

# Coffee Enemas

As my client Kraig, a regular coffee enema user, writes below (with editing by me), there are many recommended coffee enema protocols. Having now worked with over 3,500 clients using the colon cleanse and coffee implants, I see that coffee enemas do assist the body to heal. As this article details, be sure you are using your coffee enema protocol correctly so that you do not release toxins into your body. I hope this protocol can help you to improve your use of the therapeutic coffee enema. —*Kristina Amelong*

## **KRAIG'S COFFEE ENEMA PROTOCOL\***

\* This article is authored by a lay patient in collaboration with Kristina Amelong of the Optimal Health Network. Its purpose is strictly educational and is not, in any way, meant to be prescriptive or to constitute professional medical advice. The information provided is designed to be used in conjunction with the guidance of a healthcare professional. The author assumes no responsibility for any presumed health effects associated with using this information.

There seem to be as many different claims for how to properly administer a coffee enema as there are petals on a daisy — or alternative healthcare practitioners' titles. The subject of which way is the "right" way arouses strong opinions — I've even read of coffee enema advocates at a health conference almost coming to blows over whether the enema is to be taken while lying on the right side or the left side. All of this can be confusing to the patient.

Though not a common practice today, coffee enemas do have a long history of use to recommend them. Recorded medical use of coffee enemas dates back to 1917; their beneficial effects on the liver were claimed by German scientists in the 1920s; they appeared in all major nursing textbooks through the 1950s; and they were listed in the Merck Medical Manual until the mid-1970s.

What I do know for sure is that coffee enemas work. They've aided my own healing (from diagnoses of Lyme disease, multiple chemical sensitivities, and heavy metal toxicity) immensely, and I've yet to experience a toxicity-related reaction that I couldn't stop or tremendously reduce with a coffee enema. Having experimented with a variety of coffee enema protocols, drawing on techniques and insights from multiple sources, I've put together a protocol that works for me. You will also need to experiment to see what's best for you. My goal in sharing this protocol is to help you get to what works for you much faster. To get the most out of this information, read it completely before beginning.

## **Required Items**

- \* **Freshly ground organic light roast caffeinated coffee, preferably from Robusta beans**
- \* **Uncontaminated chlorella tablets**
- \* **Celtic sea salt**
- \* **Heat-resistant glass kettle such as a Medelco Whistling Kettle**
- \* **Pyrex measuring cups -- two-quart and two-cup**
- \* **Gold mesh or ultrafine stainless steel strainer**

\* **Enema bag or bucket with nozzled hose or with a silicone colon tube**

\* **Clean, nontoxic, non-petroleum-based lubricant such as organic coconut oil, ghee, aloe vera gel, or Super Salve**

\* **Timer or watch**

\* **Stainless steel pitcher (magnetic only — see Helpful Information)**

\* **Clean towels, rags, and/or paper towels**

## **Core Procedure**

(Kristina Amelong highly recommends that you clear out your colon with one to two soapy water and/or peppermint oil and sea salt enemas before you implant the coffee enema. To learn more, read about the Enema Series.)

1. Boil 4½ cups of purified water in a glass kettle. Once boiling, turn off burner and stir in 3-4 tablespoons of freshly ground organic coffee. Steep for 10-20 minutes
2. Take a handful of chlorella tablets (15 to 30 tablets) timed to precede the start of the enema by about 30 minutes.
3. Tap all nine of your neural points at least nine times each, using all five fingertips of each hand.
4. While the coffee is steeping, make a comfortable place to lie down near a toilet and cover it with a designated coffee enema towel. (The towel will get coffee-stained.). My wife uses a yoga mat with a space blanket over it, and a towel on top of that. Hang your enema bag so the top is about waist high and close the clamp on the hose so it won't leak when filled. Set a small amount of nontoxic lubricant nearby, as well as a small timer set for 12 minutes, or a watch.
5. Since it is easy to combine a coffee enema with wearing color therapy glasses and/or listening to a frequency treatment CD, select those items now if you wish, if they are part of your healing protocol. The CD can be started at this point, or even earlier, to allow it time to play to the end.
6. Pour the coffee through a gold mesh filter or ultrafine stainless steel kitchen strainer into a two-quart Pyrex measuring cup. Add 4 tablespoons of Celtic sea salt.
7. Pour 1 1/2 to 1 2/3 cups of the coffee solution into a spouted two-cup Pyrex container or small stainless steel pitcher and place it in a pan or sink of cold water. Allow the coffee to cool to just slightly over body temperature, so it is slightly warm to the touch. Never put hot coffee in your colon. Check it frequently to make sure it doesn't cool too much. Using a stainless steel pitcher will cool it more rapidly. Leave the rest of the coffee sitting in the two-quart Pyrex measuring cup, covered with a small plate if needed to prevent too much heat loss.
8. At this point, just before starting the enema, take an additional handful of chlorella tablets (about 5 to 15 tablets).

9. Double check the clamp on the hose to make sure it is closed, then pour the cooled (roughly body temperature) coffee solution into the enema bag.
10. Lubricate the end of the hose or nipple, as well as your anus, with lubricant.
11. Holding the end of the hose slightly higher than the coffee in the enema bag, open the clamp just enough to purge air from the hose and allow coffee to fill the hose almost to its end. Pulsed squeezing of the hose will force trapped air pockets out. Close the hose clamp.
12. Lie down on your left side, pull your knees up, and gently insert the nozzled enema hose or colon tube 4 to 6 inches into your colon, being very careful not to injure the colon wall or tissues. If you are using a detachable nozzle, do not insert it beyond the end of its stem. Whenever you feel any resistance, stop, pull back slightly, reposition the tube a little (change the angle), and continue. Sometimes allowing a little coffee to flow in will help with the tube insertion. If you can only comfortably get the tube in a couple of inches, leave it at that. Never force anything. Special attachable nozzles with rounded, bulb-like ends on a four-inch stem pretty much dictate a safe insertion. A wider (#32 or so) silicone colon tube is also very safe.
13. Allow the coffee to flow in slowly, using the clamp or squeezing the hose with your fingers to regulate it. If you feel uncomfortable pressure build up in your colon, close the hose clamp or squeeze the hose shut and allow the pressure to subside, then begin again at a slower inflow rate. Only put in what your colon will comfortably hold.
14. Once the enema coffee is in your colon, gently remove the nozzle or tube, letting the end hang into a clean container, and start your timer. Roll onto your right side and relax. Several minutes later you can rest on your back and, if you wish, tap all of your neural points to promote a parasympathetic state. Towards the end of the enema roll onto your left side again. See the HELPFUL INFORMATION section below for suggestions if you have trouble holding the coffee in.
15. Once you have held the coffee in for 12 minutes, proceed to the toilet and release the enema. Stay on the toilet as long as necessary to allow a complete evacuation. A toilet stool, such as the Welles Step, that raises your knees toward your chest can be helpful, as can momentarily standing up and sitting down again. Do not push to achieve evacuation. Relax instead.
16. With evacuation complete, check the temperature of the remaining coffee and adjust if necessary. Then, using the remaining coffee (two-plus cups), repeat the enema starting with step 9. This time hold the coffee in the colon for 15 to 24 minutes. Relax while wearing some color therapy glasses, and/or listening to a frequency treatment CD.

## **Helpful Information**

### **Selecting and Making the Coffee**

- Generally, the more bitter-tasting Robusta-bean coffees are considered better for coffee enemas than the smoother-tasting Arabica bean coffees. Most made-for-enema coffee is Robusta bean, lightly roasted in a manner that maximizes caffeine and palmitic acid content, key elements for stimulating detoxification. With these coffees you may feel and/or hear the release of bile from your gall bladder. Whichever type of coffee bean you choose, always go for the lightest possible roast. The darker the roast, the lower the caffeine and other key elements, and the less therapeutic the enema.

- Always buy organic coffee beans, and grind them fresh as much as possible.
- Four tablespoons of coffee per quart of water is a good rule of thumb for brewing most coffees for enema use. Experiment to find your best dose.
- In the coffee enema literature I've seen several warnings against using paper coffee filters in making enema coffee, but without explanation. One of the reasons could be the general toxicity of paper. That is the reason I would never use a paper coffee filter myself, even if it were unbleached.
- Never use aluminum or iron pots or kettles to make the coffee; even stainless steel is not ideal. They can all leach unwanted metals into coffee. The more you can stick with glass for the coffee-making process, the better.
- The coffee solution can be made ahead of time, such as the night before for a morning enema, to make the procedure easier. However, the fresher the coffee, the better. If storing it overnight, make sure it contains the electrolyte, use a glass container such as a one-quart mason jar, put the lid on tight, and store in the refrigerator or in a cool, dark place.
- A time saver is to make the coffee double strength — 4 tablespoons of coffee per 1/2 quart of water, for example — and then dilute the steeped, hot coffee with 1/2 quart of cold filtered water to quickly get 1 quart of slightly warm coffee solution.
- Pouring the enema coffee back and forth between containers is a good way to cool it slightly once you are close to the desired temperature.

## **Toxin Binders**

- Chlorella binds toxins tightly. Once coffee stimulates your gall bladder to contract and release toxin-laden bile into the small intestine, you want something where the bile duct enters the intestine to bind the toxins so tightly they will not be reabsorbed through the intestinal wall. If chlorella doesn't agree with you, natural alternatives are pectin (as contained in Thorne Medibulk) and activated charcoal.
- Many chlorella products are already contaminated with heavy metals and other toxins that were present in their environment while growing and being processed. Only use chlorella known to be pure such as Optimal Health Network's China Chlorella or BioPure and Prime.
- When doing a coffee enema I use muscle testing to select the best binding agent for my body at that time. It's usually chlorella, but is sometimes Thorne Medibulk (contains pectin) or activated charcoal. At times I test for one binding agent for the initial, shorter enema and another for the second, longer enema. I sometimes even use muscle testing to check if the binding agent is far enough into my small intestine to begin the enema. It can also be used to select the right color therapy glasses to wear or frequency CD to play in conjunction with the enema. I highly recommend learning some form of muscle testing to help with the healing process.

## **Enema Equipment and Insertion**

- If you use any stainless steel pots or containers make sure they are made of magnetic stainless steel, i.e., that a magnet will stick to them. Stainless steel to which a magnet will not stick has very high nickel

content. Nickel is carcinogenic, allergenic, and who knows what else. Some claim it is more toxic than aluminum or iron. Stainless steel can be tested with a common refrigerator magnet. No stick, no good.

- Stainless steel enema buckets and silicone enema bags with silicone hosing are the least toxic set-ups to use and worth the extra money. They will minimize the leaching of toxins into the enema coffee. Latex and soft plastic (vinyl and otherwise) enema bags are not recommended. Disposable plastic enema kits are not recommended for this reason and due to their environmental impact, except perhaps occasionally while traveling and pressed for time. Whatever material you use for a container, minimize the time the coffee sits in it to minimize leaching of toxins into the coffee.
- Some enema bags come with a hose that is rounded off on the end with side holes that can be inserted into your colon. This serves as a nozzle. Other set-ups require that a nozzle or colon tube be installed on the end of the hose. Never insert the cut-off end of a hose into your colon.
- The enema protocol described here is NOT a high enema, where you are trying to get fluids high into your colon, so you do not need the water pressure that comes from hanging the bag up high. You only want the coffee to settle in the sigmoid area of the lower colon where it will be absorbed into the blood circulating directly to your liver.
- Some coffee enema protocols recommend inserting a colon tube 12 to 18 inches into the colon. I find trying to work a tube this far into the colon is tricky, unnecessary, and possibly counterproductive. The further you work a tube into your colon, the greater the chances of injuring the colon wall or creating some sort of negative reaction to the tube's plastic or latex material (silicone should be safe). As long as the lower colon has been cleared via a bowel movement or preliminary plain water enema, the coffee will get to where it needs to be with a tube/nozzle insertion of about 4 inches (or perhaps a little more depending on your body shape and size). That's all it takes. Finally, as someone who is caffeine sensitive, I find that if coffee gets beyond the sigmoid area (easy to do with deep insertion of a colon tube), the caffeine gets into my general blood circulation and I get a buzz as if I had drunk coffee — not good. This rarely happens if the caffeine stays in circulation to the liver only — i.e., the coffee stays in the sigmoid area.

## **Holding the Enema**

- The more you do coffee enemas, the easier it gets to hold the enema for 12 or more minutes, especially if you put the coffee in slowly. If you get periodic peristaltic contractions of the colon, continue holding the enema through the contraction if you can do so comfortably. If you feel significantly strained, or feel any form of pain, go to the toilet, allow the enema to be expelled and start again. Early in my use of coffee enemas I found that doing a quick plain water enema (1 to 2 cups of lukewarm water and perhaps a few drops of Dr. Bronner's organic unscented castile soap) to clear the lower colon would allow me to hold the coffee enema much longer while remaining relaxed and comfortable. Also, in the coffee enema sequence described here, the first coffee enema of 1 1/2 to 1 2/3 cups will substantially clear the lower colon so that the second 2+-cup enema can usually be held at least 15 minutes in comfort. Coffee that is cooler than body temperature is harder to hold and often initiates peristalsis.
- If you need to save time, you can substitute a plain water enema for the first coffee enema, evacuating soon after the water is in your colon. Then, hold the second coffee enema 15 to 20 minutes.
- Many coffee enema protocols warn the patient to not hold the enema for more than 15 minutes. I've seen this stated over and over without explanation. However, one protocol I read said that, while there is

no need to hold it longer than 15 minutes, there seems to be no harm in doing so. Personally, I've found it beneficial to hold the second coffee enema in the sequence for 18 to 24 minutes. This leaves me feeling more clear-headed and cleansed, especially if I was in the midst of a toxicity reaction when starting the enema. On the other hand, my wife sometimes feels nauseated when holding the enema longer than 15 minutes. You will need to use your own judgment to decide the best strategy for you.

- While holding the coffee in, it can be beneficial to change which side of your body you lay on about every 3 to 5 minutes. This keeps the coffee from pooling in or possibly stretching one area of the colon, and often results in more comfort overall. Sometimes, when feeling pressure to expel the enema, rolling from one side to another will help relieve this.

## **In General**

- Vodka can be used as a safe and inexpensive hand sterilizer. Fill a 4 ounce dropper bottle with it, putting a dropperful into your hands and rubbing the hands together as needed. Make sure you buy the vodka in a glass bottle, not a plastic one. The essential oil Thieves can also be used as an effective sterilizer. Hydrogen peroxide or grapefruit seed extract can be used to sterilize the enema equipment afterwards, followed by a rinse with filtered water.

- Coffee enemas can be done daily for up to 7 days a week depending on the patient's situation. I've used them for almost two years, sometimes doing 5 or 6 a week during periods of greater toxicity or along with heavy metal chelation protocols. Some doctors advocate using them almost daily for up to two years, and then as needed afterwards, while others advocate almost daily use indefinitely as a preventative health practice because of so much environmental toxicity continually overloading the liver. Even just one a week can be very beneficial.

- Coffee enemas can be especially useful while traveling due to the increased exposure to toxins in planes, trains, cars, and hotel rooms. Many times they have allowed me to feel better while on a trip. I've even done them while backpacking when a couple days of hiking with a heavy pack had mobilized toxins in me. I simply put some coffee and filtered water in a one-quart mason jar, put the lid on, and let it sit in the hot sun. In a couple hours I had warm steeped coffee to put in my tree-slung enema bag.

- The correct procedure for tapping the neural points can be found in the Autonomic Response Testing I Manual or the Applied Psychoneurobiology Manual, available from the Institute for Neurobiology.

- For a good history of the coffee enema see Coffee: The Royal Flush by Ralph Moss, PhD (Cancer Chronicles #6 and 7 - [www.ralphmoss.com/coff.html](http://www.ralphmoss.com/coff.html)). For comprehensive coverage of the coffee enema, see Chapter 3 of Sherry Roger's book Wellness Against All Odds (starting with "The Coffee Break"); and Kristina Amelong's Ten Days to Optimal Health, Chapters 8 and 9.

- You cannot get the same benefits from coffee by drinking it. To the contrary, Nicholas Gonzalez, M.D., a leading alternative cancer doctor, claims that drinking coffee stifles liver function.

- After doing a coffee enema, I have sometimes found that my emptied gall bladder refills with toxin-dense bile. Then as soon as I eat any fat-containing food (plant or animal), this toxic bile is released in the absence of a binding agent and I feel toxic again. To deal with this, I take 1/3 to 1/2 handful of chlorella or some Medibulk to bind with toxins, about 30 minutes prior to a post-coffee enema meal or snack.

## **What Does a Coffee Enema Do?**

**A properly performed coffee enema greatly facilitates the release of toxins by:**

- stimulating the liver, a main organ of detoxification, to produce more bile. Bile is a bodily fluid that has a role in fat digestion and into which many toxins, both internally and externally generated, are dissolved for removal from the body out through the gall bladder, small intestine, and colon.
- causing the muscles of the bile duct to relax, opening the duct widely to produce a large flow of bile from the gall bladder into the small intestine (where you should have a binding agent present — chlorella, charcoal, etc. — to tightly bind the toxins to prevent reabsorption). This allows the liver to rid itself of many toxins quickly, freeing it to process more blood-transported toxins from throughout the body. A systemic detoxification effect and greater overall well-being results. All the blood in your body passes through the liver about every three minutes.
- dilating blood vessels via effects of the coffee's theophylline and theobromine, further increasing blood flow to the liver.
- increasing glutathione s-transferase (GST) production, a key detoxification enzyme, by 600 to 700%, via action of coffee's palmitic acid. GST shuttles toxins for binding with glutathione, which neutralizes them and carries them out of the body in the bile.
- speeding transit of waste through the colon.
- stimulating a neurological reflex that helps the liver detoxify chemicals more efficiently.