

The high, retention coffee enema should consist of 1 quart of coffee, held for 15 minutes. Some people can take and retain only a pint (2 cups) of enema solution at a time. If this is the case, one must take 2 enemas each time, one right after the other, and hold each for 15 minutes as directed.

Upon rising each morning plug in the coffeepot for a few seconds to bring coffee to body temperature; unplug and take the morning coffee enema.

## How To Take A Coffee Enema

Before the enema do some form of mild exercise if possible, such as walking briskly, or hatha yoga

Attempt a normal bowel movement. The enema is much more effective if the colon has been evacuated. In some cases, not enough bulk collects to instigate a normal bowel movement on day after a coffee enema. When no normal bowel movements are forthcoming, the enema cleans the colon adequately.

After the normal bowel movement, if one is forthcoming, or before taking the coffee retention enema, most people find that taking an enema with 1 quart of warm RO filtered water or distilled water is very helpful (do not retain this enema). This procedure begins the cleansing of the colon, removing large particles of residue and most of the gas. When it is completed, the coffee retention enema may be taken. The warm water enema is optional and does not need to be taken if the coffee enema can be retained for the desired period.

Place 1 quart of coffee in your enema bag or bucket. You may use a Fleet enema bag, which is a disposable large volume plastic bag, an over-the-counter item from the local pharmacy or hospital supply outlet. This enema bag lasts about 2 years.

The enema tip on the end of the hose is not adequate to give a "high enema." Place a colon tube (DAVOL) size 24 French

or 26 French or 28 French on the opposite end of the plastic tube from the enema bag. This colon tube is a soft flexible rubber-like tube around 30 inches in length. It follows the curves and flexure of the colon. The colon tube is usually inserted about 12 to 20 inches into the rectum. (Note: It is difficult today to find a colon tube. However, a plastic rectal catheter or tube about 18 inches long may be ordered from your pharmacy as an over-the-counter item.)

Next, allow the coffee to flow to the end of the colon tube, thus eliminating any air in the tube.

The colon tube should be lubricated with natural creamery butter, Vitamin E cream or other lubricant that doesn't contain additives or chemicals.

Insert the tube 12 to 20 inches into the rectum, if possible. This should be done slowly, in a rotating motion that helps to keep the tube from "kinking up" inside the colon.

The enema bag should not be over 36 inches higher than the rectum. If it is placed too high, the coffee runs into the colon too fast and under too much pressure, causing discomfort.

There are several positions that can be used while inserting the colon tube. Squatting is one. There is also the knee-chest method, with chest and knees on the floor and buttocks in the highest position possible. Most people, however, find it easiest to lie on the left side until the solution is out of the bag or bucket. The enema should never be taken while sitting on the toilet or standing.

Some people's colons have kinks or turns in them that may prevent the tube from being inserted even 18 inches. Often, if a little bit of the solution is allowed to flow into the colon as the tube is being inserted, one may comfortably get past these kinks.

If a kink bends the tube too much and stops the flow of liquid, then the tube can be inserted only as far as it will go, still allowing the liquid to flow freely.

Sometimes, if one hits a kink that stops the flow of the liquid completely, the tube can be pulled out slowly just to the point where the solution is felt flowing again. Frequently, the tube can be pushed back in, past the turn that previously stopped the liquid.

Because of the shapes and formations of some people's colons or of course if a child is being given the enema, it will be possible to insert the tube only a few inches. Occasionally, this is a permanent situation. Often, however, as the colon is cleaned and healed, the tube can eventually be inserted further.

The tube should *never* be forced when discomfort occurs.

After the flow of the solution is completed, one may remove the colon tube, although it isn't necessary to do so.

Regardless of the position used up to this point, one should now lie on the left side for at least 5 minutes, then on the back for another 5 minutes, then on the right side for at least 5 minutes.

Those who have excessive gas may leave the tube in the colon with the hose clamp open. This allows gas to escape through the enema container. Frequently, the coffee will go in and out of the enema bag or bucket until the gas is relieved.

After the enema is retained for 15 minutes or longer, it may be expelled.

One is now ready for the rest of his daily routine clean and refreshed!

## Helpful Hints

If you find you have a lot of gas and it is difficult to retain the enema, try putting 2 tablespoons of blackstrap molasses into your coffee solution.

If you get a sudden gas bubble causing an urge to expel the solution, breathe very fast through your nose using your abdominal muscles like a bellows. This usually helps the

colon wall break up the gas bubble.  
If you find that a little coffee leaks out, place an old towel under  
your buttocks