

Boulder Holistic

Functional Medicine

303-390-1245 | boulderholistic.com | info@boulderholistic.com

Though not a common practice today, coffee enemas do have a long history of use. Recorded medical use of coffee enemas date back to 1917 — their beneficial effects on the liver were claimed by German scientists as early as the 1920s — and they appeared in all major nursing textbooks through the 1950s. They were even listed in the Merck Medical Manual until the mid-1970s.

The health benefits of coffee enemas may include relief from the crippling symptoms of Lyme disease, multiple chemical sensitivities and heavy metal toxicity. There are very few toxicity-related reactions that couldn't be stopped or tremendously reduced with a coffee enema. Coffee enema is also great for detox, pain and inflammation reduction as well as for some parasites.

Coffee Enema Recipe

Boil 2 cups filtered water

Take 4 TBS of organic coffee

Place coffee in a French press coffee maker and pour boiling water over

Add 1 TBS molasses (helps with retaining the enema)

Steep for 15 min

While the coffee is steeping, mix ½-1 tsp of Himalayan Salt with 5 drops of Tangerine essential oil

After the 15 min steep time, press out the French press and place the coffee in enema bag/bucket

Add 2 cups of filtered water to the steeped coffee

Can add 6-8 ice cubes if the mixture is still too warm

Your should have 4 cups of solution total

Tips

Here are a few tips to ensure your success:

- Place the tube inside your body about 6". This will make it easier to hold the liquid.
- Make sure that you don't try to put too much in at once, or place the liquid in too fast. Both will make retaining the solution harder for you.
- When you are ready, place ½ to 1 ½ cup of the solution in and hold for about 15 min. Then you are allowed to expel into the toilet.
- Next add another ½-1 ½ cup and repeat the process until you use the whole the solution.
- If you can't do the whole thing the first time, it's okay. It should get easier the next time. The whole process depends on you and your needs.
- Some people can only handle ¼ cup of the solution at a time, and that's okay.
- Some people say lay on your right side while you are retaining as this helps the liver to flush.
- You can also take activated charcoal 2-8 caps, or 3 TBS of bentonite clay before hand the next time if you feel like you get a toxic dump. But this not typical.
- Most people feel better doing the enema 2-3 times per week while they are detoxing

When the solution is ready, add the sea salt and essential oil mixture and then you are ready to go!

To your health,
Boulder Holistic