

Instant relief from toxic discomfort (headache, disorientation, nausea and more).

Coffee Enemas:

A high, retention enema, using coffee, should be taken to aid in the elimination of toxic waste material from the body. The coffee enema should be taken daily for as long as one is on the Metabolic Program. After 35 years, Dr. Kelley still takes his daily enema.

The coffee enema is very stimulating to the liver and is the greatest aid in elimination of the liver's toxic wastes.

The coffee enema, besides stimulating liver detoxification, also has beneficial effects in cleaning the colon. Coffee is an excellent solvent for encrusted waste accumulated along the walls of the colon. Its caffeine content also directly stimulates the peristaltic muscle to contract more powerfully and loosens such deposits, which are occasionally visible as hard, black material and "ropes" of mucus. Gradually, as the protein metabolism of the body improves, the muscle tone of the bowel becomes normal and thorough evacuation is possible without the aid of the enema.

Essentially, the coffee enemas help the liver perform a task for which it was not designed — that of elimination in 1 or 2 years the accumulated wastes from many years of living in ignorance of the laws of nature.

At first, most people dislike enemas and have psychological barriers against them. Ignorance of the purpose and function of the enema, as well as misunderstanding of the proper procedure for taking it bring about this aversion. I have observed, however, that the persons most opposed to enemas soon reverse their prejudices and become the most avid supporters of them! In many cases, the enema relieves distress and gives a sense of well being and cleanliness never before experienced. The proper removal of toxins and debris from the colon is absolutely essential in all conditions of disease and ill health.

It is most desirable to take the coffee enema early in the morning and it may be repeated again in early afternoon and/or evening, depending upon the toxic condition of the body. Enemas using coffee in the afternoon or evening may interfere with sound sleep. If enemas are needed at these times, many patients prefer to use only warm pure water omitting the coffee. But it is better to take coffee at these times also, and a weaker solution to permit sleep would be better than not using coffee at all.

How To Make A Coffee Enema

1. Just before bedtime each day, make a pot of coffee (1 quart). Unplug coffeepot and allow to cool to room temperature.
2. It is best to arise early enough each morning to allow time to take the enema in a relaxed, unhurried state.

3. The coffee must be regular, non-instant, non-decaffeinated coffee. It must be prepared in enamelware, Corning Ware™, glass or stainless steel, or by the tricolator filter method. Aluminum or Teflon should not be used at any time! We have found the coffee that is un-boiled or prepared via the "drip method" is preferable. Use 2 to 4 tablespoons of ground coffee to 1 quart of Filtered water. Any water that enters into the body should be distilled water.

One may purchase distiller at: <http://www.road-to-health.com/go/distill>

4. If a coffee enema makes a person jittery, shaky, nervous, nauseated, or light-headed, the coffee solution is too strong. The amount of coffee can be adjusted from 1 teaspoon to 4 tablespoons per quart of water as tolerance level permits.

5. The high, retention coffee enema should consist of 1 quart of coffee, held for 15 minutes. Some people, children especially, can take and retain only a pint (2 cups) of enema solution at a time. If this is the case, one must take 2 enemas each time, one right after the other, and hold each for 15 minutes as directed.

6. Upon rising each morning plug in the coffeepot for a few seconds to bring coffee to body temperature; unplug and take the morning coffee enema.

How To Take A Coffee Enema

A. Before the enema do some form of mild exercise if possible, such as walking briskly. If one is extremely debilitated and weak, this step will of course need to be omitted until strength returns.

B. Attempt a normal bowel movement. The enema is much more effective if the colon has been evacuated. One should not become disturbed, however, if there are no regular bowel movements, or very few, during this program. In many cases, not enough bulk collects to instigate a normal bowel movement. When no normal bowel movements are forthcoming, the enema cleans the colon adequately.

C. Bulk formers such as Metamucil (obtainable at the drug store and taken as directed), or 2 tablespoons of miller's bran with each meal (obtainable at the health food store) are quite helpful in forming stools and thereby creating more normal bowel movements for those who take enemas daily. Also consider www.jimscolonpills.com

D. After the normal bowel movement, if one is forthcoming, or before taking the coffee retention enema, most people find that taking an enema with 1 quart of warm distilled water is very helpful (do not retain this enema). This procedure begins the cleansing of the colon, removing large particles of residue and most of the gas. When it is completed, the coffee retention enema may be taken. The warm water enema is optional and does not need to be taken if the coffee enema can be retained for the desired period.

E. Place 1 quart of coffee in your enema bucket or bag. You may use a Fleet enema bag, which is a disposable large volume plastic bag, an over-the-counter item from the local pharmacy or hospital supply outlet. This enema bag lasts about 2 years.

F. The enema tip on the end of the hose is not adequate to give a "high enema." Place a colon tube (DAVOL) size 24 French or 26 French or 28 French on the opposite end of the plastic tube from the enema bag. This colon tube is a soft flexible rubber-like tube around 30 inches in length. It follows the curves and flexure of the colon. The colon tube is usually inserted about 12 to 24 inches into the rectum. (Editor's Note: It is difficult today to find a colon tube. However, a plastic rectal tube about 18 long is now available as an over-the-counter item.)

G. Next, allow the coffee to flow to the end of the colon tube, thus eliminating any air in the tube.

H. The colon tube should be lubricated with natural creamery butter, Vitamin E cream or other lubricant that doesn't contain additives or chemicals.

I. Insert the tube 12-18 inches into the rectum, if possible. This should be done slowly, in a rotating motion that helps to keep the tube from "kinking up" inside the colon.

J. The enema bag should not be over 36 inches higher than the rectum. If it is placed too high, the coffee runs into the colon too fast and under too much pressure, causing discomfort.

K. There are several positions that can be used while inserting the colon tube. Squatting is one. There is also the knee-chest method, with chest and knees on the floor and buttocks in the highest position possible. Most people, however, find it easiest to lie on the left side until the solution is out of the bag or bucket. The enema should never be taken while sitting on the toilet or standing.

L. Some people's colons have kinks or tuns that may prevent the tube from being inserted even 18 inches. Often, if a little bit of the solution is allowed to flow into the colon as the tube is being inserted, one can comfortably get past these kinks.

M. If a kink bends the tube too much and stops the flow of liquid, then the tube can be inserted only as far as it will go, still allowing the liquid to flow freely.

N. Sometimes, if one hits a kink that stops the flow of the liquid completely, the tube can be pulled out slowly just to the point where the solution is felt flowing again. Frequently, the tube can be pushed back in, past the turn that previously stopped the liquid.

O. Because of the shapes and formations of some people's colons or of course if a child is being given the enema, it will be possible to insert the tube only a few inches. Occasionally, this is a permanent situation. Often, however, as the colon is cleaned and healed, the tube can eventually be inserted further.

P. The tube should never be forced when discomfort occurs.

Q. After the flow of the solution is completed, one may remove the colon tube, although it isn't necessary to do so. Regardless of the position used up to this point, one now should lie on the left side for at least 5 minutes, then on the back for another 5 minutes, than on the right side for at least 5 minutes.

R. Those who have excessive gas may leave the tube in the colon with the hose clamp open. This allows gas to escape through the enema container. Frequently, the coffee will go in and out of the enema bag or bucket until the gas is relieved.

S. After the enema is retained for 15 minutes or longer, it may be expelled.

T. One is now ready for the rest of his daily routine clean and refreshed!

Helpful Hints

1. If you find you have a lot of gas and it is difficult to retain the enema, try putting 2 tablespoons of blackstrap molasses into your coffee solution.

2. If you get a sudden gas bubble causing an urge to expel the solution, breathe very fast through your nose using your abdominal muscles like a bellows. This usually helps the colon wall break up the gas bubble.

3. If you find that a little coffee leaks out, place an old towel under your buttocks.

Intestinal Obstruction

Occasionally, the intestinal tract will become obstructed. Usually under these circumstances, no food or feces will come through. After a few days, one becomes extremely nauseated and starts vomiting. He or she will be very sick and will normally run a high temperature. This should be watched quite carefully, for in such cases immediate emergency treatment is absolutely necessary.

One should never allow himself to become extremely toxic. But, in order to distinguish between a healing toxic reaction and an intestinal obstruction, as soon as nausea or vomiting develops and no food is passing through, all supplements and food should be stopped for 5 days. Water and juice may be taken during this time.

If there is no vomiting, food is passing through, and the temperature remains below 100 degrees, the diet and normal routine may be resumed, as one may assume there is no obstruction.

A point to remember is that one shouldn't fail to cycle off the supplements routinely before reaching such a state of toxicity!

If, during the 5 days off the supplements with no solid food intake, one begins to vomit and has abdominal pain with high temperature, the physician should be consulted so that he or she can check for intestinal obstruction.

If you need to take more than one coffee enema per day balance your electrolytes with fresh juices (organic) carrot alternating with mixes green. Attempt to balance at the ratio

of two juices to one enema. Gerson therapy includes 13 8 oz cups per day, 1 orange, 8 carrot, 4 green.

Another way to prepare your coffee is to use the enema bucket, place 2-3 inches of distilled water in the bucket. Take a large funnel, place a disposable coffee filter in the funnel. Place your coffee grounds in the filter, boil about 12 ounces (cup and 1/2) slowly pour the water over the grounds. After the water is poured through the grounds remove the filter and funnel and dispose the grounds and filter. Add the needed water to fill your bucket and enjoy. This method takes less time than the original instructions.

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