

Clear Way Health To Within

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Coffee Enemas

Directions

(Based on Dr. Max Gerson's Detoxification Program)

How to prepare the coffee:

1 quart distilled water in a pot
6 heaping teaspoons (or 3 tablespoons) of ground organic coffee

Let the mixture boil for 3 minutes and simmer for an additional 15 minutes. Cool to body temperature and strain through a course cloth or fine strainer. Do not prepare the enema coffee as though you were brewing coffee. The coffee bean is very high in *potassium*, which is absorbed into the colon and is an "anti-cramping" agent. Normal brewing does not release the *potassium*, so the resulting coffee is deficient in this all-important mineral.

How to administer the enema:

There are two types of enemas: the retention enema and the cleansing enema. The cleansing enema should be done first. Then, add distilled water to the coffee solution and place in the enema bag. Insert the lubricated (Vaseline, vita. E or olive oil) tip into the rectum, while lying on your left side. After the fluid is in, clip the enema tube and remove it. **RETAIN THE FLUID FOR 15 MINUTES!!!** Roll to the center, lift pelvis up to get the coffee to the transverse colon and roll to the right. The primary action of the retention enema, which is held in the body for about 15 minutes, is to help rid the liver on impurities. The caffeine goes through the hemorrhoid veins directly into the portal veins and into the liver.

The body should be lying down on the right side, with both legs drawn close the abdomen. **BREATHE DEEPLY.** Massage your colon. After 15 minutes, sit on the toilet, stand up, move around and try to expel again.

Contact for additional information:

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More information is available in Dr. Gerson's book: "A Cancer Therapy. Results of Fifty Cases."