

How to do a Coffee Enema

- Steep coffee – must be organic!
- Light roast = more caffeine = more palmitic acid
- Body temperature (test on inside of wrist)
- Fill up bucket and hose
- Add any “extras” and mix in well
- Lubricate tip
- Lie down on right side and insert tip
- Open clamp and let drain in
- Clamp and remove tip
- Lie for 15–20 minutes
- Release enema into toilet



Designed for Health

