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The Coffee Enema Its Unique History & Amazing Detox Properties

The following information is quoted from “The Royal Enema” by Dr. Ralph Moss

History of Enema

The enema has been called “one of the oldest medical procedures still in use today.” Tribal women in Africa, and elsewhere, routinely use it on their children.

Enemas were known in ancient Sumeria, Babylonia, India, Greece and China. American Indians independently invented it, using a syringe made of an animal bladder and a hollow leg bone. Pre-Columbian South Americans fashioned latex into the first rubber enema bags and tubes. In fact, there is hardly a region of the world where people did not discover or adapt the enema.

In France, a daily enema after dinner was not only considered indispensable for health but practiced for good complexion as well. For centuries, enemas were a routine home remedy. Then, within living memory, the routine use of enemas died out. The main times that doctors employ them nowadays is before or after surgery and childbirth.

But why coffee? This bean was especially prized for its medicinal qualities. No one knows when the first daring soul filled the enema bag with a quart of java. What is known is that the coffee enema appeared at least as early as 1917 and was found in the prestigious Merck Manual until 1972. In the 1920s, German scientists found that a caffeine solution could open the bile ducts and stimulate the production of bile in the liver of experimental animals.

How It Works

Caffeine will travel up the hemorrhoidal to the portal vein and then to the liver itself. For instance, patients could dispense with all pain-killers once on the enemas. Many people have noted the paradoxical calming effect of coffee enemas.

Patients have to know that the coffee enemas are not given for the function of the intestines but for the stimulation of the liver.

Coffee Enema & Cancer

Coffee enemas were an established part of medical practice when Dr. Max Gerson

introduced them into cancer therapy in the 1930s. Basing himself on German laboratory work, Gerson believed that caffeine could stimulate the liver and gall bladder to discharge bile. He felt this process could contribute to the health of the cancer patient.

Although the coffee enema has been heaped with scorn, there has been some independent scientific work that gives credence to this concept. In 1981, for instance, Dr. Lee Wattenberg and his colleagues were able to show that substances found in coffee — kahweol and cafestol palmitate — promote the activity of a key enzyme system, glutathione S-transferase. This must be regarded as an important mechanism for carcinogen detoxification. This enzyme group is responsible for neutralizing free radicals, harmful chemicals now commonly implicated in the initiation of cancer. In mice, for example, these systems are enhanced 600% in the liver and 700% in the bowel when coffee beans are added to the mice's diet.

Cells normally have a preference for potassium over sodium but when a cell is damaged it begins to prefer sodium. This craving results in a damaged ability of cells to repair themselves and to utilize energy. Further, damaged cells produce toxins; around tumors are zones of “wounded” but still non-malignant tissue, swollen with salt and water.

Physiological Chemistry and Physics has stated that “caffeine enemas cause dilation of bile ducts, which facilitates excretion of toxic cancer breakdown products by the liver and dialysis of toxic products across the colonic wall.”

Theophylline and theobromine (two other chemicals in coffee) dilate blood vessels and counter inflammation of the gut; the palmitates enhance the enzyme system responsible for the removal of toxic free radicals from the serum; and the fluid of the enema then stimulates the visceral nervous system to promote peristalsis and the transit of diluted toxic bile from the duodenum and out the rectum.

Since the enema is generally held for 15 minutes, and all the blood in the body passes through the liver every three minutes, “these enemas represent a form of dialysis of blood across the gut wall.

Directions

When: earlier in the day

How Often: 2-3x week, 1 x/ week, 1x/month – depends on your current health and goals

After: double up on probiotics: we recommend Flora Blend or Flora Synergy

Coffee Enema Procedure

Ingredients Needed:

Typical Foundation Formula

- 1/2 quart (about 16 oz or 2 cups) Purified water (not tap water) for heating
- 1/2 quart (about 16 oz) Purified water for cooling the heated water
- 2 Tablespoons Organic Coffee (whole coffee beans). We recommend Organic Espresso Sierra Blend or Allegro Organic Light and Dark Blend which can be found at Whole Foods
- 2 Vcaps of a formula specific to your needs (see below)
- Pink Salt 10 splashes
- pH minerals 1-3 Tbsp

Other Items

- Enema bag
- FloraBlend or other ProBiotic
- Castor oil, almond oil or other lubricant – just for insertion
- Old towels (to use when kneeling/laying on the floor); do not use good towels (since any coffee drops will permanently stain the towels)
- Large bucket

Added Options

For the most rapid, deep-seated results, you may add up to 3 caps total (of any formula) per enema (all available at Julie E Health):

Allicidin
Hyssinol
Immunoven

Instructions

1. **¾ Warm Water (not too hot, not too cold)**
2. **¼ ground coffee beans.** Fresh-grind the coffee beans to a fine powder. (Do not do this ahead of time so you will get the freshest, most active phytonutrients from the coffee. If you plan to do this ahead of time, plan to use a dark, vacuum-sealed container, which should be kept cool.). Pre-ground coffee beans are partially oxidized & should not be used.
3. **Decide if you'll use additional herbs, add Ingredients to Warm Water**
4. Add ½ tsp Pink Salt into the warm water, or pH minerals (both available at Julie E Health)

Take Enema. Take an enema as follows. Lay down on your back, add lubricant, slide in the tube to your rear, until it feels like its in enough – so the tube doesn't slide out when you allow the mixture to enter you. Try to take about half of the liquid (about 1/2 quart) into the bowels; then hold for 10 minutes before expelling. Then take in the second 1/2 quart and hold for another 10 minutes. Then expel. You're done!

After taking in the liquid, when nature calls (i.e. you feel a strong urge to expel the liquid) - even after a minute or two, do not resist -- go ahead and expel it. At first, it may be hard to hold the liquid for the full 10 minutes. Later, after several enemas (and thus a certain amount of toxic elimination), it will be much easier for the bowels to hold the liquid for the full 10 minutes.

Best enema time: during the day before 3 pm (if using coffee). Give yourself some time to rest after the enema (20 to 30 minutes) without walking or exercising. This helps ensure that you are at home (near a toilet) if you need to expel again.

Enjoy!