

Coffee Enema Procedure

Ingredients Needed:

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 - 3 Tablespoons - Organic Coffee (ground coffee beans)

2 Vcaps – Olive Leaf Extract.

4 to 8 drops of Allicillin.

1 Teaspoon Probiotic Synergy

Also add: 2 Vcaps of a formula specific to your needs

	<u>Supplies</u>
1	\$24
1	\$35
1	<u>\$38</u>
	\$97

Other Items

Enema bag or Rectal Syringe.

Lubricant (for insertion of tube into rectum): a few drops of Olive Oil (Avoid petroleum jellies such as KY or Vaseline)

Old towels (to use when kneeling/laying on the floor); do not use good towels (since any coffee drops will permanently stain the towels)

Added Options

For the most rapid, deep-seated results, you may add up to 6 Vcaps total (of any formula) per enema

Excellent anti-infective formula choices

2 Vcaps - ParaStat

2 Vcaps - Tanalbit

Instructions

1. **Heat Water** - Heat 1/2 quart of the water almost to boiling (steam will begin to arise from the water). Take off the heat.
2. **Grind Coffee Beans** - Fresh-grind the coffee beans to a fine powder. If you cannot grind the beans yourself, have them ground at the store and store them in your freezer.
3. **Add Ingredients to Hot Water** - Add the freshly ground coffee bean powder, Olive Leaf Extract (empty the Vcap contents into the water) and any other Vcaps into the hot water.
4. **Let Sit** - Cover and let sit for 10 to 20 minutes. (The longer soak time helps for a more complete release of the phytonutrients into the water, including the tightly sequestered alkaloids of the coffee.)
5. **Strain Mixture** - Strain the coffee-herbal mixture with a fine metal strainer to remove any large particles.
6. **Add Cool Water to Mixture** - Add about 1/2 qrt of room-temperature water (cool or room temperature) to the hot coffee-mixture (about 1/2 qrt). The idea is to cool the hot coffee mixture to a warm temperature (so it is not too hot when inserting the fluid into the rectum). The final mixture should be warm to the touch (not too hot and not too cool) - about 100° F. Note: If the temperature is too hot, it can cause damage to the anus or intestines; if it is too cool, it may cramp the intestines and toxic waste elimination may be poor. However, too cool is better than too hot.
7. **Add Allicidin Liquid** - Add 8 drops of Allicillin to the mixture.
8. **Take Enema** - 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!

Often, if some fecal matter is lower in the rectal tract, you may want to take in about 1/8 or 1/4 of the liquid -- just enough to expel the fecal matter in the lower tract (in this case, it is not necessary to hold the liquid for any period of time). Then divide the remaining liquid approximately in half -- and hold each portion for 10 minutes -- to allow adequate soaking time to cleanse hardened fecal material, infectious organisms, other toxins, etc. in the lower rectal tract. After taking in the liquid and 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 8 pm. 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 a small amount of enema liquid needs to come out that was not expelled earlier.