

Liver Detox Secret: Coffee Enema

The use of coffee in enemas for detoxification purposes is well known. It is a common herbalogical remedy that has been suggested by holistic and alternative medicine professionals for many years.

Why it works

The effects of a coffee enema are different than most enemas. The most important difference between most enemas and a coffee enema is the presence of caffeine in the coffee. Caffeine, theophylline and theobromine, combine to stimulate the relaxation of smooth muscles causing dilation of blood vessels and bile ducts. The effects of having a coffee enema are not the same as drinking coffee. The veins of the anus are very close to the surface of the tissue. The caffeine is therefore absorbed more quickly (and in higher concentration) than it is in when coffee is drunk.

Liver Benefits

Additionally, coffee has a chemical makeup that is stimulative. The enzymes in coffee, known as palmitates, help the liver carry away the toxins in bile acid. The coffee is absorbed into the hemorrhoidal vein, and then taken up to the liver by the portal vein. With the bile ducts dilated, bile carries toxins away to the gastrointestinal tract. Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon. Thus, when the colon is evacuated, the toxins and bile are carried out of the body.

The perfection of the caffeine dialysis enema came with research into its mechanism.

- The alkaloid, caffeine, dilates the bile ducts throughout the liver.
- All the clogged channels filled with toxins that force incoming toxins to continue to re-circulate causing pain, are instead, emptied rapidly.
- The newly arrived toxins, especially those molecules that trigger pain response, then make it right through to the outer world non-stop.
- The fat-reducing digestive bile fluid generated in the liver that is crucial to the detox process is discharged out of the body on its first use rather than being taken back in from the colon and re-used up to 9 times as is normal.
Toxic material is prevented from recirculating.
- You control your discomfort by the frequency of these caffeine concentrated osmotic dialysis enemas. This is the only process of its kind that is not selflimiting by its own toxicity.
- Combined with the Body Chemistry Support System to reach individual cells, unlimited detox rates are enabled. You just keep on dumping. If it's cancer, the disintegrating tumor material comes right on through without jamming the liver.
- No detox program should be undertaken absent the coffee enema, even if it is just once per day.

Since the enema is generally held for 15 minutes, and all the blood in the body passes through the liver every three minutes, “these enemas represent a form of dialysis of blood across the gut wall”

Coffee enemas rapidly help remove toxins from the liver. They often provide quick relief when one is fatigued, sleepy, has headaches, or is just feeling poorly. They also help against spasms, pericardial (heart, throat, chest) pain and difficulties resulting from the sudden withdrawal of all intoxicating sedation.

A coffee enema, when done properly, causes the liver to produce more bile, opens the bile ducts and causes the bile to flow. In this process, a toxic liver can dump many of its toxins into the bile and get rid of them in just a few minutes. This often gives great relief to all parts of the body, and often makes the difference between lying down feeling miserable and feeling good and being active.

It is interesting to note that drinking a cup of coffee has an entirely different effect from that of using it as a cleansing enema. Drinking coffee causes the following problems; increased reflex response, lowers blood pressure, increases heart rate, causes insomnia and heart palpitations, over stimulates the adrenals, irritates the stomach, and leaves a toxic residue in the body.

Instructions:

5 Tbs. Coffee- Yuban (not instant)
20 oz water- boil for 20 min.
strain, pour into enema bucket
add water to 20 oz mark

Clean colon with water enema.

Insert coffee. Hold for 15-30 minutes while laying on right side.

While inserting coffee, you can be on your elbows and knees with hips as high as possible, or lay on left side while inserting 8oz., and then lay on back.

Do a clear water enema (or several) to clean the coffee out.

Detox Relief Enema

Empty 5 capsules into 48 oz. Bucket of water.

Put as much as is comfortable into colon and hold for a short while.

Massage colon. Expel and repeat several times.

Rinse with water.

Implant

After cleaning out with an enema, implant 1 Tbs. Mineral Whey and 3 NutriDophilus in 4 oz. Warm water. Hold all night if possible.