



### **Coffee Enema Instructions\***

It is best to do an enema after you have evacuated your bowels in the morning.

Make 4 cups (about 32 ounces) of coffee with organic coffee. [SA Wilson](#) is the best type to use.

They recommend 3 tablespoons per 4 cups of water. Using clean water, bring the water and coffee to a boil and lower to simmer so that it is on a low boil for 20 minutes. Let sit to cool – I typically make mine the night before so all I have to do is re-heat it just a bit.

I also add 4 frozen cubes of [wheat grass](#) to the mixture. (optional)

Make sure the coffee mixture is at body temperature and does not feel too hot or too cool.

Use a lubricant like coconut oil or olive oil to lubricate the tip and the rectum.

Lay on your left side on a bathmat with towels. Make it comfortable. Use a pillow to support your neck and have calming music or a meditation program playing in the background. Make it a comfortable and enjoyable experience. Light a few candles. ☺

Insert the syringe and breathe and relax. Un-pinch the hose and insert a few ounces at a time. Take your time. Hold and relax.

The goal is to try to retain for about 20 minutes, from the time you started the enema. Your blood circulates every 3 minutes so that means that within 3 minutes of insertion of the coffee mixture, your liver is being detoxed and stimulated.

Remember that you are assisting your body in detoxification so envision the liver detoxing and your body flushing out all those toxins. Hooray!

Envision your Immune System attacking those unhealthy cells. FEEL your body as healthy and vibrant.

Once the container is empty, lay on your back and/or on your right side and rub your abdomen from the bottom of the left-hand side, across and down the right side, following the shape of your colon.

Sit on the commode and release...and release....Make sure that you use a stepping stool or "Squatty Potty" at the base of your toilet to allow for complete release of the bowels.

If you find coffee too harsh or if the caffeine gives you the jitters, concentrated green tea can be used. Use 10 bags of green tea to 4 cups of water.

Do not abuse coffee enemas by using them too often. Use them only once daily while following a program for a specific disorder unless you are being treated for cancer.

People with on a healing journey with cancer may need up to 2 enemas a day, depending on the symptoms.

**Excessive use of coffee enemas** over six months or more may deplete the body's stores of iron, as well as other minerals and vitamins, causing anemia.

If you have cancer or another serious illness, or if you have malabsorption problem, add 2 capsules of a B-complex, plus a dropper of liquid kelp or sea water concentrate to the enema solution, making sure it dissolves before use.

You can also open several capsules of probiotics and add the contents to the solution. Used daily, these supplements replace any lost B vitamins, and help rebuild the liver, and prove an extra boost of energy. You can also add burdock root and milk thistle extract to the enema. This will help cleanse the blood and the liver.

If you cannot stand the taste of Haelan and it makes you gag, you can use it as a retention enema, AFTER you have cleansed with coffee.

**\*The information presented has not been approved by the FDA, AMA or any Federal or State agency. This article is for educational purposes only and is not intended, nor should be used, as a substitute for medical advice. Consult a licensed, qualified medical physician for any issues concerning your health. Your physician should be aware of all your medical conditions as well as any medications and nutritional supplements you are taking. If you choose to follow these instructions, you are doing so at your own risk.**