

COFFEE ENEMAS

By Dr. Lawrence Wilson

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COFFEE ENEMAS

Chapter 1. INTRODUCTION

"Coffee enemas have long been in use. In a case report in the Pacific Medical and Surgical Journal in December 1866, M.A. Cachot, MD,

described successful use of a coffee enema to treat a child dying from an accidental poisoning.

Articles from the late 1800s reported that coffee enemas were helpful in post-operative care; at a medical meeting in 1896, Dr. W.J. Mayo, one of the founders of the Mayo Clinic mentioned coffee enemas as a routine part of care for patients after abdominal surgery. Coffee enemas were listed as a stimulant and as a treatment for shock in medical and nursing textbooks in the early 1900s.

*In an extensive 1941 article in Uruguayan Medical, Surgical and Specialization Archives, Dr. Carlos Stajano described immediate improvement in near-terminal patients after coffee enemas, including a patient with cocaine intoxication and a patient with post-operative shock. He elaborated on his extensive experience with coffee enemas in post-operative management and made a plea for their continued use.” – **Helping The Body Detoxify** by Linda L. Isaacs, M.D.*

Why in the world would someone want to take coffee in an enema? I asked this question over 30 years ago when Dr. William Kelley, DDS, suggested, as part of his cancer regimen, that I do daily coffee enemas. In spite of skepticism, I went ahead with them. When I got over the initial feelings of disgust, messiness and other resistance, I quickly saw the benefits of coffee enemas.

Safety first. If you decide to do coffee enemas, be sure to read the first part of the procedure entitled Safety First. Thinking first

about safety applies to any health procedure.

WHAT IS A COFFEE ENEMA?

Definitions. Technically, a coffee enema may be described as:

1. *A coffee implant.* This means that one *implants* or applies the coffee herb into the colon.

2. *A retention enema.* The procedure is to *retain* the coffee mixture for 15 minutes, or perhaps a little longer. Retaining the coffee solution is necessary for its proper absorption and effects.

3. *A form of dialysis.* Dialysis, in this context, means a forced or artificial method to enhance detoxification.

4. *A form of Hydrotherapy.* This means the therapeutic use of water for healing the body in some way. In this case, water is used to wash out the colon and deliver a coffee solution to the body through the rectum. Its effect is very different from drinking coffee, as explained later in this article.

WHY COFFEE ENEMAS?

We live in a toxic world. Never has planet earth been as polluted as it is today. The levels of some *toxic metals* are over a thousand times greater than ever before in history. These metals include lead, mercury, cadmium, arsenic, aluminum and nickel. However, there are others commonly found in our food air and water such as uranium, beryllium, bismuth, antimony, zirconium,

gadolinium, tin and others, as well.

In addition, the earth is contaminated with over 100,000 *toxic chemicals*, with more produced every day! For example, the laws of most nations permit the addition of over 3000 chemicals in our food. Pesticides and herbicides are another group of toxic chemicals that are found in our water supplies and in many foods.

The widespread and often overuse of medical prescriptions and over-the-counter drugs adds over a thousand more toxic chemicals to our bodies, especially in the Western world. These include surgical anesthetics, dental anesthetics such as Novocaine, vaccine preservatives and stray viruses, and many other poisons used routinely today in the medical profession.

The use of recreational drugs such as cigarettes, heroin, cocaine, Ecstasy, methamphetamines and the cadmium-containing drug, marijuana, just adds much more toxicity to our already-burdened bodies.

Drug residues often remain in the body for decades. I know this to be true because our clients report tasting, smelling, and experiencing the effects of these drugs many years after taking them, during what are called *purification reactions* or *retracings*.

The cumulative and combined effects of this toxic assault on our bodies has not been studied sufficiently, at all. However, their presence is associated with ALL major diseases of the 21st century.

According the United States Environmental Protection Agency, toxic chemicals and toxic metals constitute a great threat to our health.

Fortunately, great progress has been made in the past 50 years or so to limit them in America. However, much more needs to be done. To say that this is the century of toxicity is no exaggeration. The coffee enema is one method, and a powerful one, to help with this problem.

In addition to removing toxins from the body, coffee enemas can:

- Clean and heal the colon
- Detoxify the liver and colon and help rebuild the liver.
- Reduce many types of pain.
- Help eliminate many parasites.
- Reduce and get rid of many symptoms of general toxicity. Since toxicity is the cause of dozens of common symptoms from arthritis to cancer, coffee enemas help with many, if not most diseases and conditions.
- Help with depression, confusion, and general nervous tension.
- Increase mental clarity, improve energy levels, increase joy and happiness, improve digestion, and reduce anger.
- Enable clients to get through difficult healing and purification reactions.
- At least three dozen clients have confided to me **“coffee enemas saved my life”**.

I have recommended coffee retention enemas to more than thirty thousand people. I have yet to hear about horrible side effects of any kind, although the procedure is somewhat inconvenient, especially at first. Most people get used to it quickly.

The coffee retention enema is really quite simple, very safe when done properly, highly effective, able to be done in the privacy of your home, and inexpensive. The use of a bidet toilet attachment can make cleanup easier and better, as well.

Daily coffee enemas are now a central part of all [development](#) programs. Dr. Eck did not include them in his original nutritional programs, although he was well aware of the value of coffee enemas for healing.

HISTORY OF THE COFFEE ENEMA

Ancient history of enemas. Healers have recommended enemas for thousands of years. A colorful description of an enema is found in the Dead Sea scrolls. These documents, found recently in the State of Israel near the Dead Sea, date back at least 2000 years to the time of Jesus. According to the scrolls, the master Jesus used these methods to perform his miracles of healing:

"Think not that it is sufficient that the angel of water embrace you outwards only. I tell you truly, the uncleanness within is greater by much than the uncleanness without. And he who cleanses himself without, but within remains unclean, is like to tombs that outwards are painted fair, but are within full of all manner of horrible uncleannesses and abominations. So I tell you truly, suffer the angel of water to baptize you also within, that you may become free from all your past sins, and that within likewise you may become as pure as the river's

foam sporting in the sunlight.

"Seek, therefore, a large trailing gourd, having a stalk the length of a man; take out its inwards and fill it with water from the river which the sun has warmed. Hang it upon the branch of a tree, and kneel upon the ground before the angel of water, and suffer the end of the stalk of the trailing gourd to enter your hinder parts, that the water may flow through all your bowels.

Afterwards rest kneeling on the ground before the angel of water and pray to the living God that he will forgive you all your past sins, and pray the angel of water that he will free your body from every uncleanness and disease. Then let the water run out from your body, that it may carry away from within it all the unclean and evil-smelling things of Satan.

And you shall see with your eyes and smell with your nose all the abominations, and uncleannesses which defiled the temple of your body; even all the sins which abode in your body, tormenting you with all manner of pains.

I tell you truly, baptism with water frees you from all of these. Renew your baptizing with water on every day of your fast, till the day when you see that the water which flows out of you is as pure as the river's foam.

Then betake your body to the coursing river, and there in the arms of the angel of water render thanks to the living God that he has freed you from your sins. And this holy baptizing by the angel of water is: Rebirth unto the new life. For your eyes shall henceforth see, and your ears shall hear. Sin no more,

therefore, after your baptism, that the angels of air and of water may eternally abide in you and serve you evermore.”

Ancient history of coffee. The coffee bean and plant have been part of herbal medicine, folk medicine and shamanic healing for years. According to some historians, coffee originally came from Ethiopia. Then it was introduced into the Middle East, then to Europe, and it was introduced into the Americas in the 18th century.

It was known as a potent liver remedy, and given particularly to the elderly and to those who were infirm or ill in the liver. This is important because today almost everyone has a toxic liver. The reason is the proliferation of toxic metals and toxic chemicals throughout the planet due mainly to industrialization and burning of fossil fuels.

Modern history of coffee enemas. The coffee was known in the 1800s as a potent liver remedy. In fact, until about 1984, the coffee enema procedure was listed in the famous ***Merck Manual***, a handbook for physicians that is used throughout the earth.

DRS. GERSON, KELLEY, GONZALES, AND OTHERS

Dr. Max Gerson, MD (1881-1959). The man who popularized coffee enemas more than any other in modern times was Max Gerson, MD, author of ***A Cancer Therapy - Results of 50 Cases (1958)***. Dr. Gerson pioneered

nutritional therapy for cancer and other diseases with excellent results. His therapy combined coffee enemas with a special diet, juices and a few other nutritional supplements. The enemas were an integral part of the therapy.

He found that to heal his patients of cancer, he had to stop their pain medication, as it damaged their already weak livers. Coffee enemas, up to 6 per day, would stop the pain without a need for drugs. They also enabled the body to absorb and digest tumor tissue and eliminate it safely, an important stumbling block in natural cancer therapies. Today, Dr. Gerson's method is offered today at several clinics, most of which are in Mexico.

I recommend a somewhat different regimen than did Dr. Gerson. This is because:

1. The bodies are much weaker today.
2. I suggest a different diet and different nutritional supplements. As a result, fewer coffee enemas are needed.

Here are the differences between the Gerson regimen and what I recommend:

1. The Gerson regimen involves using 3 tablespoons of coffee per enema. I recommend only **one to two tablespoons of coffee, or even less when starting out.**

2. Some who do the Gerson therapy use the SA Wilson enema coffee, which is a very lightly roasted coffee. I appreciate SA Wilson, but I prefer **a medium or dark roast coffee.** The very lightly roasted coffee is more yin, which is not helpful. It may also contain an

undesirable, though mild toxin.

3. Dr. Gerson recommended four to six enemas daily. I find that only **one to four enemas daily** are needed. More is too many.

4. The time suggested to boil the coffee varies among practitioners. To prepare an enema, I suggest **boiling the coffee for exactly 12 minutes**. Longer than this can overcook it.

5. Some other doctors suggest using three or four cups of water. I suggest using only **two to three cups of distilled water for an enema**.

William Donald Kelley, DDS (1925-2005). In 1968, Dr. Kelley was diagnosed with pancreatic cancer. He carefully researched natural cancer therapies and evolved a very effective natural approach that used coffee enemas. He wrote about their benefits and importance in a small book entitled ***One Answer To Cancer (1969, 1999)***.

Harold Manner, PhD. Dr. Manner was another pioneer in natural cancer therapy who highly recommended the use of the coffee enema as part of his therapy for cancer.

Nicholas Gonzales, MD. Dr. Gonzales studied under Dr. Kelley and offers the Kelley metabolic cancer therapy. It includes the use of coffee enemas, and is quite successful.

Chapter 2.

COFFEE, A REMARKABLE HERB

WHAT IS COFFEE?

Coffee is a seed of a tropical fruited bush or small tree. It is found all over the world, although it grows best in certain tropical climates, and often does best on the sides of mountains that face away from the sun. This makes it harder to cultivate with machines, as they may not be able to be used on sloping ground.

Most coffee is grown in South America, Hawaii, China and other parts of Asia, although some is grown in Africa, as well. The best is often from South America due to the local soil conditions.

Important issues concerning the growing and processing of the coffee beans are:

1. Organically grown. Coffee, as with every crop, can contain pesticide residues. For this reason, I suggest an organically grown coffee, of which there are many available.

2. Proper fermentation. Once the beans are harvested and the shells removed, the beans are allowed to ferment, usually in the same area where they are grown. This must be done properly to remove certain toxins from the beans. If it is not done properly, it will affect the flavor and safety of the coffee beans.

3. Roasting. Coffee is an oily seed of a fruit. When roasted, the oils in the coffee beans emerge. Roasting must be done properly to also eliminate some toxic substances. This is one reason I do not recommend for everyone

the very lightly roasted SA Wilson Enema Coffee, as it is not roasted enough, in my view. This causes it to have more caffeine, which is probably okay, but it also allows other substances to remain in the coffee.

4. Rancidity. After roasting, the coffee is packaged and send to the marketplace. Some coffee becomes rancid in this process, as it contains polyunsaturated oils. This makes the coffee somewhat irritating, and often harder to hold inside the colon. The coffee brand called 'bullet-proof coffee' claims to avoid this problem completely by careful handling of the coffee.

THE BEST COFFEE FOR ENEMAS

One can use any regular, caffeinated, non-instant coffee for coffee enemas. However, here are my suggestions for the best coffee:

1. Many coffees from around the world are excellent. There is plenty to choose from. If possible, I suggest a South American coffee, although others may be fine, as well.

2. A medium or dark roast. I suggest a medium or dark roast coffee for most people. Research in [*Molecular Nutrition & Food Research*](#) found that dark roast coffee restored blood levels of the antioxidants vitamin E and [*glutathione*](#) more effectively than light roast coffee. The dark roast also led to a significant body weight reduction in pre-obese volunteers, whereas the light roast did not.

Separate research also showed that dark roast coffee produces more of a chemical called N-methylpyridinium. This chemical is produced

during the roasting process, and the darker the roast, the more N-methylpyridinium it contains.

Caffeine levels vary depending on the degree of roasting of the coffee. Darker roasts often contain less caffeine than lighter roasts.

Some authorities suggest a light roast coffee, or golden coffee such as the “enema coffee” sold by S.A. Wilson in Canada. It is much more yin, which is not desirable. Light roast coffee also contains a toxin that I do not believe should be there. Roasting the coffee more gets rid of this yin toxin. The light roasted coffee may be somewhat easier to use for some people, but it is not best, in my view.

3. A non-oily coffee is probably best.

Some coffee beans are quite oily, while other coffees are quite dry. I suggest using one that is drier, not oily. The reason is that the oil is often rancid, adding a toxin to the coffee.

4. Less moldy coffee is best. This is hard to identify. A more costly brand of coffee called “upgraded coffee” is sold at www.bulletproofexec.com that claims to be mold-free. Some who have difficulty with the enemas report doing better with this brand of coffee, while for many people the brand does not seem to matter as much.

5. Organically grown is likely best.

Coffees often have pesticides on them. Organically grown coffee may have fewer pesticide residues, and this is beneficial.

COFFEE AS A BEVERAGE

A cup of coffee a day is generally acceptable. However, coffee is irritating to the

stomach, and I do not recommend drinking it. It is very different from a coffee enema. Drinking coffee has some of the same effects as the coffee enema. It is a diuretic and can help with constipation. However, constipation disappears with a proper diet and plenty of water to drink. I do not recommend drinking coffee because it is somewhat toxic, and not effective for detoxification.

Avoid strong coffees. Excessive caffeine is not helpful for the body at all, and just acts as a CNS stimulant. For this reason, the recent habit in the West of drinking very strong coffees such as cappuccino, espresso and lattes tends to be harmful and quite irritating.

The habit derives from the old Turkish style of making coffee so strong it is almost like drinking mud. Those who do this are not healthy, and the caffeine and other toxins in the coffee build up in the liver and elsewhere, damaging health. The nervous system can be eventually harmed badly by this habit.

Chapter 3.

THE EFFECTS OF COFFEE ENEMAS

"In general, coffee enemas are an important tool for physicians who try to detoxify the body. This is not to say they are a panacea. They certainly require more research. But coffee enemas are serious business: their potential should be explored by good research - not mined for cheap shots at alternative medicine or derisively dismissed as yet another crackpot fad." – Ralph Moss, PhD.

Coffee enemas are helpful to heal most health conditions. This occurs because of the many health benefits of this procedure. Not only are the following effects extremely beneficial, but the combination of these effects is even more powerful.

EFFECTS OF COFFEE ENEMAS ON THE COLON

Coffee applied rectally has the following properties. There is some overlap among these effects:

1. An astringent. This is an herbal property that means it peels the top layer of skin or mucous membrane. This is helpful for some healing, as the top layer of skin or mucous membrane is often ready to come off anyway, and is loaded with toxins. So it is like cleaning the surface layer of the mucous membrane of the colon and perhaps the liver, as well.

2. Mechanical cleansing. The enema mechanically washes out the colon, removing toxic substances, and often nests of parasites, bacteria, yeast colonies, and other debris.

Enemas also stimulate the colon slightly by dilating it a little, and often by altering its temperature somewhat – either making it a little hotter or a little colder.

Another mechanical effect is to increase peristalsis and cause the colon to become active, emptying its contents more completely.

Repeated enemas, especially accompanied

by colon massage, helps remove impacted feces and food residues, which is common. Certain food items, especially white, refined flour, can turn hard in the colon and stick to its walls.

Repeat enemas also help clean out so-called 'pockets' or diverticuli in the colon. These are slight expansions or dilations in the wall of the colon of most adults that trap food particles, bacteria and often harbor parasitic organisms such as worms, yeasts and others.

Many clients report that upon beginning coffee enemas, they notice either crawling or dead creatures that show up in the toilet when they release their coffee enemas.

Our clients also report that their colonoscopies, after using daily coffee enemas for a few years, revealed amazingly clean and healthy-looking colons. One client, age 79, was told by his doctor that his colon was so clean he never needed to return for another colonoscopy.

Dr. Peter Lechner, who conducted a trial of the Gerson cancer therapy in the post-surgical treatment of metastasized colorectal cancers under the aegis of the Landeskrankenhaus of Graz, Austria, reported in 1984, "Coffee enemas have a definite effect on the colon which can be observed with an endoscope."

3. Enemas, in general, and the coffee enema in particular, can help stimulate, balance and clear many *reflex points* that run from the colon segments to every organ and tissue of the body. This is not well known, but is true.

The practical application of this fact is that a problem in a particular part of the colon, such as the ascending colon, can cause a serious disorder elsewhere in the body through a type of reflex or resonance effect. This is considered controversial and strange. However, Bernard Jensen, DC, ND, in his book entitled *The Science And Practice Of Iridology*, documents this idea with case histories, including flat-plate x-rays of the colon.

EFFECTS ELSEWHERE

1. Anti-oxidant effects. Singlet oxygen atoms cause oxidation in the body tissues. An example of oxidation occurs when a bite is taken from an apple and the surface turns brown. This also occurs inside our bodies and is very damaging.

Coffee contains powerful anti-oxidant chemicals that prevent oxidation. These are particularly helpful for the liver, which is highly susceptible to oxidant damage. Unlike other antioxidants such as vitamin C, alpha lipoic acid and vitamin E, the antioxidants in coffee are far more *yang* in Chinese medical terminology. This is a great advantage today because the bodies are already too yin and adding more yin antioxidants makes the problem much worse. Some day, doctors will realize this problem and will stop recommending so many anti-oxidants, perhaps recommending coffee enemas instead.

A development program with coffee retention enemas reduces the need for antioxidants because the program removes oxidant sources. These include certain minerals

such as iron, copper, manganese and aluminum, among others. These are described in detail in the article entitled [Iron, Manganese and Aluminum – The Amigos](#).

2. Increased pH or alkalinity of the entire intestinal tract. This is due to enhanced bile flow, most likely. Increasing the alkalinity of the small intestine makes it much less hospitable for parasites. It also helps destroy many other types of infections in the small and large intestines. This can help improve the quality of the flora of the intestines and reduce dysbiosis or improper bugs in the intestines.

3. Palmitic acids. In the late 1970s and early 1980s, researchers in the lab of Lee Wattenberg identified salts of palmitic acids (kahweol and cafestol palmitate) in coffee. These act as potent enhancers of glutathione S-transferase which is an important enzyme in the liver. It is part of a major detoxification system that catalyzes the binding of many toxins from the blood stream to the sulfhydryl group of glutathione. For this reason, the glutathione S-transferase system is an important mechanism to get rid of cancer causing chemicals.

Adding coffee beans to the diets of mice enhanced glutathione S-transferase 600% in the liver and 700% in the small bowel. A similar stimulation by coffee of glutathione S-transferase in humans is probable.

Dr. Max Gerson, MD, a major proponent of the use of coffee enemas, wrote that:

“Heubner and Meyer of Goettingen

University, Germany had shown in animal models that rectal administration of caffeine would dilate bile ducts and promote bile flow. Theophylline and theobromine, major constituents of coffee, dilate blood vessels and counter inflammation of the gut.

The palmitates of coffee enhance glutathione S-transferase, which is responsible for the removal of many toxins from the blood. Finally, the water in the enema stimulates peristalsis or the movement of toxic substances from the duodenum or upper intestine, through the intestine, and out through the rectum."

4. Caffeine effects. Caffeine is a mild central nervous stimulant, but not as toxic as most stimulants. Its effects include, dilation of the bile ducts. The editors of *Physiological Chemistry and Physics* stated, "caffeine enemas cause dilation of bile ducts, which facilitates excretion of toxic cancer breakdown products by the liver and dialysis of toxic products from blood across the colonic wall."

This property of caffeine, when administered rectally, is called a *choleretic*. A choleretic is a substance that increases bile flow. While other agents classed as choleretics increase bile flow from the liver, most do little to enhance detoxifying enzyme systems, and they do not ensure the passage of bile from the intestines out the rectum. Bile is normally reabsorbed up to 9 or 10 times before working its way out the intestines in feces.

The enzyme enhancing ability of the coffee enema is unique among choleretics. Because it

does not allow as much reabsorption of toxic bile by the liver across the gut wall, it is a powerful means of detoxifying the blood stream through existing enzyme systems in the liver and small bowel. Because clinical practice has shown coffee enemas to be well tolerated by patients when used as frequently as every four hours, the coffee enema may be viewed as one of the most effective and interesting cholagogues in the medical literature.

5. A wonderful “kick starter” for the entire digestive tract. This is a somewhat esoteric concept. However, some remedies and procedures are able to cause a yang or contracting effect that activates an area of the body while causing few adverse effects, when done in moderation. Coffee in the rectum is one of the best procedures to kick start or “crank” the digestive system, in particular. (This is like cranking a gasoline engine, which one does every time one starts an automobile).

Other “crankers” or yang stimulants include supplements and herbs such as trimethylglycine, turmeric, garlic, cayenne and ginseng. I do not recommend ginseng because all of it is toxic today.

6. Nutritional effects – selenium. Coffee contains a very desirable form of selenium needed by almost everyone today. Few foods contain this particularly necessary compound, which is not well-absorbed by mouth, but is better absorbed through the rectum. This is a primary reason for the enzymatic activity of coffee upon liver

detoxification pathways. This needs to be researched further, as I do not have more confirmation of this fact other than our observations.

7. Nutritional effects – zinc. Coffee also contains a small amount of an important zinc compound. Once again, it is very needed today, and is not well absorbed by mouth, but is better absorbed rectally. This needs to be researched further, as I do not have more confirmation of this fact other than our observations.

8. Nutritional effects – potassium. Coffee contains a healthful form of potassium that can be absorbed through the wall of the colon. This is a better form of potassium than that found in most fruits. The latter is often a slightly toxic potassium compound that fruit trees tend to absorb from superphosphate fertilizers used on most fruit crops today. Even organic fruit contains this toxic form of potassium today.

9. Coffee antidotes or neutralizes many harmful frequencies of illness in the body. This unusual trait of coffee, not shared by other herbs or remedies, is very well known in the science of homeopathy. Patients are often told by homeopathic doctors never to drink coffee. The coffee can negate the effects of many vibrational remedies, including homeopathic remedies.

This is a very important reason for using coffee enemas. The coffee seems able to clear

a wide range of harmful subtle energies in the human system in a way that no other plant or animal substance can do. Repeated use of the coffee implant clears these vibrational frequencies at deeper and deeper levels, each time the procedure is used. These energies definitely affect our health, although they are quite subtle. For more information about some problems of vibrational frequencies on the body, please read [Psychotronics](#) on this website.

10. In acupuncture terms, coffee enemas enhance the liver meridian and balance the large intestine meridian. In the science of acupuncture, restoring health depends upon balancing about a dozen energy channels or meridians that run up and down the body. Introducing water and coffee into the colon weakens or inhibits the large intestine meridian somewhat. This tends to enhance the liver meridian, according to acupuncture theory.

Commonly, the liver is weak and the large intestine meridian is over stimulated or overactive due to the presence of toxins in the large bowel. Even if it is not overactive, the effect of the coffee enema, in terms of acupuncture meridians, is to enhance the energy of the liver/gall bladder meridian to some degree.

11. Protection against toxins in coffee. Coffee contains some toxic metals such as lead and cadmium, and some toxic alkaloids. Also, ground coffee may be somewhat rancid, as it contains polyunsaturated oils that can quickly become

rancid. However, from our experience, when taken by rectum, these toxins are not absorbed nearly as much as when the coffee is taken orally.

This occurs because the colon is designed to absorb nutrients, while filtering out and leaving behind toxic substances inside the colon. In fact, a healthy colon is quite amazing in its ability to absorb nutrients while protecting the body from a wide variety of toxic substances. This is the reason why drinking coffee is somewhat toxic, but coffee used in an enema is much less so. In fact, we have seen very little toxicity from repeated coffee retention enemas, while those who drink coffee regularly exhibit some toxicity from the beverage.

12. Promotes downward motion.

Retaining the coffee enema for 15 minutes or so forces one's attention downward. Two reasons for this are 1) the presence of some water in the colon, and 2) the need to keep the anal sphincter shut tightly.

Moving energy *downward* toward the pelvic floor and feet is extremely therapeutic. It assists with grounding and centering, but it does much more than this. It is a powerful healing method all by itself. This is a complex topic. For more information please read [Downward-Moving Energy And Healing](#) on this site.

13. Yang effect. Most people's bodies today are too yin, in Chinese medical terms, especially those who are old or sick. Yin means

cold, expanded and today it also means ill. A problem with most medicines and natural remedies such as vitamins and herbs is that they make the body even more yin.

In contrast, coffee is a more yang substance, even though it grows in tropical climates. ***It becomes much more yang when roasted thoroughly and boiled for 12 minutes only.*** This also gets rid of some of the caffeine, a yin substance (although some caffeine is necessary for the desired effects). The yang quality of coffee is a great advantage of this procedure over other herbal, natural and medical methods for cleansing the liver and colon.

The yang effect is due to a combination of the nutritional factors in coffee, and its ability to remove yin toxins from the body such as toxic metals and toxic chemicals. To learn more about this vital subject, please read [Yin and Yang Healing](#) and [Yin Disease](#) on this website.

14. Sympathetic nervous system relaxation. Coffee enemas help relax the sympathetic or fight-or-flight nervous system. Many people report this. This may seem odd, since coffee contains caffeine, which is a stimulant.

Possible reasons for relaxation of the sympathetic nervous system include: 1) stimulation of two important parasympathetic organs, the liver and the large intestine, 2) nutrients in the coffee, 3) removal of irritating toxins from the body rapidly and thoroughly, and 4) the relaxing downward motion of energy. To learn more about the sympathetic

nervous system and its importance, please read [Autonomic Nervous System Balancing](#) on this website.

15. Improved hydration. While it may seem minor, added hydration from an enema can be a major benefit of coffee retention enemas. Many people are quite dehydrated today. Common reasons for dehydration are:

1) Not drinking enough water. Most adults need two to three liters or quarts per day. Do not drink this with meals, however. Drink one hour after meals up to about half an hour before meals so as not to dilute the stomach juices.

2) Drinking incorrect types of water such as reverse osmosis water, which does not appear to hydrate the body well. Another type of water I do not recommend are any alkaline waters that come from the alkaline water machines.

3) Ingesting substances that tend to dehydrate the body. These include all sugars, all fruit, caffeine and alcohol. One cup of tea or coffee daily is okay, but no more. Soda pop may contain a lot of caffeine.

The addition of several cups of water in the enema improves this serious, but sometimes difficult to identify situation. Improved hydration also greatly enhances detoxification of the body and overall health. For more on this subject, please read [Hydration](#) on this site.

16. Improves activity of the energy centers. As energy moves downward it helps all of the energy centers or chakras, a Sanskrit

word, to become more active and become more balanced.

17. Reduced autointoxication.

Autointoxication is the production of toxins within the body, usually due to the action of bacteria and yeasts upon partially digested food. Most is the result of fermentation or rotting (putrefaction) and a lot of it occurs in people's large intestines. This can cause gas, bloating and foul smelling stools. However, even if it causes no symptoms, it damages health significantly, in some cases.

By cleaning the colon of yeasts, parasites and other pathogenic organisms, and by increasing the bile flow, coffee enemas greatly reduce [autointoxication](#).

18. Assisting the lymphatic system.

Coffee enemas can greatly assist lymphatic drainage that occurs in the [Peyer's patches](#). These are extremely important lymph glands located along certain areas of the small intestine. Although the coffee solution does not reach this far, the coffee enema appears to assist the Peyer's patches due to reflex effects described later in this article.

19. Reduced congestion of the internal organs. An effect of the caffeine and the astringent action of the coffee appear to help reduce congestion in the liver and elsewhere.

20. Reducing the density of the body.

Toxic metals in excess and other poisons in the body actually increase its density a little bit.

Removing toxic metals and some toxic chemicals decreases the density of the body. This is helpful for healing.

21. Helping to reduce yeast and other parasites from the colon. This may require repeated enemas and perhaps more water. This is a wonderful benefit for some people whose colons are full of yeast. For this to occur, one must do several coffee enemas back to back, putting in a total of about 2 quarts of water into the colon. It helps to rub the colon area of the abdomen vigorously to get the water to penetrate into the pockets of the colon to dislodge the yeast organisms. Adding some crushed garlic to the enema water may help this a little by a chemical mechanism. For more on this important topic, please read [Candida Albicans](#) on this site.

22. Improving the skin. The body must eliminate poisons somehow. If the colon is not working well, the body must use alternative elimination channels. One of these is the skin. This causes skin eruptions including dermatitis, acne, eczema, psoriasis and perhaps other types of skin eruptions. The skin must compensate for inadequate elimination through the liver and colon. Coffee enemas assist the skin by restoring elimination through the liver and colon.

23. A form of quiet discipline and a concentration exercise. This may seem odd, but just lying down and holding the anal sphincter closed for 15 or so minutes is a form

of concentration exercise that teaches discipline, relaxation, coordination and other mental traits that are helpful for most people.

24. Helping the brain. This may seem unusual, but many clients report feeling more clear-headed after a coffee enema. The caffeine may be a factor, although not much is absorbed from the colon. Stimulation of the colon reflexes to the brain is another possible reason for beneficial effects on the brain.

Different from drinking coffee. Coffee ingested as a beverage is absorbed from the *stomach*. This differs from absorption from the *colon*, which occurs with an enema. The colon seems to block the absorption of certain toxins found in coffee, including cadmium and some of the caffeine.

Drinking one cup of coffee daily is okay, but not recommended. Drinking more than one cup is harmful for most people.

Chapter 4.

EQUIPMENT USED FOR COFFEE ENEMAS

"Doctors at the University of Minnesota showed that coffee administered rectally stimulates an enzyme system in the liver called glutathione S-transferase by 600%-700% above normal activity levels. This enzyme reacts with free radicals (which cause cell damage) in the bloodstream and makes them inert. These neutralized substances become dissolved in the bile, are released through the

bile flow from the liver and gallbladder, and are excreted through the intestinal tract.” – The Scientific Basis of Coffee Enemas, The Gerson Institute.

Basic equipment required for coffee enemas are either an *enema bag* or *enema bucket*. One could use a fleet enema bottle, but this may not hold enough coffee solution. One could also use a colonic irrigation machine if it is designed to administer substances other than water. This chapter discusses the advantages and disadvantages of each kind of enema equipment.

BUCKETS – PLASTIC AND STAINLESS

Some people prefer enema buckets to bags. A reason for this is cleanliness. Since the buckets are open at the top they can be thoroughly cleaned. The plastic bucket is less expensive, but may hold on to more bacteria. Both are very good. The stainless steel bucket is more expensive.

ENEMA BAGS – OPEN AND CLOSED

Below is a standard enema bag. They come in two configurations – open top or closed top. The open top bag is easier to clean because the opening is larger. However, it is also easier to spill the coffee. The closed top bag is harder to clean, but not really difficult to rinse out. It has the advantage that coffee cannot spill out because the opening can be sealed.



Figure 1. A standard rubber enema/douche bag

ENEMA NOZZLES

These are usually made of hard plastic. Most enema bags and buckets come with two tips. The smaller tip is for enemas, while the larger tip is for douching, but not for enemas. The hard plastic tips are easy to clean and can be removed from the tubing easily.

Some enema kits do not use a hard plastic tip. Instead, the tubing just has one or two holes in the end and one inserts the tube into the rectum. These are softer but **more** difficult to clean.

Some people prefer to use a soft rubber colon tube or a urinary catheter instead of the plastic enema tip. The tubes are described below. The urinary catheter is much smaller in diameter, so it is easier for some people to insert, especially if one has anal strictures or hemorrhoids.

COLON TUBES

Most practitioners just recommend inserting the standard enema tip into the

rectum lubricated with a little petroleum jelly, soap, or oil. Some people, however, suggest using a flexible rubber colon tube connected to the enema tip. Usually, one first inserts the colon tube all the way into the rectum, and then attaches the enema tip to the protruding end of the colon tube.

Reasons for using the colon tube are:

1. The colon tube releases the water and coffee farther inside the colon. This helps it reach deep inside the colon.
2. The colon tube maybe thinner and softer and thus may go in easier.

Most people do not use colon tubes, which are more difficult to insert. I do not believe using a colon tube is necessary in most cases, though it will move the coffee mixture around the colon better.



Figure 2. An assortment of rubber colon tubes

FLEET ENEMA BOTTLES

These are inexpensive plastic bottles with a removable top sold in drugstores. They come filled with usually salt water, and are designed for a single use enema to just clean the colon. Some people like to empty out the salt water

and fill the bottle with coffee solution and use it for coffee enemas.

Advantages of these bottles is there is no tube to wash and the bottle is very light in weight and simple to use. Disadvantages of the fleet enema bottles are:

1. There is no clamp, so as soon as one turns the bottle upside down to insert it the liquid will begin flowing out of it. This is often very messy.

2. The small bottle may not hold enough liquid. The largest fleet enema bottle I have seen hold 8 ounces. This is barely enough.

3. It is difficult to clean the inside of the bottle since the bottle has a small neck.

4. The bottle is rather fragile and may not last.

COLONIC IRRIGATION MACHINES

These are costly machines (over \$1000 USD) and are not usually used at home for coffee enemas. Some colon therapists, however, may be able to use them in their offices to administer a coffee enema.

The advantage of the machine is that it uses a thicker enema tip that allows water to flow in and flow out. This means that when doing an enema one does not have to go to the toilet to empty out the coffee. This is easier and cleaner.

Chapter 5. A COFFEE ENEMA PROCEDURE

"Coffee enemas are not given for the function of the

SAFETY FIRST

All procedures recommended on this website begin with a safety section. It is most important.

1. Start with only a teaspoon of coffee in case you are sensitive to it.

2. Never force the enema tip into the rectum. Lubricate it and twist it slowly and gently, aiming it correctly.

3. Never retain the enema if the pressure to release it is too high. Read about what to do if you cannot retain the enema.

4. Never force anything.

5. Be sure the temperature of the coffee liquid is comfortable to the touch.

6. Coffee enemas take some getting used to. However, with a little practice they get much easier. This chapter will help with this task. In fact, many of our clients look forward to them.

7. Do not use more than about 2 cups of water in the enema. If you cannot retain the enema well, start by using 1.5 cups of water.

8. ***Distilled water or a spring water*** are generally best for coffee enemas. If these are not available, one can use carbon-only-filtered tap water for enemas.

9. Doing two coffee enemas, back to back, is extremely powerful. Just make enough coffee for two enemas and do one, expel it and do another right afterwards.

10. You may retain the enema more than

15 minutes. It is not essential, but there are benefits to retaining the enema for up to an hour.

11. Some people can do up to four enemas daily, each with up to two tablespoons of coffee in each one. Others cannot handle this much coffee. So be careful. If in doubt, *use only up to 4 tablespoons of coffee daily, even if you do four enemas per day.*

Dr. Gerson's protocol. Dr. Max Gerson, MD, who popularized coffee enemas, used much more coffee. However, times have changed a lot since he lived almost 80 years ago. Important differences between then and now are:

1. Most of the bodies are much more yin today. This means more delicate, and often more ill. This is due to radiation toxicity from A-bomb tests, powerplants and other sources. It is also due to more chemical toxins and toxic metals in the food, and electromagnetic stress that did not exist 80 years ago.

2. The colons are more permeable or "leaky" today. As a result, more of the toxins from the coffee get into the body. This is one reason we must use less coffee today.

STEP 1. DECIDE WHERE TO DO YOUR COFFEE CLEANSE AND YOUR BODY POSITION

Here are some guidelines so that you will be warm and comfortable.

1. Body position. I suggest lying on your

back when doing a coffee cleanse. Some people prefer to lie on their side, or they prefer the 'doggie' position – on your hands and knees.

The reasons for lying on your back are: a) it is relaxing, and b) you can do other development procedures easiest in this position. These include the Roy Masters meditation exercise, shining a red heat lamp on your abdomen, twisting your spine and rubbing your feet. This combination "spa morning routine" is wonderful, and it is much more difficult if you lie on your side or use the "doggie" position on all fours.

2. Elevate the hips. If possible, position yourself so that your hips are slightly higher than your head. This is easy to accomplish by putting a towel under your hips or lifting up the feet of your massage table an inch or so with blocks.

The reason for this is that it will cause the coffee solution to run into your body, helping to retain the enema. Also, intestinal gas will tend to move upward to the anal area and be released. *The presence of gas is the main reason some people have difficulty holding the enema.*

3. Location.

A) Many people enjoy just placing a towel or yoga mat on the floor of the bathroom to lie upon.

B) Some people do their coffee cleanse in the bathtub, especially if you are not too tall.

C) Some people set up a cot or massage table to lie upon.

D) I learned to do coffee enemas in bed,

spreading a towel or two on the bed to protect against spills.

E) Please do not do enemas in a yoga posture or some other strange position. It is best if you relax, and the best position for this is lying down.

F) Another idea is to place a squarish piece of plywood across your bathtub to lie upon, perhaps covered with a cushion. This may be more comfortable than lying inside the tub. If you spill some coffee, it will flow harmlessly into the tub.

4. For children. Coffee enemas are excellent for children and even babies, providing you are careful. Be sure to use less coffee and less water for children.

The easiest position, in most cases, is to place the child on his stomach on a bed, with a towel or better, a bed pan underneath the child's mid-section. The parent can sit next to the bed.

Lubricate the enema tip well and insert it very slowly and gently, going straight upward from the legs. Twist it a little as you insert it to help it go in. You may need to place a small washcloth over the anal opening to help retain the enema. When finished, the child can turn over and expel the coffee into the bedpan, or get up and expel into the toilet.

STEP 2. GATHERING THE MATERIALS

*** Buy a standard 2-quart enema bag, or an enema bucket. The bag should come with a hook or handle to hang up the bag. The bag or the bucket must also have a plastic**

hose, an enema tip, and a clamp on the hose.

Enema bags are sold at Target, Wal-Mart or many drug stores. If you cannot find one at a local store, you can buy a 2-quart enema bag or bucket inexpensively online. It should cost about \$10 to \$20. USD.

*** Buy preferably some organic, dark roast, and perhaps Columbian regular coffee.**

This is best, although technically any regular coffee will work. It can be regular grind or flaked. ***Do not buy instant coffee and do not buy decaffeinated coffee.*** For maximum freshness, buy coffee beans and grind your own coffee, but this is not necessary. Store your coffee in the **freezer** for maximum freshness.

Lighter roast coffee, which is a lighter color, is more yin and not as good, although it may be easier to hold in the colon. It may also be less irritating if you have hemorrhoids. However, it seems to contain a toxin that is destroyed when the coffee is roasted more.

STEP 3. PREPARING THE COFFEE

Coffee can be prepared in several ways: Here are the methods I suggest:

- 1. The best – the 12-minute method.**
- 2. The standard coffeemaker.**
- 3. The percolator.** This is an older method and is not used much today.
- 4. The newer steam flash method.**
- 5. The soak or non-boil method.** This is more yin, so it is not quite as good. However, it is fast and perhaps better if you are traveling, for instance, as you do not need to boil the

coffee.

6. The new ozonated coffee method.

7. The Kurig quick method. This is least desirable, but it could be used if it is the only method available.

Here are details about each of these methods.

METHOD #1. The best – The 12-Minute Method.

1. Place 1.5 to 2 cups of water in a saucepan. (One cup of water is equal to about 250 ml.) Ideally, use ***distilled*** or ***spring water***. Filtered tap water will also work. Spring water or filtered tap water do not absorb quite as much of the coffee as does distilled water, but they are fine.

2. Add ½ to two tablespoons of or ground of flaked coffee, and bring it to a boil. *When you start doing coffee enemas, use less coffee, to make sure you tolerate it well. For example, begin with just a half teaspoon of coffee and increase the amount when you are sure you tolerate it well. Then work up to about one to two tablespoons of coffee.*

3. When the water and coffee boils, turn down the burner and allow it to simmer for 12 minutes. Your coffee is now ready, but much too hot.

The ideal coffee temperature. For an enema, coffee must be about body temperature or a little lower.

Testing the coffee temperature. To test the temperature of your coffee, place a finger in it. It should be a comfortably warm

temperature. If the water is too hot or very cold, retaining the enema will be more difficult.

4. Cooling down your coffee. Here are simple ways to cool down hot coffee:

1. Add some room temperature water.
2. Place the saucepan in a cold location for a few minutes, such as in the freezer or on a cold floor, perhaps. Be sure to put it on a trivet or plate to protect the area from the hot saucepan.
3. Add an ice cube or two made with purified water.
4. Use only one-half a cup of water to make the coffee. When it is done, add the rest of the water, which is at room temperature, and this will cool down the mixture.

Making extra coffee to save time.

Although fresh is best, to save time you can make enough coffee for two days worth of enemas. Put the extra coffee in the refrigerator as soon as possible.

METHODS #2 and #3. Using a Coffeemaker or Percolator.

These methods make a weaker coffee. To make it stronger, you can put the coffee through the machine twice.

As with the first method, place about a cup of water in a coffee maker or percolator. Use between 1 teaspoon and 3 tablespoons of coffee and turn the machine on. When the coffee is ready, add at least one more cup of water to cool the mixture to body temperature.

METHOD #4. The newer instant steam

flash method.

This method is used at Starbucks and elsewhere to make cappuccinos and other coffee beverages. Machines for home use are now sold as well. I have not experimented with them, but they should be okay.

METHOD #5. The Soak, Or Non-Boil Method.

Place one cup or more of ground coffee in a glass container. Add twice as much water as coffee to the container. Soak this overnight. Then store the liquid in the refrigerator.

When you want to do an enema, place about 2-4 tablespoons of this soaked liquid in your enema bag and add one and a half to two cups of warm water.

This method is not quite as good, as it is more yin and the coffee is weaker. However, if you do not have time to boil the coffee, or are traveling, for example, this method is fast and does not require a coffeemaker.

METHOD #6. The Enhanced Ozonated Coffee Method.

This is a new method that is working well. It is more powerful, and involves adding ozone to the coffee. I welcome feedback about it.

Here is how to do it properly. First, you will need an ozone machine to ozonate about a cup of water. One that is very convenient is called *The Pitcher* by Oxygen Orchard. However, any ozone machine will work. Here are the steps to preparing the ozone coffee mixture:

1. Place about a cup of water in the ozone pitcher or place an ozone machine output tube in a cup of water to bubble ozone into it. The ozone must bubble in for about 20 minutes to thoroughly saturate the water.

2. Now make your coffee. Use only about half a cup of **non-ozonated water** to make the coffee. You will add the ozonated water later.

3. After the coffee has simmered for 12 minutes and stops boiling, or when it is done in the coffee maker, add the cup of water that has been thoroughly ozonated. This will cool down the coffee, which is good, and it adds the ozone.

STEP 4. PREPARING TO TAKE THE ENEMA

A. Set up your enema bag or bucket.

Make sure it is clean, attach one end of the hose to the bucket or bag, and attach the small enema tip to the other end of the hose.

B. Pour the coffee into the enema bag or bucket, *making sure you remove the coffee grounds from the liquid, if needed.*

(If you use a coffee machine, it is done for you.)

Three ways to remove the coffee grounds are 1) *decanting*, 2) *using coffee filter paper*, or 3) *using a fine strainer*. To decant, pour the coffee liquid **slowly** into your enema bag or enema bucket, and the grounds should stay behind.

Alternatively, you can strain the coffee liquid through a fine strainer or coffee filter

paper into the clean enema bag or bucket.

C. If you are using an enema bag, screw on the top of the enema bag. Be sure the plastic hose is fastened tightly onto the enema bag and the thin enema tip is attached to the other end.

D. Remove air from the enema tube. This is an important step, so do not forget it. To do this, grasp, but do not close the clamp on the hose. Place the enema tip in the sink. Hold up the enema bag slightly above the tip until the coffee water begins to flow out. As soon as it starts flowing, quickly close the clamp. This expels any air in the tube.

E. Lubricate the enema tip with a small amount of petroleum jelly, Vaseline, soap, olive oil, coconut oil, shaving cream or even Chapstick. Vaseline or petroleum jelly works very well, but is a little greasy. (Note: Too much lubrication might cause the tip to fall out of the rectum, creating a mess. Experiment to see how much and what kind of lubrication is best for you).

A thick soap or shaving cream is nice because it is very easy to clean up.

F. If possible, have a bowel movement before doing your enema. This is not required, but it can make it easier to retain the enema. If you have difficulty having a bowel movement:

- relax
- drink a lot of water
- rub the right calf area while sitting on the

toilet

- sometimes rubbing and twisting the right pinky toe will cause a bowel movement.

- if none of the above work, you can do a quick plain tap water enema to clean the colon before your coffee enema. Only do **one** of these, and only use a cup of water.

(Some people like to do several plain water enemas before they do a coffee enema to clean the colon. This is too much exposure to water. It tends to make the body yin, which is not good.)

STEP 5. DOING THE ENEMA

Hanging the bag or bucket. With the clamp closed, hang the bag or bucket one to three feet above your abdomen. If you have no place to hang it from, you can place it on the floor or bed next to you and you can hold it up to let the coffee flow in.

Inserting the tip. Insert the tip slowly and gently. Aim it straight upwards from the legs, not at any angle. *Twist or turn the enema tip gently as you insert it*, as this can make it slide in much easier. Make sure it goes ***all the way in***. The enema tip must go in at least two inches. Never leave it half way in – it will not work this way. There are two anal sphincters it must pass through, so the tip must be in all the way.

Letting the coffee go in. Open the clamp and hold or hang the enema bag above the abdomen. The coffee may take a few seconds

to begin flowing. If it does not flow, you may gently squeeze the bag or the hose to get it to flow.

If you develop a cramp as you are putting the coffee inside, close the hose clamp, turn from side to side and take a few deep breaths. The cramp will usually pass quickly.

When all the liquid is inside, the bag will become flat. Close the clamp. You can leave the tube inserted, or remove it slowly.

NOTE: If you have intestinal gas, definitely leave the enema tip inside of you and leave the clamp open. The intestinal gas will tend to flow out through the enema tip. Otherwise, you will not be able to hold the enema.

Turning to your right side. An excellent idea once the coffee is inside you is to turn to the right, so that the coffee flows all around the colon. This will enhance the effects of the coffee enema, so please do this.

If you are lying down on your back, turn onto your right side for about two minutes. Then turn back onto your back. This often allows the coffee to flow into the transverse colon and even somewhat into the ascending colon.

What to do during your enema. Most people remain lying on the floor or on a mat. Some people get up from the floor and lie in bed with a towel under your mid-section to protect against leaks. However, *do not walk around with the coffee inside.*

This is an excellent time to do the Roy

Masters meditation exercise! You can also rub your feet, and twist your spine. It is also an excellent time to practice deep breathing. You can also listen to a tape or CD, or just relax.

STEP 6. CLEANUP

Emptying the coffee. Try to hold the enema for at least 10 to 15 minutes. More is even better, up to one hour. When you are ready to expel the coffee, go to the toilet and empty out the coffee solution.

It is okay if some water remains inside. This usually means you are somewhat dehydrated. In this case, you need to drink more water, or a different kind of water. However, it is fine if no coffee comes out of you. Rubbing your abdomen and your right calf area, while sitting on the toilet, may help eliminate the water. Please read the article entitled ***Water For Drinking*** at www.drlwilson.com for more information about which water to drink and how much.

A ***bidet toilet attachment*** can be wonderful to quickly and thoroughly clean your bottom. It costs about \$30 to \$50. USD and provides a spray of water on your anal area while sitting on the toilet. It attaches easily and uses the water supply to the toilet. It either attaches to the toilet seat, or is a handheld sprayer unit. I prefer the units that attach to the toilet seat. For more on this topic, read [Bidet Toilet Attachments](#) on this website.

Washing out the enema equipment. Each time after you do an enema, wash the

enema tube, the bag or bucket, and the enema tip thoroughly with soap and water, and hang them up to dry. It is not necessary to sterilize them.

Eating after the enema. Many people are hungry after a coffee enema. It is fine to eat after the enema. I do not suggest eating just before doing the enema. Wait an hour, if possible, after eating before doing a coffee enema.

Helpful hints

1. To retain the coffee for 15 minutes requires that you relax. Make sure the room is warm, and that you are comfortable. Wear a tee shirt, sweat shirt or bathrobe to keep warm or cover yourself up with a blanket. Perhaps put on some quiet music, meditate, breathe deeply, or even watch television or listen to the radio while you are doing your retention enema. Please do not get up and walk around.

2. To help keep the coffee in, you may place a washrag or small towel over the anal area. Most people find this unnecessary, but it will help if you have a weak anal sphincter.

3. If you have a lot of money, you can buy a colonic irrigation machine, or colon hydrotherapy machine that allows one to add coffee to an enema. Using the machine is a little cleaner because one need not empty it into the toilet. Instead, the enema tip on the machine is designed to allow the coffee to go in, and to allow the coffee to be expelled all while one lies down comfortably.

4. If intestinal gas is a problem, some stretching or bending exercises before the enema may eliminate the gas. In particular, lay down on your bed and pull both knees up to your chin to expel gas. You can also leave the enema tip inside you the entire 15-30 minutes with the clamp open. This allows gas and air to escape back into the enema bag. The bag must be at a higher level than your body and you will need to use a small strap around your thigh to keep the enema tube inside you so it does not fall out.

5. If the coffee enemas causes hypoglycemic symptoms such as dizziness, shaking or weakness, it is because a coffee enema may lower your blood sugar. If this happens to you, eat a little something just before or just after taking the enema. However, do not eat a lot before a coffee enema because it will make it harder to retain the enema.

WHEN TO DO YOUR COFFEE CLEANSE

You can do a coffee enema at any time of the day or night. If done close to bedtime, it might interfere with sleep, due to the effect of the caffeine. However, if one feels ill during the night with a headache, for example, you can do a coffee enema, after which some clients report being able to sleep better through the night.

WHAT TO DO WHILE RETAINING YOUR ENEMA

A time to reflect and do the [Pushing](#)

Down Mental Exercise. I strongly suggest doing the coffee enema lying on one's back, except perhaps for a few minutes of lying on one's right side to move the coffee mixture around the colon.

Lying on one's back for 15 to 30 minutes is the perfect time to practice the pushing down mental exercise. Holding the coffee helps one remain quiet enough for the meditation, and actually enhances the meditation, as well. This is a wise use of time and a wonderful combination of therapies.

Massaging the colon. Check the location of your colon in an anatomy book. Rubbing the colon area may help break up deposits of impacted feces or even colonies of yeasts or parasites.

Red heat lamp therapy. While retaining your enema, you can shine a red heat lamp on your abdomen. If possible, suspend the lamp so that it is about 2 feet away and shines down on your abdomen or chest.

HOW OFTEN TO DO A COFFEE CLEANSE?

For therapy, do an enema at least daily, and up to about four times each day. Most everyone can use coffee enemas daily for at least 10 years to detoxify the liver and help heal the entire body.

Max Gerson's protocol. Dr. Gerson, MD, who pioneered the use of the coffee enema for cancer patients, insisted upon the coffee enema 5 or 6 times daily, for at least two years. He

also used three tablespoons of coffee in each enema. However, I find that today so many enemas and so much coffee is not needed or even helpful. This is especially true when the procedure is combined with a properly designed development program.

For most people, **one to four** coffee enemas daily are excellent. If one does four daily, I suggest doing two enemas back-to-back in the morning, and two back-to-back again in the afternoon. This has the most powerful effect, yet is very safe.

However, begin with no more than 4 tablespoons of coffee daily. More than this can cause nervousness in some people. Others can handle up to a total of 6 or 8 tablespoons of coffee daily.

FOR HOW LONG?

For best results, a program of coffee enemas should be carried on for at least a year, and preferably for much longer. Many people have continued to take them every day for 10 years or more without any problem whatsoever. A good friend has used them continuously for more than 30 years as he suffers from a very chronic arthritic condition and continues to benefit from them. Not only has he had no ill effects from them that I can determine, but his health continues to improve.

Some health authorities warn that coffee enemas cause dependency and can damage the intestinal flora. However, I have seen NO negative effects from them if they are done properly.

WHAT IF YOU ARE ILL?

In a general book of this nature, I cannot address every situation. If you are in doubt about the wisdom of coffee enemas consult a health professional. The next chapter discusses many cautions and contraindications of coffee enemas.

Chapter 6. **CAUTIONS, WARNINGS AND** **TROUBLESHOOTING**

"A 1982 study by the National Research Council (NRC) showed that coffee enemas have the power to reduce systemic toxicity by up to 700 percent. This is because caffeine and other beneficial compounds found in coffee -- when not consumed by mouth and therefore diluted by the digestive tract -- work together to stimulate the liver directly to increase production of glutathione S-transferase (GST), a powerful detoxifying enzyme that binds with, and flushes out, toxins in the body." – Angela Doss

CAUTIONS

General note. Many symptoms that occur due to a coffee enema, such as fatigue, headache, stomach ache or others are due to the release of toxins that the body cannot get rid of fast enough. To correct this problem, I always suggest a complete healing program along with coffee enemas. This includes a development diet, an excellent lifestyle, and at least basic nutritional supplements, as discussed in the article entitled [The Free Program](#) on this website.

Also, doing a second coffee enema

immediately may cause the symptoms to go away.

Abdominal pain. Coffee enemas are very safe when done correctly. If they give you abdominal pain or caffeine reactions, try lying on your RIGHT SIDE during your entire enema. Some clients report this works much better.

For abdominal discomfort after a coffee enema, do foot reflexology, especially of the top of the toes on the left foot.

Allergic reaction to coffee. If you are sensitive to drinking coffee, often you can do coffee enemas, as it is not the same as drinking coffee. Very rarely, someone is sensitive to the coffee in the enema. Try using less coffee, or you may be reacting to a little mold in the coffee. In this case one may do better with bulletproof coffee

(www.bulletproofexec.com/coffee/). I do not like the lightly roasted SA Wilson Enema Coffee as much, because it is quite yin in Chinese medical terminology.

Anal strictures. Coffee enemas are excellent provided the coffee will flow into the colon.

Appendicitis. I do not suggest coffee enemas if a person has lower right quadrant abdominal pain.

Babies. I do not have experience administering coffee enemas to babies. However, Max Gerson, MD describes a case of cancer in an 8-month-old baby who underwent his entire treatment, including coffee enemas. There was no problem with the enemas in the baby. (for enemas with children, see *Children*

below).

Bowel movements. It is perfectly okay if you have no bowel movements when doing coffee enemas. This is not due to weakening the colon muscles. Usually, the reason for no bowel movements is that you are cleaning out the colon daily, so there is no feces left inside to come out with regular bowel movements. In most cases, bowel movements will return on their own, even while you are doing coffee enemas, as colon health improves.

Breastfeeding. Coffee enemas while breastfeeding appear to be perfectly safe.

Children. Coffee enemas can be done with children age 3 or older. Use half the amount of coffee and water or less for a child. Some children happily lie down on the floor and can do the enema exactly the same way as adults. Other younger children prefer to lie on their stomach on a bed, and a parent or helper inserts the coffee into the rectum and places a towel over the rectum to hold it in. Another towel or a bed pan can be placed underneath the child to catch any leaks. Use plenty of Vaseline or shaving cream on the enema tip to make it slide in easily. Children who do coffee enemas are able to use an adult sized enema tip, in my experience.

Colitis and Crohn's Disease. This is not a contraindication for coffee enemas.

Colon or rectal cancer. Caution is required in case the colon is damaged, which could cause perforation. However, coffee enemas are extremely helpful for most cancers. I suggest two to four coffee enemas daily for cancers.

Constipation. Coffee enemas are excellent

to help clean out the colon and restore its integrity. However, also look for other causes of constipation. Common causes are not drinking about 96 ounces of water for an adult, drinking the wrong type of water, and an improper diet that does not contain enough cooked vegetables. Some people also need more magnesium.

Danger signals during a coffee enema. Expel the coffee at once if the pressure to release the enema becomes severe. I have never heard of anyone who ruptured the colon with a coffee enema.

Ralph Moss reported that the US Office of Technology Assessment or OTA "cites the case of the two Seattle women who died following excessive enema use. Their deaths were attributed to fluid and electrolyte abnormalities. One took 10 to 12 coffee enemas in a single night and then continued at a rate of one per hour. OTA pointed out, "in both cases, the enemas were taken much more frequently than is recommended in the Gerson treatment."

Dangers of mineral depletion or mineral imbalances. In my experience, these do not occur. In fact, coffee provides more minerals. To be sure, drink only spring water before and after your enema and take 3 to 6 600 mg capsules of kelp daily.

Diarrhea. Coffee enemas can be done when one has diarrhea, and may help correct it, depending on the cause.

Diverticulosis and diverticulitis. Coffee enemas are excellent to help clean out diverticuli in the colon.

Fecal incontinence. Coffee enemas are excellent. However, to retain the enema, one must place a washcloth over the anal area.

Fatigue. Some people report feeling very tired after a coffee enema. This is normal for some people, and is not a problem. If this occurs, rest after your enema, and you may do the enema before going to sleep in the evening so you can sleep afterwards.

Fissures and fistulas. These are best resolved before doing coffee enemas. See the article on this website entitled [Anal Fissures And Fistulas](#).

Food poisoning. Coffee enemas are excellent to help relieve many cases of food poisoning.

Gas and bloating. Coffee enemas are fine, and often helpful. **If the enemas cause gas or bloating, rub the feet after the enema, especially the top of the left foot near the toes,** as this may help relax the intestinal tract. Address other causes for gas, such as too many food combinations, eating too much, improper diet, or a need for a digestive enzyme.

Gastritis and ulcers. Coffee enemas are fine.

Gastrointestinal bleeding. This depends on the cause. However, the enemas are usually safe if done carefully.

Hemorrhoids. Mild hemorrhoids usually do not interfere with coffee enemas. More severe hemorrhoids can bleed and be painful, and may make coffee enemas difficult to do. In severe cases, one must first resolve the hemorrhoids with surgery or preferably galvanic treatments

before one can do coffee enemas.

Irritable bowel syndrome. Coffee enemas can be done when one has irritable bowel syndrome. Improper diet is the most common cause of irritable bowel syndrome.

Malabsorption syndromes, including celiac disease. Coffee enemas are usually helpful to improve intestinal health.

Meals. I suggest waiting at least one hour after a meal before doing a coffee enema. After an enema, one can eat a meal immediately.

Medications. Coffee enemas will not interfere with any drug therapies that I know of. Consult your doctor if you are unsure. Coffee can antidote homeopathic remedies.

Menstruation. This should not interfere with coffee enemas in any way.

Nausea and vomiting. Coffee enemas are often excellent to reduce nausea and vomiting. In fact, coffee enemas are superb for nausea, which is often due to liver toxicity.

Overdoing coffee enemas. It is possible to overdo on coffee enemas. Do a maximum of 4 enemas per day. Coffee enemas are a powerful detoxification procedure.

Parasites and yeast. Coffee enemas are excellent to help expel parasites. This can occur due to mechanical cleansing of the colon, and due to increased bile flow.

Pregnancy. Coffee enemas appear to be completely safe during pregnancy, when done properly.

Rectal Abscess. In general, coffee enemas are very good.

Rectal prolapse. I suggest avoiding coffee enemas until the prolapse is corrected.

Stimulation. If a person feels very stimulated after a coffee enema, the reason is that too much coffee was used. Some types of coffee have more caffeine than others. Also, some coffee may contain some mold that may be stimulating.

Dr. Max Gerson, MD used up to 18 tablespoons of coffee per day (in 6 coffee enemas), but I find this is too much for most people. Most people cannot handle more than about 8 tablespoons of coffee (in about 4 enemas) or less today. I believe this is due to changes in the bodies over the past 80 years of so, when Dr. Gerson did his work.

The elderly. So far, I have seen no problems administering coffee enemas to people in their 80s or even 90s.

Trouble inserting the enema tip. Lubricate the tip well. Twist the enema tip as you insert it, as this can make it slide in much easier.

TROUBLESHOOTING

1. The enema bucket or enema bag is too high. If the enema bucket or bag is hanging too high, the coffee solution will flow into your colon too quickly and you may not be able to hold it. It will go in, but then it may come back out, making a mess.

2. The enema bucket or bag is too low. The enema bag or bucket needs to be at least 2 1/2 feet above your body or the water won't flow in.

3. The coffee is too cold or too hot. If the coffee is not around body temperature, it will be hard to keep the coffee inside.

4. The tube or enema tip is not in far enough. If this happens, the coffee won't go inside and it will be a mess. Insert the tube or tip at least 3 inches.

5. You are not relaxed enough. If you are tense, you may not be able to hold the coffee as well. Use your breath to relax your body.

6. The tube is not fastened securely to the bucket or bag. If you ignore this, it will cause a mess.

7. Trouble holding the enema. You may have some intestinal gas. Before doing your enema, try to expel the gas. One way to do this is to bend over at the waist or do some stretches to expel gas.

If the problem continues, leave the enema tip inside you with the clamp open during the entire time. This allows air and gas to escape back into the bag or bucket. The bag or bucket must be at a higher level than your body for this to work.

It may help to place a small pillow or rolled up towel under your buttocks so the water flows down hill into your colon.

If you lie on a bed or mat for your enema, another way to encourage the water and coffee to stay inside is to elevate the foot of the bed slightly with bed risers.

Be sure to breathe deeply and relax when a cramp comes. Occasional cramping is normal as the body moves bile, feces and toxins out of the liver and small intestine areas.

At times, using less water and/or less coffee will make the enema easier to retain. Or try the upgraded coffee. Be patient and experiment a little. Usually, the problem will

subside with these suggestions.

8. Pain or discomfort in your abdomen after a coffee enema. Do reflexology on yourself. For some reason, you must rub the tops of the toes of the left foot. Usually this will relieve any discomfort.

9. Irritation of the anal area. Use more lubricant. If that doesn't work try adding one or two tablespoons of aloe vera juice to the coffee liquid.

10. Coffee intolerance. Occasionally, a person cannot tolerate even a small amount of coffee. This can be due to:

a. Sensitivity to caffeine. In this case, try lying on your right side. If this does not work, begin with just a pinch of coffee and work up slowly as you can.

b. Rarely, a person cannot tolerate any caffeine at all, and cannot do coffee enemas for this reason. I do not recommend using decaffeinated coffee, because it is not that effective.

c. Sensitivity to mold on the coffee beans. If this is the case, switch to "upgraded coffee".

d. Sensitivity to roasting chemicals. In this case, you will do better with a lighter roast coffee.

e. Sensitivity to rancid oils in the coffee. In this case, switch to a less oily coffee.

Chapter 7.

CONTROVERSY AND MYTHS ABOUT COFFEE ENEMAS

"In fact, there is hardly a region of the world where people did not discover or adapt the enema. It is more ubiquitous than the wheel. Enemas are found in world literature from

MYTH #1. COFFEE DAMAGES THE FLORA IN THE COLON. No. In my experience of over 33 years, daily coffee enemas, even several per day, does not affect the flora in the colon in a negative way. It does not wash out the flora because the enema does not involve that much water. In fact, as mentioned earlier in this book, coffee enemas often improve the intestinal flora and help get rid of intestinal dysbiosis.

MYTH #2. COFFEE ENEMAS WASH MINERALS OUT OF THE BODY. No. In fact coffee enemas add minerals to the body. Coffee contains many minerals, including zinc, selenium, potassium and others.

MYTH #3. COFFEE ENEMAS CAUSE CONSTIPATION (FLACCID BOWEL). No. If one stops coffee enemas, it may take the body several days to a week to readjust. However, I have not seen coffee enemas cause constipation. In fact, by helping to heal the colon, coffee enemas can reduce constipation.

MYTH #4. COFFEE ENEMAS CAUSE ADDICTION. Very rarely. I have only seen one case in which a person developed an addiction to coffee by mouth and enemas. More often, a person enjoys the coffee enemas, and wants to continue them. This is not an addiction, however.

MYTH #5. COFFEE ENEMAS CAN

PERFORATE THE COLON. I have never heard of this occurring.

MYTH #6. COFFEE ENEMAS CAN CAUSE INFECTIONS. While this is conceivable, I have never heard of it happening. Just be sure the enema bag and tubing are clean. It is not necessary to sterilize them.

MYTH #7. THE CAFFEINE IS HARMFUL. Less caffeine is absorbed from coffee when taken rectally. If a coffee enema causes a caffeine “buzz”, I suggest using less coffee. Decaffeinated coffee does not work well in coffee enemas.

MYTH #8. DO COFFEE ENEMAS CAUSE DEHYDRATION? You can read on the internet that this is true. However, that is not my experience at all. In fact, many people improve their hydration by doing coffee enemas. The water is absorbed, and this is a benefit.

A few people report that after they do a coffee enema, their lips are dry and a little sore. They may falsely believe that this means the coffee enema caused dehydration. My experience is that these people were already dehydrated, or this symptom would not occur. Either they were not drinking enough water (about 3 quarts or 3 liters daily for an adult), or their drinking water is not hydrating them well, or they are on the “dehydration diet”. This consists of having any amount of caffeine, alcohol or sugars in the diet, including fruit or sweet juice. One cup of coffee or tea is usually okay, but not more.

Chapter 8.

A TOTAL HEALING PROGRAM WITH COFFEE CLEANSSES

“When a comparable amount of caffeine was administered, the amount (and AUC) of caffeine obtained from the coffee enema were about 3.5 times significantly less than those of the coffee consumed orally, despite having slightly but statistically faster.

In addition, a single administration of the coffee enema or the oral coffee consumption did not adversely affect systolic and diastolic blood pressure and heart rate.” –
Pharmacokinetics of Caffeine following a Single Administration of Coffee Enema versus Oral Coffee Consumption in Healthy Male Subjects

I find that just doing coffee enemas, without following a total health program, may not work well. This may be because the coffee enemas cause deep changes in body chemistry and the support of a total program is needed to reap the full benefits of the coffee enemas.

Those who just do coffee enemas, but continue with unhealthful lifestyles and poor quality diets, at times develop headaches, abdominal upset, anxiety or other symptoms. This is unfortunate because when this occurs a person usually decides that coffee enemas are “toxic”, or otherwise harmful. To avoid this, I suggest a more comprehensive healing program when one does coffee enemas. There are several ways to do this:

1. A complete development program.

This is the best. To do this, one needs to contact one of the Approved Practitioners listed

on this website by [clicking here](#).

2. The 'free development program'.

This is an abridged and introductory development program. It is found in the article on this website entitled [The Healing Lifestyle](#).

3. Below is a shorter summary of the *Healing Lifestyle* article. This can help one get started quickly.

I do not recommend other natural healing programs such as [chelation](#), [bio-identical hormone therapy](#), most [herbal therapies](#), [homeopathy](#) or other diets or programs. I do not think they are nearly as safe, even if they seem to give good results.

GENERAL DIETARY SUGGESTIONS

1. Eat at least 2 cups, and preferably 3 cups of **cooked** vegetables at each meal, at least three times daily. This means 6-9 cups of cooked vegetables daily. The vegetables should be cooked until soft, NOT RAW. You will obtain many more minerals from cooked vegetables than from raw ones, cooking kills bacteria on vegetables, and the losses due to proper cooking are minimal. Do not eat many salads for this reason. Each day, eat at least:

a) two root vegetables, such as carrots, turnips, rutabaga, daikon, sweet potato, yams, or onions.

b) two cruciferous vegetables, such as cauliflower, cabbage, brussels sprouts, or cauliflower.

c) two greens, such as spinach, kale, carrot tops, cilantro, mustard greens, Chinese

cabbage, bok choy or Swiss chard.

2. With your cooked vegetables, eat ONE protein OR ONE starch at a meal. In other words, do not mix meat and eggs at one meal, as these are both proteins. Also, do not mix rice and corn tortillas, for example, at the same meal, as these are both starches. Also, preferably do not mix a starch with a protein.

The reason for simple meals is to ease digestion. It is fine to have 4 or even 5 meals daily. However, do not just graze or snack all day. Have sit-down, relaxed meals.

For example, you may have a cooked vegetable or two with a chicken thigh or two. Then, a few hours later, have a cooked vegetable or two with a starch such as brown rice, corn tortillas or quinoa. These are simple food combinations and much easier to digest. You may also have just a cooked vegetable meal, for example, or just some lamb chops. Eating only one food per meal is even easier to digest, and usually best, although some people find it boring. Babies and young children usually prefer to eat this way, as do many so-called primitive people, as it works very well. It is especially recommended if your digestion is weak.

Vegetables to avoid. Avoid the nightshade vegetables, which are too yin and slightly toxic for regular consumption. They include tomatoes, white and red potatoes, eggplant and all peppers, such as sweet and hot peppers, and table pepper, which is usually rancid. A little cayenne pepper as a spice is

fine, but avoid very hot spicy food.

Others to minimize or avoid include zucchini, summer squashes, okra, asparagus, artichokes, mushrooms, celery and cucumbers. These are all too yin or a bit toxic. Celery is fair, and once in a while is fine, but not daily. It is slightly toxic. Otherwise, the vegetables, always cooked, are superb foods.

Remember to cook your vegetables always. I know many health authorities recommend raw vegetables. However, I find that people do not absorb enough minerals from raw foods, including salads. Also, raw vegetables are too yin, and in restaurants they are often unclean. You can have a cooked vegetable salad if you prefer, but not a raw salad. To read more, read Raw Food on this website.

BEVERAGES

Plain water should be your main beverage. Finding healthful water to drink is extremely important, in our experience. Spring water that is bought in plastic bottles or delivered to your home is fine. An alternative is to go to WWW.FINDASPRING.COM to perhaps find a spring near you where you can fill up your own water jugs. Spring water provides many minerals the body needs and it is untampered with.

If you cannot afford spring water, the next best water is usually carbon-filtered tap water. Do not use fancy multi-stage water filters. Use a carbon filter only. The others may clean up the water, but they appear to damage it as well.

Besides pure water, only mild teas hydrate the body perfectly. These include black or green tea, chamomile, hibiscus, mint, strawberry leaf and other mild herbal blends. Please do not add sweeteners to them, if at all possible.

Almost all adults need to drink three (3) quarts of water each and every day. An excellent habit is to drink up to 1 quart of healthful spring water upon arising in the morning.

Avoid all reverse osmosis water, such as “purified water”, “drinking waters”, and others. RO does not hydrate the body as well, and is devoid of minerals and very yin. Avoid water machines such as alkaline water machines. Read Water For Drinking on this website for much more on water.

Also avoid alkaline water, and almost all “designer” or fancy waters sold in health food stores and elsewhere. Too often, these are made with reverse osmosis water or other types of water that do not hydrate the body as well.

Avoid adding minerals to your water. In all cases, so far, this detracts from the overall quality of the water because water is a type of living food. Randomly adding minerals to it damages the quality of the water, which is extremely complex.

Herbs and condiments. Use sea salt with your cooking. However, do not drink water with sea salt in it. Strictly avoid table salt, a very poor quality product.

Mustard is an excellent spice that can be added to many dishes. Other good spices are

cumin, turmeric, garlic, dill, rosemary, thyme, oregano, curry powder and other mild herbs.

Avoid or use sparingly all medicinal herbs, especially those imported from Asia or Latin America. Sadly, today we find that all the Ayurvedic and Chinese herbs usually contain toxic metals in excessive amounts. Most herbal programs are not compatible with development. I will suggest herbs that are safe if you embark on a complete development program.

FOOD SUPPLEMENTS

Several food supplements are excellent for everyone today. These are all the supplements that I suggest unless you decide to send in a hair sample to begin a complete development program:

1. TMG or trimethylglycine. Adults may take up to 3000 mg daily. Children need less, depending on their size and weight. This supplement helps with toxic metal removal and many other body functions.

2. Kelp capsules. For adults: between three and six 660 mg capsules of kelp daily, but ONLY from Nature's Way, Solaray or the other brands mentioned in the article entitled Kelp at www.drlwilson.com. Instead of capsules, one may take about a tablespoon of kelp granules from Frontier Herbs or Monterrey Bay Herbs.

3. Omega-3 fatty acids. These are critical

for health. Most people do not get enough. Adults need about 900 mg daily. Children need a little less. I suggest 3 to 4 cans of sardines per week or an omega-3 supplement from fish oil. Cod liver oil or fermented butter oil do not work as well. Krill oil is somewhat toxic and not recommended.

4. Vitamin D3, 5000 iu daily as a supplement. Most every adult needs this much. Children need a little less.

5. Calcium, magnesium and zinc. Most adults need about 750 mg of a quality calcium, 450 mg of a quality magnesium, and about 20mg of a good zinc supplement. The minerals should be in the form of chelates, lactates, citrates or gluconates.

6. A powerful digestive aid. It should ideally contain ox bile and pancreatin. This is the most yang and usually the most powerful, as well.

7. If you can afford it, take several dried vegetable capsules daily. This is better than a green superfood powder, as the powders oxidize and go rancid quickly.

A good and inexpensive brand of supplements in the supermarket or drugstore is NatureMade. They usually work very well. Stay away from most other brands in stores because we find that some do not work as well, no matter how expensive they are.

OTHER HEALING FACTORS - LIFESTYLE

1. Reduce stress wherever you can by living simply and inexpensively. Also, do your best to live and work in a safe location with clean air, peace and quiet.

2. More rest is critical for most people. Do your best to get 9-10 or more hours of sleep every night. Also, getting to sleep early, between 8 and 9 PM, will give you the most restful night's sleep. Naps are excellent during the day and may also be needed, as you may feel tired, at times, as healing occurs.

3. Limit your exercise to gentle walking, hiking, bicycling or perhaps swimming in lakes, oceans or rivers but not pools, preferably, due to toxic chemicals and infections. Although some health authorities disagree, I find it is not necessary to exercise vigorously. Most people are exhausted, and very unhealthy. As a result, vigorous exercise may feel good, but just stresses the body and is not a good idea.

4. Deep breathing every day for at least 15-30 minutes is also excellent.

5. Minimize sexual fluid loss. This means try not to ejaculate, men, and for women it means to limit orgasms and sexual fluid loss. Regular sex once a week is plenty.

6. Reduce toxic exposures. Reduce all chemicals on your skin such as perfumes, cologne, lotions, etc. Also beware of lawn

chemicals, pesticides, solvents, paints, and other toxins. Use only natural products with as few chemicals in them as possible.

7. If you have silver amalgam dental fillings, begin now to have them replaced with either composite fillings or gold alloy. The silver amalgams contain mercury that is extremely toxic.

Root canal-filled teeth almost always harbor serious infection, even if you cannot feel it. Most of the time, it is best to have the tooth removed. This can be extremely important in order to regain and maintain your health.

Also, do not get fluoride treatments and do not get metal braces on your teeth. The metal usually contains nickel, a potent toxin.

8. Minimize electromagnetic pollution. If you must use a cell or portable phone, hold it away from your head or use a headset or speakerphone. Turn off all electrical devices when you sleep. Keep computers, televisions and phones as far away from you as possible.

9. Minimize, and preferably avoid all medical and over-the-counter drugs.

THE PROCEDURES

1. Carrot Juice daily. Every adult needs to drink about 10-12 ounces of carrot juice daily, preferably away from a meal. If possible, wait 15 minutes after drinking it before eating a meal. One or two ounces of wheat grass juice is also fine as a substitute, but not all the time.

Use a juicer, and not a blender such as the Vitamix or others. Blenders do not break up the carrots enough to extract all the nutrients. They also mix the juice with too much water and air, which is not desirable. Also, they leave the pulp intact, which is not desirable in this case.

Try to have your carrot juice alone, rather than with any other food or beverage. Those with yeast problems or sugar sensitivity may not tolerate carrot juice well. In this case, drink one half or one-third of your juice, put the rest in the refrigerator and drink more of it every few hours. This avoids putting a lot of sugar into your blood stream at one time. Be sure your juice is fairly fresh. If store-bought juice does not taste good, it may be moldy or have pesticides in it.

2. Daily near infrared light sauna therapy. This is a fabulous, inexpensive and safe healing and detoxification procedure. It often greatly speeds up healing. With regular use, it allows the body to eliminate hundreds of toxic chemicals and two dozen toxic metals in a few years that would otherwise take much longer.

3. The daily spinal twist. This simple exercise will help keep your spine in alignment.

Lie down on your back with your legs straight, feet together but not crossed, and your arms stretched out to the sides. First gently and slowly turn your head from left to right, several times. This, alone, will help adjust your neck and upper back. If you can do

it gently, move your head as far to the right and to the left as you can. Always do it slowly, however, and never force anything.

Part II. This is for your mid and lower back, an area that most people have difficulty with. Lying down straight on a bed or floor, with your arms out to the sides, lift your left leg straight up in the air and gently swing it to your right over the other leg so it twists your spine to the right. Stay here for a few breaths and slowly release. Repeat on the other side. This exercise stretches, aligns and helps energy flow through the spine.

4. Foot reflexology. This is a simple, inexpensive, safe, and very powerful procedure that anyone can do at home. It will balance the channel system of the body and by so doing help release toxins, help relax the body, and improve many types of symptoms. I suggest doing it in the morning and at night before bed.

Also, pull each toe downward and then twist each toe back and forth a few times. Many times, they will pop or snap, which is good. Ten minutes for each foot is sufficient in most cases. More information and a map of the foot reflexes are available in an article on reflexology at www.drlwilson.com.

Chapter 9.

THERAPIES RELATED TO COFFEE ENEMAS

THE VAGINAL COFFEE IMPLANT

I know it sounds odd, but this is very

helpful for many women. It consists of placing a small amount of a coffee solution inside the vagina, usually on a small sponge, and retaining it for about 30 minutes. It is actually quite simple and clean, and in fact it is easier than a coffee enema. It is not a replacement for coffee enemas, but women report it is a wonderful procedure. It is also helpful for women who have experienced rape. This newer procedure is part of development programs. For a complete article about this procedure, please read The [Vaginal Coffee Implant](#) on this site.

THE PENIS COFFEE IMPLANT

This may sound odd, but a coffee solution in contact with the penis and testis is helpful for many men. It can help with infections, and general health. To read about it, please read [Penis Coffee Implants](#) on this site.

COFFEE APPLIED TO AN EAR, SINUS OR HELD IN THE MOUTH

Coffee can also be used therapeutically for other situations. For example:

- A few clients have placed a small amount of coffee in an ear to help relieve an ear infection.
- A few clients have placed a small amount of coffee in a netti pot and used this to insert the coffee into the nasal passages and sinuses.
- A few clients have held half a cup of coffee or less in their mouth for about 15 minutes, in order to allow the coffee to make contact with the

teeth, gums and other structures in the mouth.

At this time, these are research projects. I welcome feedback from anyone who has done research on these therapeutic uses of coffee.

COLONIC IRRIGATION

This is a related form of colon hydrotherapy. Colonic irrigation or high colonics used to be administered in hospitals before childbirth, before surgery, and in other situations. Here are some of the differences between colonic irrigation and coffee enemas:

1. The amount of water used. Colonic irrigation involves placing several gallons or more of filtered water in the colon and massaging the colon to loosen impacted fecal material. Then one empties the water and repeats the procedure a number of times, usually for about an hour.

2. Requires a professional in most cases. Colonic irrigation generally requires a trained colon hydrotherapist. However, one can do colonics at home, by oneself, if one has the correct equipment.

3. The cost. A professional colonic irrigation session usually costs \$60-100.00.

In contrast, a typical coffee enema involves two to four cups of water, is done at home, is very low cost, takes only about 15 to 20 minutes, and does not require a skilled practitioner.

Advantages of colonic irrigation is that it

may clean out an impacted colon and parasitic infestation much faster, since much more water is used. Results can be dramatic! This is extremely helpful when the colon is very diseased or constipation is longstanding, ***but only for a series of 5 to 10 of them – no more.***

A major disadvantages of colonic irrigation is that repeated sessions make the body too *yin* in Chinese medical terms, by introducing too much water into the colon. For this reason, I do not recommend colonic irrigation very often.

Coffee enemas do not pose this problem, in my experience, and can be repeated several times daily for years without any adverse effects.

ENEMAS WITH OTHER SUBSTANCES

Clients occasionally report they are doing enemas with aloe juice, garlic, berberine, acacia, Cantron, colloidal silver or other substances. This is definitely dangerous, and I never recommend any of these substances in an enema. It is not the same as the coffee enema, no matter what anyone claims.

RECTAL OZONE AFTER YOUR ENEMA

This is a powerful and excellent procedure, but only do it a few times weekly, and only for a few minutes if you wish to use it. It is particularly useful if one has cancer anywhere in the body.

At this time, our research indicates it may not be quite as good as a [peroxide/ozone bath](#).

The advantage of rectal ozone is that no bath is required. However, one will need an ozone generator and the right tube or cannula to introduce ozone into the rectum.

HERBS AND SUPPOSITORIES FOR THE COLON AND THE LIVER

Some clients want to take various herbs instead of doing coffee enemas. The use of herbs such as milk thistle and dandelion is good. However, they do not have the same effects as coffee enemas and they are not a substitute. At times, I recommend both coffee enemas and milk thistle and dandelion for the liver.

Some clients also ask about the use of coffee suppositories instead of coffee enemas. The suppositories do not work well, in my experience. I would not bother with them at all.

Chapter 10. THE COLON AND ITS PATHOLOGIES

ANATOMY AND PHYSIOLOGY OF THE COLON

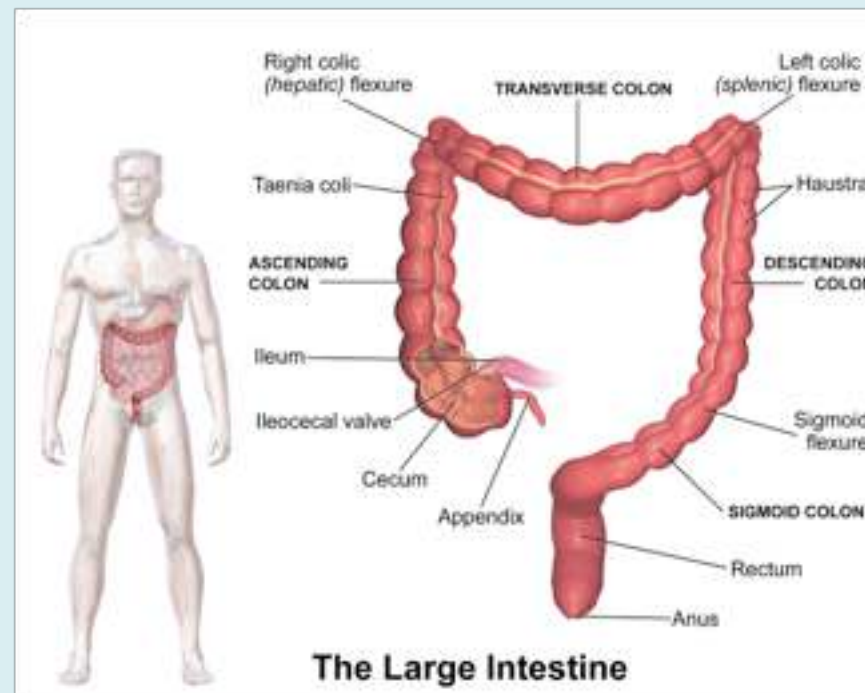
The *colon* is also called the *large intestine*. It is located in the lower abdomen. The colon is a tube about 2 feet long that is shaped like an upside down U, as shown in the diagram below. It is built in segments that look something like little pouches.

The colon has a number of layers beginning with an inner mucosal lining. Outside of this is

a layer of muscles that contract in a sequential or orderly fashion, one segment after the other, to move the food and feces along its length. This process is called *peristalsis*.

There is also an outer covering on the colon, and the entire structure is suspended in the abdomen by various ligaments. It has a rich blood supply, and blood vessels from the colon go directly to the liver, and not into the general blood circulation.

The colon also has some lymphatic tissue that drains certain poisons from the colon.



Functions of the colon. These are:

1. It removes water and nutrients from the *chyme*, which is the semi-liquid mass of partially digested food that enters the colon.
2. It absorbs thiamine (B1), riboflavin (B2), cobalamin (B12), vitamin K and other vitamins that are made by the bacteria that live in the colon.
3. The colon is also a complex eliminative organ that prepares the non-nutritive part of the chyme for elimination.

4. The colon also protects the body from deadly poisons that may be produced in the intestines.

CAUSES FOR COLON DISEASES

The colon is one of the most diseased organs of the body in many people today.

Everyone needs to pay attention to this. The reasons are quite simple, and include:

1. Eating sweets, including all sugars, fruits and juices. These often feed yeasts and other pathological organisms.

2. Eating poor quality food, low in fiber and foods containing additives, preservatives, pesticides, and other chemicals that damage the intestines.

3. Improper eating habits such as eating on the run or too fast, eating in the car or not chewing thoroughly.

4. Low levels of digestive enzymes in the upper intestines. These cause partially digested proteins and starches to end up in the colon, where they either rot or ferment. This causes the production of extremely toxic chemicals such as skatol, indol, cadaverine and others. Most people know about these from their foul odors, gas and bloating, all of which is harmful.

5. Any use of antibiotics. These damage and often destroy the normal flora in the colon.

6. Use of many other medical drugs and over-the-counter remedies. Most of them are toxic to the intestinal tract to some degree.

7. Ignoring the call of nature to empty the bowels.

8. Hurried lifestyles, with fear and nervous tension. These negative emotions often affect

the functioning of the colon.

9. Infections in the colon. Common ones include yeasts, parasites, bacteria and viruses.

10. Fruit-eating and sugar-eating are among the most important causes of colon problems today because it allows and encourages the growth of yeasts in the intestines. Also, fruit is extremely yin and this tends to expand the colon and slows its activity.

COMMON DISEASES OF THE COLON

1. Colitis. This means inflammation of the colon. There are many kinds such as ulcerative colitis, Crohn's disease, and mucus colitis. Diet and having the correct flora in the intestines are important to heal this condition. Drugs and surgery are not necessary if one follows a development program.

2. Irritable bowel syndrome. In this condition a person experiences alternating constipation and diarrhea. Pain or tenderness in the colon is also common. Correcting the diet and lifestyle usually takes care of this condition.

3. Diverticulitis. This is an inflammation and perhaps infection in one or more pockets that form in the large intestine. It usually goes away as the colon heals.

4. Bowel Obstruction. This is a very serious condition that usually requires surgery to remove the obstruction. It may be caused by a tumor or twisting of the intestine.

5. Prolapsed colon. In this condition, the transverse colon elongates and hangs down. This often is associated with constipation and

other problems such as yeast or parasites in the colon.

6. Constipation. This is the most common problem in the colon and one of the most common conditions in the world. I find that correcting the diet and drinking enough pure spring water usually ends this problem. Adults generally need about 2 to 3 quarts of pure water daily.

7. Diarrhea. This occurs when food moves through the colon too fast. It is a common condition with a number of causes. One cause is an intestinal infection. Amazingly, many cases of chronic and long-standing, diarrhea clears up when a person eliminates all wheat, fruit, and all sweets from the diet. One must also eat at least 3 cups of cooked, not raw, vegetables each day.

8. Cancer of the colon. This is a common form of cancer. I believe that most of it is easy to prevent by improving the diet and by using coffee enemas regularly.

9. Fissures and fistulas. Fissures are small tears in the skin or mucosa in the anal area. An infection in the area is usually present. These are fairly common and make taking coffee enemas difficult. They can usually be healed by a daily sitz bath with hot water and several cups of Epsom salts.

Fistulas are less common and are openings between the colon and usually the vagina or some other structure such as the bladder. They may heal themselves, or may require a surgical repair.

10. Strictures. This is a narrowing of a part of the colon, often due to adhesions,

scarring or copper toxicity. Strictures may interfere with bowel movements, and with coffee enemas.

11. Hemorrhoids. These are dilated blood vessels that surround the anal area. They are very common and may bleed during bowel movements. If they are small, a development program will usually cause them to heal. If they are very large, doing coffee enemas is difficult. In these cases, laser surgery or galvanic treatment may be very helpful.

Chapter 11. **DETOXIFICATION**

PRINCIPLES OF DETOXIFICATION

1. It takes loads of energy to detoxify the body.

2. Deep detoxification is not a fast process, no matter what anyone claims. It is quite involved and cannot occur haphazardly. Many people claim they “got rid of their mercury”, for example, with chelation or a special diet. I would say they got rid of a little mercury with these methods because it often shows up later on hair mineral tests, indicating it was not removed very deeply.

3. Detoxify now, while you are young, even if your 70. This is because as a person grows older, the amount of etheric or life energy diminishes. As a result, as we age, there is less energy available for healing so it is harder to

get well.

4. Use as many methods of detoxification as you can at one time, provided they are integrated. However, in many cases, the methods of detoxification conflict with each other and this negates some or all of their benefits.

5. Make the body more yang. This, in itself, is a powerful detoxification method today for most people because their bodies are too yin. The yang method of toxin removal is to contract the body, which literally squeezes out poisons. It is like ringing out your clothes to remove the water and soap.

6. Let go of negative thoughts and emotions such as fear, guilt, anger and victimhood. If you do not do this, you will tend to hold on to certain toxins in the body. For example, iron toxicity is associated with anger. As you let go of your anger and forgive people, it will help the body to remove toxic forms of iron. In this way, there is a close connection or correlation between emotions, thoughts, and toxic metals in the body.

7. Opening channels and meridians helps detoxification. This has more to do with techniques such as reflexology. However, it is very powerful.

8. To assist detoxification, support the eliminative organs. These are the liver, kidneys, intestines, lungs, enzyme pancreas,

and skin. Supporting and healing the liver and large intestine are among the main benefits of coffee enemas.

9. Balancing the mineral ratios greatly assists detoxification. This occurs for many reasons. Balancing the mineral levels and ratios in the hair (not the blood) optimizes enzyme activity, balances yin and yang, and mobilizes toxins for other reasons, as well.

COFFEE ENEMA DETOXIFICATION MECHANISMS

Coffee enemas directly assist detoxification of the body in the following ways:

1. Mechanical cleansing of the colon. This not only can remove toxins, yeasts and parasites from the colon. It also reduces autointoxication of the body due to fermentation and putrefaction of partially digested food.
 2. Increasing bile flow from the liver. It also increases detoxification by increasing the flow of pancreatic juice from the pancreas.
 3. Cleansing of all the organs and tissues via the colon reflex system.
 4. The oils in coffee, particularly when taken in an enema, are able to antidote or neutralize a wide variety of harmful vibrations. This unusual quality is well known in the field of homeopathy. The mechanism is not well understood. Coffee can neutralize not only physically-related toxins, but also toxins related to mental, emotional, and spiritual functioning.
- This is a very powerful property of coffee

that is not shared by other herbs or plants. It makes the coffee enema one of the most unique procedures available to us.

5. Holding a coffee enema tends to move energy downward through the body. This movement of energy tends to improve cellular detoxification and lymph drainage everywhere in the body.

6. Coffee seems to assist the activity of the Peyer's patches. These are a very important part of the lymph system of the body that can drain toxins directly into the small intestine, bypassing the liver and kidneys. This is critical to remove certain toxins from the body that cannot easily be eliminated through the liver or kidneys.

7. Sympathetic nervous system activity inhibits detoxification. Coffee enemas also have a powerful calming effect on the sympathetic nervous system. This effect enhances detoxification significantly.

8. Many people are dehydrated, to some degree. Coffee enemas can help rehydrate a person, which in turn improves detoxification.

9. By helping to remove poisons from the liver, colon, and the lymph system, coffee enemas reduce the toxic load on the kidneys.

10. By enhancing bile flow, coffee enemas can significantly improve digestion and bowel function. This helps to reduce the production of harmful chemicals during the digestive process. In more technical terms, by improving digestion, coffee enemas reduce autointoxication.

11. Coffee is a very special herb. Not only can it neutralize a wide range of subtle toxins.

It also has within it souls who are able to assist with a wide variety of healing tasks.

12. Caffeine and some alkaloids in coffee powerfully stimulate the movement of subtle energy in the body.

13. Coffee causes a yang contraction in the body that assists detoxification.

Chapter 12.

HEALING REACTIONS AND COFFEE ENEMAS

Coffee enema therapy often causes a phenomenon called ***retracing*** and ***healing reactions*** or ***purification reactions***. Anyone who uses coffee enemas needs to understand these concepts very well to avoid nasty surprises.

I will not discuss these in detail in this article because this topic is covered in detail in the article entitled [Retracing And Healing Reactions](#) and [Spiritual Retracing](#) on this website.

Chapter 13.

CASES/PERSONAL EXPERIENCES

From Lynn: *"I just had my first coffee enema. UNBELIEVABLE. Just after the first session, I felt a sense of fresh air all over and my breathing was deeper. A constant pressure that I felt on my back at the location of the liver got immediately better. The racing thoughts were replaced with a quiet mind. I felt relaxed and a sense of peacefulness. I hadn't sung in months; but I suddenly found myself singing.*

Doc, I felt so good that I wanted to have a second session immediately and had to restrain myself. I hope it is not addictive because now you couldn't pay me to stop. It is quite effective!! The only thing is I am obviously very seriously dehydrated because a lot of it didn't come out."

"Clearing the head, easier to meditate, feel lighter, feel so much cleaner inside, reduce pain, reduce fever, reduce nausea." These are just a few of the comments that I hear often from those who do daily coffee enemas.

APPENDICES

Appendix I. FOR PRACTITIONERS

Some development practitioners are hesitant to recommend coffee enemas because they fear their clients will react badly to the suggestion. Others do not do them, and are not aware of the benefits. Here I can only urge all practitioners not to be afraid to recommend coffee enemas, as they are most helpful.

Some practitioners tell me they do not recommend coffee enemas on the first or even the second office visit, so as not to overwhelm the clients with procedures. This is okay in most situations. However, some clients are definitely ready and needing to do coffee enemas quickly, so I would urge caution and base your recommendations upon the individual.

Some practitioners also report difficulty in getting their clients to do coffee enemas. This is common. I don't have any magical

suggestions to help “sell” the idea of coffee enemas. Among the simple things to do are:

1. Share this article with clients.
2. Share your own positive experiences and those of others.
3. Repeat the suggestion to do coffee enemas as you get to know your clients.

Appendix II. COFFEE ENEMA ARTICLE FROM THE TOWNSEND LETTER, FEB/MAR 2010, BY JULIE KLOTTER

Coffee enemas, used in the Gerson, Kelley, and Gonzalez cancer therapies, produce physiological effects that aid liver function and detoxification. The coffee enema, a common medical treatment during the early 20th century, was included in ***The Merck Manual***, a standard medical reference book, from 1899 to 1977. Like other enemas, this one induces peristalsis and promotes evacuation of the intestine; but compounds in coffee have additional effects.

Caffeine stimulates bile production in the liver and dilates the bile ducts. (Bile breaks down dietary fat and is a means by which the liver removes toxins.) The compounds kahweol and cafestol enhance glutathione S-transferase action. This detoxification system neutralizes a large variety of toxic compounds.

When mice eat green coffee beans as part of their diet, their glutathione S-transferase activity increases 600% in the liver and 700% in the small intestine, according to the National Research Council (Diet, Nutrition, and Cancer. National Academy Press; 1982:15-7,15-8).

Roasted coffee has about 50% less glutathione-S-transferase-stimulating effect than green coffee, according to research by Lam, Sparnins and Wattenberg (Cancer Res. 1982;42:1193-1198).

So why not just drink lots of coffee? Drinking coffee is, after all, associated with reduced hepatic injury and cirrhosis in humans. Coffee enemas appear to be a more efficient way to get the benefits without getting a caffeine buzz. Most people, even those who tend to get jittery from drinking coffee, report relaxation after a coffee enema.

Chemical compounds in the gut enter the blood, which then goes directly to the liver via the portal vein. Gar Hildenbrand, of Gerson Research Organization (San Diego, CA), says: "Because the stimulating enema is retained for 15 minutes, and because all the blood in the body passes through the liver nearly every three minutes, these enemas represent a form of dialysis of blood across the gut wall."

Dr. Max Gerson viewed the coffee enema's detoxification activity as the reason that this treatment eases pain in many cancer patients. A clinical study performed by Dr. Peter Lechner and colleagues showed that coffee enemas, performed twice a day, "reduced the need for pain medications by 71.3%, 59%, and 22%-respectively in cancer patients with WHO cancer pain level 1 ($n = 91$, $P < 0.001$), level 2 ($n = 68$, $P < 0.05$) and level 3 ($n = 19$ not significant due to small sample)."

Anecdotal cases also suggest that coffee enemas can relieve migraine headaches. Doctors who recommend coffee enemas to their

cancer patients view the enemas as an important part of their protocols. None of them, however, claim that coffee enemas cure cancer.

People who choose to use coffee enemas to enhance liver detoxification and/or reduce pain should take the same precautions as in any enema: use an enema bag with appropriate lubricated nozzle to avoid damaging the rectum or bowel; thoroughly clean the equipment after each enema to avoid reintroducing pathogens to the colon; and do not perform too many enemas within a short time. (Wait at least 4 hours between enemas.)

Appendix III. Resources and Internet Videos About Coffee Enemas.

Videos. Youtube offers at least 6 home videos about doing coffee enemas. They range from the mild to the vulgar. They may offer some ideas on how to do coffee enemas.

Most that I have seen recommend the Gerson method, which uses more coffee and more water than I recommend. Be careful about overdoing on coffee because too much causes jitteriness and can make holding the enema difficult.

To buy an enema bag. If you cannot find an enema bag at your local drugstore, I suggest www.walgreens.com or www.drugs.com for inexpensive, standard enema bags.

Other enema equipment. Enema buckets, colon tubes and fancier enema equipment is available on the internet. Fleet

enema bottles are sold at most drugstores.

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The references below include both positive and negative reports about coffee enemas. As with any healing procedure, if it is done incorrectly it can cause problems. However, my experience recommending coffee enemas to more than 50,000 people is that they are very safe, much safer than most medical drugs, for example, and much safer than most surgery.

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