

The coffee enema is believed to be used in aiding the liver in its processing of toxins, as well as aiding the colon in its activities of elimination. The efficient removal of metabolic waste and toxins through the colon is vital to the maintenance of health and the prevention of illness. The coffee enema may be performed at any time that is convenient for you. It usually takes from 30-60 minutes, depending on the person. It is best to choose a time period when you will be undisturbed and not feel rushed. Most people prefer to take the enema in the morning, because taking it in the evening keeps them awake at night or otherwise disturbs their sleep. Others find that their sleep is not at all bothered and prefer the enema in the evening.

Some find it preferable to take the enema before a meal, while others prefer it following a meal or between meals. The ideal time to take an enema is after a bowel movement. This insures that you will not become dependent on them. If you are experiencing constipation or only can fit an enema into a particular time slot, then by all means take the enema when it is least stressful for you.

Necessary Articles

Coffee – Must be organically grown. Commercial coffees are loaded with herbicides and pesticides. Organic coffee is available through health food stores. Never use instant or decaffeinated coffees.

Enema Bag – Any bag designed for enema usage is acceptable. Based on experience, however, most people have found the type that is designed as a combination enema/douche bag to be preferable to the combination enema/douche/hot water bottle. The former conveniently has a permanently open wide mouth at one end, allowing for the easy addition of liquid, whereas those of the hot water bottle variety require constant sealing and unsealing for their use. Another very helpful thing to look for is an enema bag or bucket that is see through.

Colon Tube – A 30 inch colon tube, available from Meridian, is required. The 2 inch enema nozzle that usually comes with the enema bag is insufficient for the high enema. Colon tubes are difficult to find. The variety we use comes from France.

Lubricant – A lubricant is required for the insertion of the colon tube. Any natural lubricant is acceptable. Avoid any commercial, chemical lubricants. Natural herb ointments and oils are available from health food stores. Meridian has a Calendula ointment available for this purpose.

Preparation

Coffee may be prepared using glass, stainless steel or enamel cookware. Never use aluminum or teflon.

Unboiled coffee using the “drip” or the “toddy” method is the preferable means of preparation. However, the use of an electric percolator is acceptable. You can also use a sauce pan: fill the pan with a quart of pure water, bring water to a boil and immediately turn off the burner. Add the desired amount of ground coffee and steep until cooled to the desired temperature. Strain and use.

Always use distilled water or water purified through reverse osmosis. Tap water is generally unsuitable for drinking or for enemas in a health building program.

Use anywhere from 1 teaspoon to 1 tablespoon of coffee grounds to a quart of water. Exactly how much you use on a regular basis will depend on your metabolic individuality. You should expect to feel a sense of ease

and well being on the completion of the enema. If you experience jitteriness, shakiness, lightheadedness, nervousness, weakness, etc., you will need to decrease the strength of the coffee solution. Please see Meridian if you are unsure as to how much your body will need or if you have any negative reactions to the coffee enema.

Coffee Enema Procedure

We have found that it saves time to take the desired amount of coffee grounds and make 1 cup of strong coffee with them. When that is completed, add 3 cups room temperature water. This will give you an enema that is neither too hot or cold and will save time in adjusting the temperature. If you are having regular bowel movements, the enema should be performed following the bowel movement rather than before it. When you do coffee enemas on a regular daily basis, you may not accumulate enough bulk to continue to have regular movements. If this is the case, you should not strain to have a natural bowel movement first, as this may result in the development of hemorrhoids. When your program of daily enemas is discontinued, your normal bowel movements should resume. The enemas will sufficiently serve to evacuate the bowel if you do not have a natural movement.

1. ARRANGE AN AREA ON THE BATHROOM FLOOR TO INFUSE THE COFFEE SOLUTION.

Most people lay an old towel atop a throw rug or folded blanket situated on the floor of the bathroom. The coffee is infused when in a prone position, so most people make the floor as comfortable as possible. Meridian recommends taking them in the tub for ease of clean up. Make yourself cozy with pillows, towels, blankets, a good book, music, candles, etc.

2. FIND A PLACE FROM WHICH TO HANG THE ENEMA BAG.

Many prefer placing it not higher than about 2 feet off the ground (assuming you will lie on the floor). If the bag is too high, the solution will flow with too much force for some, causing

discomfort. However this method could take as long as 1/2 hour to empty the bag. Meridian prefers hanging the bag high and using the flow control clip to find a comfortable speed for yourself, especially if time is a concern.

3. HANG THE ENEMA BAG FROM THE PLACE YOU HAVE CHOSEN.

4. CONNECT THE COLON TUBE TO THE PLASTIC NOZZLE ON THE END OF THE TUBE THAT COMES WITH THE ENEMA BAG.

5. CLOSE OFF THE HOSE LEADING TO THE COLON TUBE WITH THE ATTACHMENT PROVIDED TO PREVENT THE ESCAPE OF ANY FLUID.

6. ADD THE COFFEE SOLUTION TO THE ENEMA BAG.

Your coffee enema solution should be at room temperature or only slightly warmer at the time of usage. Too hot or too cool may cause your colon to contract, resulting in difficulty in the performance of the enema.

7. OPEN THE FLOW CONTROL AND ALLOW A LITTLE COFFEE TO FLOW TO THE END OF THE TUBE AND OUT INTO THE SINK, TOILET OR BATHTUB, JUST ENOUGH TO ELIMINATE ANY AIR IN THE TUBE.

8. LUBRICATE THE FIRST SEVERAL INCHES OF THE COLON TUBE.

Additional lubrication may be applied to the rectum to aid in the insertion of the colon tube. If you apply the lubricant too high on the tube it becomes slippery and unmanageable.

9. INSERT THE COLON TUBE INTO THE RECTUM

Most people prefer to accomplish this while lying on their left side. Ideally, the tube should be fully inserted. How this is best accomplished soon becomes a matter of individuality learned through trial and error. Everyone has a different colon in terms of twists and turns as well as degrees of contraction and relaxation. For some, it is a simple matter to fully insert the tube. For others, it requires patient, gentle effort. Allowing the slow inflow of solution while inserting the tube is often helpful. Also, many find that twisting and turning the tube while gently pushing facilitates its progress. Others suggest that momentarily withdrawing the tube slightly and proceeding with its insertion can help get around "tough corners" and the various bends and turns in the colon. Under no circumstance should any force be used. The whole procedure should be very easy and gentle. Many people are simply unable to fully insert the tube. That is all right. You should just insert the tube as far as your colon will easily allow. It usually takes experiencing several enemas before you become comfortable with the procedure and adopt your own individual means for doing it.

10. ALLOW THE COFFEE SOLUTION (1 QUART) TO FLOW INTO THE COLON.

The rate of flow can be regulated with the control apparatus. If you have a see through bag, you will be able to see if the coffee is emptying into your colon. If it is not, slowly pull the tube out until the flow begins. Once the flow begins you can try inserting the tube up higher again. If the flow stops, then pull the tube out just far enough to allow for the flow to start and begin again. When the flow is completed, you may remove the tube or leave it inserted during the course of the enema. Many people prefer to leave the tube inserted with the valve left open, as it will allow any gas present in the colon to escape.

11. LAY ON YOUR LEFT SIDE FOR 5 MINUTES, ON YOUR BACK FOR 5 MINUTES, AND ON YOUR RIGHT SIDE FOR 5 MINUTES.

During this time, gently massage the colon, concentrating particularly on any hard, lumpy areas.

12. AFTER THE 15 MINUTES, YOU MAY THEN EXPEL THE ENEMA

You should not strain to hold the enema. If you feel the need to expel before the 15 minutes is up, you should do so. No straining of any kind should be done at any time. The whole process should be very effortless.