

# COFFEE ENEMA INSTRUCTIONS



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REVEALING HEALTH SECRETS THEY DON'T WANT YOU TO KNOW

Every morning do a coffee enema for seven days during the “Juice Fast Intense Cleanse,” and the first few days after you finish the cleanse until you have two natural bowel movements, then continue one to two times per month if possible. You can do more enemas if you are having a de-tox reaction while on the cleanse (nausea, headache, bloated, itchy, etc).

- We recommend using an electric percolator (Faberware Millennium brand is what we like, because you can brew it in the privacy of your bathroom instead of the kitchen. We use S.A. Wilson’s Certified Organic Therapy blend raw coffee. Or you can boil a quart or two of purified water in a stainless steel or glass pot. NO ALUMINUM. Once water is boiling, turn it down and add 3-4 Tbls. of ground Dark Roast coffee. 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 2 quarts.
- Let it cool down to body temperature.
- Pour coffee into the enema bag. Screw on tube and clamp closed.
- Let the air out of the tube by un-clamping the tube to get a stream of coffee flowing out into the sink. Re-clamp the tube! (This is the most dangerous time...I’ve flooded my whole bathroom with coffee by forgetting to clamp the tube back down!)
- Hang the enema bag on a drawer handle or something so gravity can allow the coffee to flow, but make sure you don’t hang the bag too high. No higher than two feet above the rectum. This prevents the coffee from going in too fast and causing too much pressure.
- Lay a dark towel down (to catch any spillage), lie on your side (next to the toilet!) and lubricate the end of the tube with lubricating jelly but not Vaseline or any petroleum product, and then gently insert into the rectum. Slowly unclamp the tube and allow a cup or so in. 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 a cup or two for 15-20 minutes, massaging the intestines while lying down.
- Clean the bag and tube out with hot water, soap and some alcohol. DO NOT USE ISOPROPHL (rubbing) ALCOHOL.

Do an enema morning and night for seven days and the first few days after you finish the cleanse. Then continue two to three times per week for a month or so. You can do more enemas if you are having a toxic reaction (nausea, headache, bloated, itchy, etc.) \*

**The Forbidden Doctor: 866-867-5070** For more information: [www.ForbiddenDoctor.com](http://www.ForbiddenDoctor.com)

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