

# Coffee Retention Enema Therapy

In his book *A Cancer Therapy*, Dr. Max Gerson, M.D. describes the advantages of coffee retention enemas. Dr. Gerson claimed, that by this method, bile, which may be stored in the liver is more easily released for the elimination of a very toxic waste. Taking coffee rectally in this manner has a totally different effect to that taken by mouth. Dr. Gerson found that this method permits a very rapid detoxification. The following includes his general instructions in preparing and taking a coffee retention enema. **N.B. Do not use coffee with this therapy if you are allergic to coffee.**

An enema or 'colonic bath' is generally considered to be an extremely important measure for keeping the large intestine clean from wastes and speeding evacuation of toxic matter from the system through the bowels. It is also an extremely important accompaniment to fasting, under which condition it needs to be taken at least once, and even two or more times daily.

The practice of this therapy provides the following benefits:

- ❖ Fast and far reaching detoxification of the whole body.
- ❖ A purified blood stream leading to a sense of wellbeing.
- ❖ The rejuvenation of essential organs, especially the liver.
- ❖ It allows the detoxified body to focus on healing and self-repair.
- ❖ Promotes the restoration of various metabolic functions inside and outside the digestive tract.

Besides pure water, enema fluids can be made up to include ingredients such as castor oil, garlic oil, lemon juice, herbal teas such as Camomile, and coffee depending on the stimulation required. The directions for making a detoxifying coffee enema are as follows:

Single Use: Take 3 level tablespoons of freshly ground (dripolator) coffee (never use instant) and add to 1 litre (approx. 1 quart) of boiling water. Boil for 3 to 4 minutes and simmer for a further 15 minutes. Strain, and top back up with boiled or filtered water to between 1 & 1.5 litres and use at body temperature. (It might be wise to build up from one tablespoon, instead of beginning with three, as some people get palpitations on the higher dose.).

Multiple Use: More can be prepared at one time and stored in the fridge as a concentrate to be used later, after diluting to the required strength. Add 12 level tablespoons ( $\frac{3}{4}$  cup) of coffee to approx. 5 to 6 cups of boiling water. Boil for 3 to 4 minutes, and simmer a further 15 minutes. If necessary, top up the strained liquid remaining with boiled or filtered water to make 4 cups of concentrate. To use, draw off one cup of concentrate into a measuring jug and add enough body temperature water to make up 0.5 to 2 litres.

Place the liquid into an enema bag fixed so that it is no more than 1.2 metres off the floor, or above the position used to take the enema. For enemas to be most effective, the participant should lie on a towel or other suitable absorbent matting in a foetal

position on the right side, with both knees drawn up close to the abdomen. Use soap (LOC) or lotion to lubricate the nozzle, and making sure there is no air left in the tube, insert into the anus. Lie down and release the coffee to flow in slowly. If there is any cramping discomfort or pain when the fluid is running in, pause the flow for a few moments by pinching or folding the tube and take some deep breaths until it passes. Toxic waste from the bile can be quite strong and intestinal cramps may be temporarily experienced until flushed out. Continue the flow when the discomfort subsides. If using coffee, lie quietly, if possible, with the fluid retained for 12 minutes once the bag has drained (approx. 15 minutes from beginning the flow). The nozzle can be either removed, or remain inserted in case cramping is experienced, so that fluid can be allowed to flow back up the tube. Continue to breathe deeply, in order to suck the greatest amount of fluid into all parts of the colon. 12 minutes allows enough time for the caffeine absorbed from the fluid to pass via the haemorrhoidal veins into the portal veins and directly into the liver.

Once the time is completed allow the liquid to release like a normal bowel movement. A plain water washout afterwards is advisable. This process may be repeated 2-4 times per day. It is important to know that although 'coffee' enemas, as a fluid wash, do help the function of the bowel, their primary objective is to stimulate the liver. This stimulation does not happen when coffee is ingested normally, when conversely, normal liver function can actually be suppressed after the first cup of coffee. The liver is the body's chemical laboratory or factory and the main organ for the regeneration of metabolism. When stimulated the liver will produce more bile to aid digestion, and release collected and stored toxins for evacuation.

Additional points:

- ❖ Make sure the enema fluid is not too cold or too hot; it should be taken at about body temperature 37°C (100°F) or slightly above.
- ❖ In the initial stages of bowel cleansing it may be necessary to begin with a 0.5 litre of fluid and gradually build up to 2 litres over a few days.
- ❖ An alternative position for taking an enema is on your knees, head down to the floor, with the enema bag hanging 80 to 100cm above the anus, to produce sufficient pressure in the fluid flow. Regulate the flow by folding and squeezing or pinching the tube with your fingers, or use the clamp usually provided with the enema bag.
- ❖ Keep the equipment clean by washing it with soap and water. If there is more than one user, disinfect the nozzle, and then rinse with water.
- ❖ In conjunction with fasting, an enema should be taken at least once each fasting day. Watch for copious amounts of debris and ill-smelling wastes eliminated with the enema fluid, even after 4 - 5 weeks of fasting.
- ❖ If the toxic waste from the bile is very strong, intestinal cramps may be temporarily experienced. Taking a large dose (One or more tablespoons) of Vitamin C on an empty stomach will help to clean the intestines rapidly.