

## **Coffee Enema**

To make enemas more effective, the patient should lie on their right side, with both legs drawn close to the abdomen, and breathe deeply in order to suck the greatest amount of fluid into all parts of the colon. The fluid should be retained ten to fifteen minutes.

Within twelve minutes nearly all caffeine is absorbed from the fluid through the bowel wall and into the hemorrhoidal veins from which it flows directly into the portal veins and then into the liver.

German Coffee enema formulation:

1. Add three tablespoons of organic ground coffee (not instant) to one quart of water.
2. Let the solution boil three minutes and then simmer ten to fifteen minutes more.
3. Strain and use the solution at body temperature.

It is best to do the enema about two hours after your bowel movement.

Have a green drink ready for after the enema. Free radicals are released by this process and the drink full of antioxidants is a good way to counter this affect.

Do the coffee enema three days in a row and then take four days off from them. Repeat this process three times.

## **Chlorophyll Enema**

Same basic procedure as the coffee enema using 3 tablespoons of chlorophyll to 2 cups of warm filtered water.