath to safeguard against spills.

5. Air Release:

Hang the pot over the shower, lower the tip, release the clip, and let the liquid flow until air bubbles dissipate.

6. Body Positioning:

Lie comfortably on your left side – the best position for an enema due to the colon's anatomical features. Position yourself in the bath or on the bathroom floor with towels or pillows.

7. Lubrication use:

Apply organic coconut oil to lubricate the insertion tip.

9. Enema Timing:

Set a 15-minute timer, allowing for optimal absorption and liver activation.



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Embark on the journey of discovering the transformative benefits that coffee enemas offer for liver and colon health.

10. Tip Insertion:

Insert the lubricated tip into the anus gently and slowly.

11. Flow Adjustment:

Control the solution flow using the clip. Ensure that the solution is moving through the tube.

12. Hold and Adapt:

The solution typically empties in about a minute.

13. At the End:

Once the clear tube's contents near the end, secure the clip. It's okay if there's some left in the tube.

14. Now Wait:

Enjoy music or a podcast while waiting, ideally towards the full 15 minutes before heading to the toilet.

15. Bucket Rinse:

Stand up and take the steel pot to the shower or sink, rinse out any coffee, then fill it with boiling water for the first rinse. Hang it back up and secure the clip to allow it to empty and flush out.

16. Final Step:

After the process, treat yourself to a shower. Wash the nozzle in the shower with some Castile soap.

16. Hydration Aftercare:

After a coffee enema, it is ideal to drink water, alternatively a freshly pressed vegetable juice, or cleansing tea for hydration.

17. Equipment Cleaning:

After each use, wash the stainless steel enema bucket with warm soapy water. For the nozzle, place it in a cup or jar, add 2 tablespoons of vinegar and a dash of dishwashing liquid, pour boiling water over it, and let it sit until cold. Rinse then store the cleaned nozzle in a zip-lock bag until the next use.

Note: This worksheet is for informational purposes only. Consult with your healthcare provider before starting any new health practice.

