

# Coffee enema: Cleaning for the liver

**Note:** This does not serve as a guide to a therapeutic measure. Please be sure to clarify the medical necessity and safe implementation with a doctor or therapist.



1. Fill a pot with 1.5 litres of water.
2. Add 4 tablespoons of organic ground coffee powder.
3. Boil everything for 15 mins. – around ½ litre of liquid will evaporate.
4. Then let the pan with the coffee liquid cool off to 37 °C - max. 40 °C in a cold water bath.
5. Now fill a ¾ litre of coffee liquid carefully into the irrigator. The coffee set with the the remaining ¼ litre of coffee remains in the pot.
6. Prepare the room, preferably the bathroom, by laying something soft on the floor e.g. a gymnastic mat, insulating mat or thick towel.
7. Take your trousers and underwear off but leave your socks on so your feet stay nice and warm.
8. Lie on your left side and draw your right leg up slightly towards your stomach.
9. After applying thick cream, Vaseline or lubricant gel to the anus, insert the hose of the irrigator about 10 cm.
10. Hold the irrigator bottle up with your hand until it is empty.
11. Then pull the hose out again and remain lying comfortably on your left side.
12. You can cover yourself with a blanket or towel, as you should not feel cold during the coffee enema.
13. Try to hold the enema in for at least 12 minutes, preferably 15 minutes. Then you can go to the toilet, empty your bowels and remain sitting for around 10 minutes.

If you have problems with holding it in, you can do a preliminary enema with 37 °C - max. 40 °C water. You may go to the toilet at the first feeling of pressure and remain sitting for 10 minutes. After an hour's break you can then carry out the coffee enema.

**NOTE:** Avoid using water that contains chlorine or fluorine.

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