

### WHAT IS A COFFEE ENEMA?

A coffee enema is an ancient herbal hydrotherapy procedure. It consists of filling an enema bag or bucket with a mixture of about 2 cups of ideally distilled water, and ¼ to 2 tablespoons of organic coffee that has been boiled or percolated for about 12 minutes. One filters the coffee grounds before putting the liquid in the enema bag. One then places this mixture in the colon using a colon rectal tube with a standard enema tip that is lubricated, then implants the coffee while on one's back and retains it for about 15 to 30 minutes. Then the liquid is expelled into the toilet.

If you have trouble holding the enema, try keeping the tip inside you for the entire 15-20 minutes with the clamp open. This will allow gas and air to escape easily back into the enema bag, and often makes the enema much easier to retain. The enema bag must be at a level higher than your body for this to work correctly.

Does it affect the flora in the colon? It does not wash out the flora because the enema does not involve that much water.

How often? For therapeutic purposes, the procedure is repeated at daily.

Max Gerson, MD, who pioneered the use of the coffee enema for cancer patients, insisted upon the coffee enema 6 times daily or every four hours, for at least two years. He also used three tablespoons of coffee in each enema. However, so many enemas and so much coffee does not appear to be necessary when the procedure is combined with a properly designed nutritional balancing program and infrared lamp sauna therapy.

Drs. Gerson and Kelley. The man who popularized coffee enemas more than any other in modern times was Max Gerson, MD, author of *A Cancer Therapy - Results of 50 Cases* (1958). Dr. Gerson pioneered nutritional therapy for cancer and other diseases with amazing results. His therapy combined coffee enemas with a special diet, juices and a few other nutritional supplements. The enemas were an integral part of the therapy. He found that to heal his patients of cancer, he had to stop their pain medication, as it damaged their already weak livers. Coffee enemas, up to 6 per day, would stop the pain without a need for drugs. They also enabled the body to absorb and digest tumor tissue and eliminate it safely, an important stumbling block in natural cancer treatments.

Alternatives to enemas: If you are not able to perform coffee enemas, you may also eat Rice Bran (free of Arsenic- a good brand is "Thorne" or eat Olestra potato chips -7 per day between meals to increase bowel elimination and remove toxins.

Drink Plenty of Water!- at least half your body weight in ounces but 25oz more if at altitude or vigorous exercise.

Supplies- Seekinghealth.com or try local pharmacies

