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REVEALING HEALTH SECRETS THEY DON'T WANT YOU TO KNOW

## Coffee Enema Instructions\*

- We recommend using an electric Percolator to do your enema, (Faberware Millennium is the brand we like, because you can brew it in the privacy of your bathroom instead of the kitchen and you can brew up enough to make two enemas at a time, for those bonding moments together...ahem.) Follow the directions on the percolator to make 4 cups (1 quart) of good strong coffee. We use S.A. Wilson's Certified Organic Therapy raw herbal blend from [www.sawilsons.com](http://www.sawilsons.com).
- Or you can boil purified water in a stainless steel or glass pot, NO ALUMINUM, once water is boiling, turn it down and add 3-4 Tbls. of the raw herbal blend coffee or if you'd like you can use ground light roast coffee. (No decaffeinated!) Simmer for 15-20 minutes.
- Using a strainer, pour it into a large container (like a glass pitcher) and dilute it with distilled or filtered water to make 8 cups (or 2 quarts).
- Let it cool down to body temperature (80° F). (Or put a few ice cubes for a few minutes – take out with strainer)
- Pour coffee into the enema bag. Screw on tube and **clamp closed!** (This is the most dangerous time...I've flooded my whole bathroom with coffee by forgetting to clamp the tube back down...)
- Let the air out of the tube by un-clamping the tube to get a stream of coffee flowing out. Re-clamp the tube!
- Hang the enema bag on a drawer handle or slightly hanging over the edge of your sink counter so gravity can allow the coffee to flow, but make sure you don't hang the bag too high. Not much higher than two feet above the rectum. This prevents the coffee from going in too fast and causing too much pressure.
- Lay a soft towel down, and a small pillow for your head, lie on your right side (next to the toilet!) and lubricate the end of the tube with preferably Olive Oil, but you can use lubricating *jelly* (but not Vaseline or any petroleum product) and then *gently* insert the plastic end into your rectum about only about ½ - 1 inch. Slowly unclamp the tube. The solution will start flowing and you will feel a warmth going thru your bowel. Most people cannot take in much fluid at first, but after a while you will be able to hold a cup or two at a time. As soon as you feel like you have to release your bowels, **clamp the tube** and release the coffee into the toilet. Do this as many times as needed until you have finished the bag.
- Work up to holding the liquid for 15-20 minutes, massaging the intestines while lying down.
- Clean the bag and tube out with hot water, soap and some hydrogen peroxide. Do not use Isopropyl (rubbing) alcohol. Or you can use a natural disinfectant such as "Benefect all natural disinfectant" from [www.sawilsons.com](http://www.sawilsons.com). (It's inexpensive)



Additionally, you can take this product to help cleanse the bowel: 6 **Cholocol II** capsules (Bentonite clay, capable of adsorbing 2000 times its weight in fluid) 2X a day on an **empty** stomach.

Do an enema anytime if you feel a cold coming on or you are having a toxic reaction (nausea, headache/migraine, bloated, itchy, etc.) But continue the enemas at least weekly until what comes out of you doesn't smell badly.

Items needed: Percolator, 5 lbs. Raw Herbal Blend coffee, Enema Bag, Lube and disinfectant. Additionally a soft towel, maybe a waterproof pad, pillow and a good book, like "Gut And Psychology Syndrome"!

\* These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# What are the benefits of an enema?

- It is the most effective and quick relief of constipation.
- It is the most effective way to clear out fecal compaction from the bowel, greatly reducing the amount of toxins coming from the putrefaction into your body.
- The quickest way to detox the body.
- It is the best way to introduce probiotic bacteria (using probiotic supplement or probiotic foods like homemade sour cream or yogurt) directly into the bowel.
- It cleanses your liver & speeds up its ability to cleanse blood, thus your blood is cleaner.
- It is completely safe, providing that it is performed correctly.








Also consider doing *bone broth with homemade sour cream enemas* if your bowels are sore & irritated, or *garlic enemas* if you think you may have parasites, candida, bloating, fever or diarrhea or generally soothing *chamomile enemas*.

A lot of people in the West find the subject of enemas repulsive. And yet this safe and very effective procedure is probably as old as humans. There is a whole chapter in *Manual of Discipline*, which was recorded two thousand years ago in the *Dead Sea Scrolls*, describing in detail how to perform an enema and how beneficial it is for health.

Constipation is often a sign of deficient gut flora. The beneficial bacteria that normally populate the bowel play a crucial role in proper stool formation and elimination. The most numerous species of friendly bacteria in a healthy bowel are Bifidobacteria, which are in Standard Process' ProSynbiotic and Lact-enz products. These microbes produce a whole host of enzyme's and other active substances, whose action is essential on proper stool formation. They stimulate the wall of the bowel to produce mucus for lubricating the stool and for passing it out as soon as it is ready. A healthy person should have 1-2 stools a day.

If you have persistent constipation, consider doing the **GAPS program** or in the very least **take a daily probiotic**. See our Constipation handout. Short term relief, you can do a daily enema every night before bed, followed by a warm bath with one of the following: ½ - 1 cup of Epsom salt, seaweed powder, cider vinegar, bicarbonate of soda or sea salt. After the bath, rub some Udo's oil, hemp oil, cold-pressed sunflower oil, castor oil or cold pressed virgin olive oil on the skin of the abdominal area. These oils absorb quite well through skin and will help to relieve constipation in the long run. The enemas need to be repeated at bedtime every night until you start having regular stools on your own. Refer to the chart below to assess what a "regular stool" is:

## Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

## What type of stools are best? (Type 4-5)

- The feeling you need to go is definite but not irresistible
- Once you sit down on the toilet there is no delay
- No conscious effort or straining is needed
- The stool glides out smoothly and comfortably
- Afterwards there is only a pleasant feeling of relief
- All this is most likely if the stool is Bristol Stool Form Scale, type 4

## IMPORTANT DRUG SAFETY ALERT

The U.S. Food and Drug Administration placed **MiraLAX laxative** on its Adverse Event Reporting System in connection to "neuropsychiatric events" (i.e. autism, memory loss, depression, schizophrenia, Alzheimer's and Parkinson's diseases, and similar others).