**How To Do A Coffee Enema**

Your first coffee enema might seem like a daunting task. But once you’ve done this process a few times, it will be much easier.

The first thing you will have to do is gather the equipment and supplies. This includes:

* The coffee - choose organic, light roasted or air roasted whole coffee beans (not decaffeinated). I use [Pure Life](https://www.amazon.com/Purelife-Enema-Coffee-Organic-Accepted/dp/B07941ZJYD/ref%3Dsr_1_5?crid=32MHSHBCYAPOD&dchild=1&keywords=purelife+organic+air+roasted+enema+coffee&qid=1588636647&sprefix=purelife+coffee+air+roasted+for+enema%2Caps%2C204&sr=8-5) brand.
* Organic blackstrap molasses, optional (to help retain the enema)
* Pure water - distilled or filtered to remove chlorine, fluoride and other chemicals
* Coffee enema bucket or kit. Here’s [one I’ve used.](https://www.amazon.com/HailiCare-Enema-Bag-Colon-Cleanse/dp/B01MYZ8ZFV/ref%3Dsr_1_15?dchild=1&keywords=enema+kit&qid=1588636898&sr=8-15)
* Coconut oil or some other lubricant for the end of the enema tip
* Soft towels for the bathroom floor
* Paper towels
* Hydrogen peroxide
* Quart plastic container
* Chop sticks and/or strainer

The best time of day for this is in the morning after you have already had a bowel movement. Coffee is known to stimulate the brain, so doing this too late in the day could hinder your sleep patterns.

For your first one, choose a day that you are not rushed and can take your time with this process.

### Instructions

1. Bring 2 cups of pure water to a boil.
2. Measure 4 tablespoons of organic coffee grounds into a French press (if available) or heat-proof pan.
3. Pour the boiling water in and let sit for 20 minutes. If desired, add 1 tablespoon of organic blackstrap molasses during steeping.
4. Press down on the French press or strain with cheesecloth. (Using a paper coffee filter may remove some of the very important constituents that makes the enema so beneficial)
5. Let the coffee cool. You want it at body or room temperature.
6. Add 2 cups pure water and any additional ingredients to enhance the enema solution. You can add 1 to 10 drops Bio-molecular Oxygen and 1 to 10 drops of Bio-Active Carbon Minerals. But start out slow. The more drops, the harder it is to hold the enema.
7. Pour the solution into your enema bucket or kit and hang about 18 inches high. You can hang it higher, but beware that it will go in faster.
8. Place towels on the floor and lie down on your right side with your knees bent.
9. Apply the coconut oil to the end of the enema hose. Gently insert the hose about 6 inches into the rectum.
10. Unclamp the hose and slowly let about half of the enema solution flow in, about 2 cups. Stop a bit sooner if you feel “full.” Just stopping the flow a few seconds will help the “urge” pass. Some people may be able to take in the full amount.
11. Try to hold the solution in for about 15 minutes. Taking some slow breaths can help to ease that “urge” and help you to hold it for a bit longer. Wiggling toes or something else to take your mind off things helps, too.
12. Gently release it into the toilet. If you’re interested in catching what comes out, you can catch it with a container. Dead remains often float. You can also fish out with chop sticks or use a strainer. Rinsing it will wash the coffee and feces away so you can see “things” better. Placing on a paper plate can also assist your viewing.
13. Repeat with the remaining two cups of the solution if you’d like.

After The Enema

It’s crucial to clean the equipment that you used for the enema. Bacteria or mold could begin to grow on the equipment if not properly cleaned. Thoroughly wash the bucket with hot water and gentle soap. Make sure it has completely dried before storing. Wash the hose as well, but do one additional step. Disinfect the end of the hose that was used in the rectum with hydrogen peroxide. Again, make sure it is thoroughly dry before you store it.

### I feel worse after! What did I do wrong?

You didn’t do anything wrong. Feeling worse after a coffee enema detox is revealing that there is something you are fixing in your liver bile duct! The vast majority of people feel better and energized after, but a small group of people don’t. This means that the bile duct was indeed clogged up. Releasing those toxins can make you feel worse for a short time. It may also mean you have a parasitic infection in the liver bile duct and you’ve stirred those critters up.

You can do a few different things to help get around this. First, you can hold the enema for a shorter time. Work your way up to the fifteen minutes as the liver bile duct starts to clear out with each enema. Second, you can make the coffee with fewer grounds so it isn’t as strong. Start with a tablespoon and work your way to the full four tablespoons.

Your body will only release so many toxins at once. Give your body time to benefit from your coffee enema protocol. I suggest doing it every other day at the most. One to two times a week is usually a good frequency.