

Coffee Enema

RECOMMENDATION - With the approval of your physician, take a coffee enema daily, or a minimum of 4 times a week for the first 4 months of your program. Thereafter, take as needed, e.g., if/when you feel toxic or experience problems with elimination. When coffee enemas are no longer needed, it is believed you should feel the same – neither better nor worse – whether taking the coffee enema or not.

The coffee enema is believed to be useful in aiding the liver in its processes of detoxification, as well as aiding the colon in its activities of elimination. The efficient removal of metabolic waste and toxins through the colon is vital to the maintenance of health and the prevention of illness.

The coffee enema may be performed at any time that is convenient for you. It usually takes from 30-60 minutes, depending on the person. It is best to choose a time period when you will feel unrushed and will generally be undisturbed. Most people prefer to take the enema in the morning, because for many people, taking it in the evening keeps them awake at night or otherwise disrupts their sleep. Others find that their sleep is not at all bothered and prefer the enema in the evening.

Some find it preferable to take the enema before a meal, while others prefer it following a meal or between meals. There is really no best time to do the enema; it is only a matter of individual preference.

Necessary Articles

- **COFFEE** Must be organically grown. Commercial coffees are loaded with herbicides and pesticides. Organic coffee is available through health food stores or direct from Ultra Life. Never use instant or decaffeinated coffees. They are too adulterated and chemicalized.
- **ENEMA BAG** Any bag designed for enema usage is acceptable. Based on experience, however, most people have found the type that is designed as a combination enema/douche bag to be preferable to the combination enema/douche/hot water bottle. The former conveniently has a permanently open wide mouth at one end, allowing for the easy addition of liquid, whereas those of the hot water bottle variety require constant sealing and unsealing for their use.
- **COLON TUBE** A 30 inch colon tube, size 22FR or 28FR, is required. The 2 inch enema nozzle that usually comes with the enema bag is insufficient for the high enema. Colon tubes are generally available from a hospital supply or drug store. They are also available directly from ULTRA LIFE.
- **LUBRICANT** A lubricant is required for the insertion of the colon tube. Any natural lubricant is acceptable. Avoid any commercial, chemical lubricants. Natural herbal ointments are available from health food stores. Herbal ointments are available from ULTRA LIFE. Natural oils or butter can also be used.

Preparation

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

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

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

Use anywhere from 1 teaspoon to 4 Tablespoons of coffee grounds to a quart of water. Exactly how much you use on a regular basis will depend on your metabolic individuality. You should expect to feel a sense of ease and well-being on the completion of the enema. If you experience jitteriness, shakiness, lightheadedness, nervousness, weakness, etc., you will need to decrease the strength of the coffee solution. Consult your physician on this issue if you have questions.