

COFFEE ENEMA

Total Time: 1-1.5hrs

WHAT YOU NEED

4 cups distilled or filtered water
Up to 4 tbsp enema coffee grounds
Saucepan or French press
Small mesh strainer
1 tbsp organic molasses *optional*
Enema kit with bag/bucket, hose, clamp, and tip
Coconut oil or other lubricant
Towels

NOTES

If using a French press:

Add coffee grounds, molasses and boiling water to French press carafe and let sit for 20 minutes before pressing

Beginner Tips:

- Start with a lower coffee concentration (as little as 1 teaspoon) and work up
- Remember that you are in control of the flow – slow it down as much as you need to.
- Don't worry about holding it for the full 20-minutes the first time, just do the best you can.
- Shift positions if you need to in order to make it more comfortable – switch sides, lay on your back, or bring your knees to your chest.

DIRECTIONS

1. Boil water and coffee grounds in a saucepan for 5 minutes
2. Reduce heat and simmer for 10-15 minutes
3. Strain coffee grounds using a small mesh strainer
4. Stir in molasses
5. Let coffee solution cool to body temperature
6. Pour the cooled coffee solution into a clean enema bag/bucket **double check to make sure the clamp is fully closed before pouring it in*
7. Hang or place the enema bag/bucket a few feet above where you are laying to allow for proper flow
8. Using a couple of towels, make a comfortable spot to lie down on
9. Remove air from enema hose – release the clamp and allow any air pockets to flow out
10. Lubricate the enema tip/attachment with a small amount of coconut oil
11. Get comfortable on your towel and insert the enema tip about 6" into rectum
12. Once the enema tip is in place, lie down on your right side
13. Release the clamp and allow about half the solution to flow in. Use the clamp to adjust the rate of flow to a speed that is comfortable for you.
14. Close the clamp and set a timer for 20-minutes. You can remove the tip or leave it in until you expel the solution.
15. At the end of the 20-minutes, expel solution into toilet **it's okay to expel sooner if you have to — not everyone can hold it for the full 20-minutes*
16. Repeat with second half of solution

ONCE IT'S EMPTY

- Take apart your enema kit, scrub thoroughly with hot water & soap, and run hydrogen peroxide through it. Wait until it's completely dry to store.
- Take binders such as Biotoxin Binder and HM-ET Binder by Cellcore to bind up any toxins that were stirred up.
- Hydrate with electrolytes.