



The Coffee Enema Demystified by

Stepping Stones



Have you been delaying trying the coffee enema because you just can't imagine the entire process or just darn afraid of using coffee that way? Now is the time to figure it all out!

It is a turning point for most people on a health journey. A coffee enema does not have the same sensation as drinking coffee, so don't let that keep you from doing them. The coffee enema engages your parasympathetic nervous system, vagus nerve, helps with biofilms from candida or mold, parasites, clears heavy metals, hormones, and so much more! Most people are unaware just how burdened their livers are. Yes, the body is self-cleaning to an extent but when it becomes burdened with heavy metals, low bile/poor digestion, and hormone excess, coffee enemas to the rescue!

EQUIPMENT AND SUPPLIES:

[4 qt. glass measure cup](#)

Stainless steel mesh strainer

Ice cubes

Distilled or spring water

Coconut oil

Organic medium or dark roast coffee (I prefer whole bean to grind fresh, but you can use already ground). This is my favorite enema coffee – [Café Mam](#).

Small stainless-steel saucepan - [mine is 4 qts](#).

Old towels that you can dedicate for coffee enema use only

[Small stool](#) or a type of shelf to set coffee enema bucket on during enema – about 12-24 inches high.

Camping mat/ yoga mat or towels for laying on during the coffee enema.

Quiet, warm spot, and time (try not to do a coffee enema if you are pressed for time! Stress leads to mess!

Enema kit - there are many out there. This is the one I use – [Cor - Vital Enema Kit](#). Make sure it has the red catheter for the best, easiest enema! You can also source great enema supplies [here](#), very reasonable priced and you can purchase bulk red catheters if you need.

Timer

Optional - puppy pads



MAKING YOUR ENEMA COFFEE:

Fill stainless steel pot with about 1 1/2 cups water, Add 3 Tbsp. of ground coffee. (you may use less if you feel you are caffeine sensitive). Bring to a hard boil for 5 mins, uncovered. After 5 mins., cover and reduce heat to a low simmer for 15 mins.

After boiling, take your glass measuring cup and strainer, pour boiled coffee into measuring cup. Discard used coffee or compost. Now you will need to add enough water to your measuring cup to make a total of 4 cups of coffee. Making coffee this way usually will make the coffee just about the right temperature for your enema. Coffee cannot be too hot or too cold. We are always looking for tepid. Too hot you risk scalding delicate tissues and too cold, your colon will spasm. A good way to know is to stick your pinky in to test it. If it is too hot, add a few ice cubes to bring the temperature down or just allow the coffee to cool off a bit.

Once your coffee is at the right temperature, make sure the clamp is closed on your enema bucket and pour your coffee into it. Hold the bucket up in the by your head to prime the enema to flow. While holding the bucket up by your head, hold the hose over the sink, and open the clamp. The coffee will flow quickly! As soon as you have coffee in the sink, quickly close the clamp. Your enema bucket is now primed and ready to go!

PROCEDURE:

ALWAYS WASH YOUR HANDS!!

You don't want to do a coffee enema on an empty stomach but also not on a full stomach. A small snack of some fruit will help prevent low blood sugar. If you have just had a full breakfast, I suggest waiting about an hour before starting.

NOTE: I try to do my coffee enema in the morning. I think this is always a good time to start

them just in case you happen to be sensitive to caffeine. I do not see this often but those that have nervous system dysregulation (HTMA 3 or 4 low pattern) can at times be sensitive to caffeine. For those people, it is best to do your enema in the morning and possibly consider using less coffee when you are making your enema, maybe only 1 TB or even less.

If you have not had a morning bowel movement or if you are dealing with constipation, you may need to clear your lower colon with a plain water enema first. This can easily be done by warming about 1 cup of spring/distilled water and administering it before your coffee enema. This will usually prompt a bowel movement and move enough fecal matter out that will allow for better, longer retention of your coffee enema. We are trying to hold a coffee enema for 15 mins, no longer. Longer is not better and can actually allow your body to reabsorb the toxins you are trying to get rid of.

Lay out your mat or towels in your designated area (**should be near a toilet**) for performing your coffee enema. This area should have a nearby shelf or fit your small stool. You need for your enema bucket to be situated no more than 24” inches high when you are laying on your mat/towels. **This is very important!** If your bucket is up too high, the coffee will flow too fast and trigger your colon to want to release immediately. The coffee needs a slow trickle in to prevent colon spasms. Some even find it helpful to add some [potassium salts](#) – ¼- ½ tsp. to their coffee enema if they have continued difficulty with spasms.

Once you have your setup in place, lay down on your right side with your knees slightly bent up toward your chest. Apply your coconut oil to the catheter directly or some will choose to apply coconut oil directly on their rectum area. Next, slowly insert the catheter about 5-7 inches. It is important that you get far enough up to give the coffee it’s opportunity to reach the hepatic portal vein. This is the main reason that a coffee enema works! 😊

FAST FACT

While holding a coffee enema for 10-15 mins, your body’s entire blood supply passes through the liver 4-5 times carrying toxins picked up from your tissues!

Once you have your catheter inserted, open your clamp slightly (if this is your first enema) or fully, and RELAX! The coffee will begin fill your lower rectum area. This will take some time, usually about 8-10mins, sometimes it’s faster. Cramping can sometimes happen when first starting out. I find that one’s toxin load has much to do with this. As you do more and more coffee enemas, things go much smoother. If you should experience any cramping, take deep breaths and slowly exhale through them. You can also apply pressure on the base of your ringer finger (acupressure point) until the cramp subsides. Another option is to close your clamp and stop the flow of coffee. Take some deep breaths and exhale, once cramping has

passed, open your clamp allowing the coffee to flow again. If these techniques fail, don't become frustrated. You may have to end your coffee enema for the day or try again later. Move to your nearby toilet and expel any coffee you might have remaining in your colon. If you have soiled your towels, remove any solids and dispose of them in the toilet. Your towels should be washed and kept separate from any other laundry. I use Lysol Laundry Sanitizer in my rinse cycle for extra sanitation. If you prefer not to soil any towels, many people will use "puppy pads" while doing a coffee enema and then they can easily be disposed of after your coffee enema session.

Although frustrating, this is bound to happen a few times and is totally normal. This is a new experience for you and your body. Don't stress about it. Just try again later or another day.

If you managed to administer all your coffee, I would choose to close the clamp, and then remove the red catheter. I think this is more comfortable. Just relax now, read, or meditate for the next 15 minutes. After 15 mins., move to your toilet and release any coffee into the toilet. This can be a very cleansing experience for some. Don't be surprised if you feel old fecal matter move from up high in colon, pass parasites, or biofilms from the intestinal walls. Coffee enemas are not only good for the liver but help the gut in many ways. If you cannot hold the enema for 15 mins., that's fine. You will get there. It can take time to build up to 15 mins.

Something you can try, but it is a bit more time-consuming, is to split the enema. What I mean is, only administer 2 cups of your 4-cup enema at time. Hold the 2 cups of coffee for as long as you can, release, and then go ahead and hold the last remaining 2 cups of coffee for as long as you can. Some feel this is even more cleansing to the body than just doing 1 – 4 cup enema. Some definitely find this easier and a good way to work your way up to the 4-cup enema.

NOTE: Some leave the catheter in place and the clamp open. They do this in case they feel gas which might pass and cause them to release coffee quickly. Instead of going on your towels, the coffee will flow back into your catheter/bucket. Once gas has passed, the coffee will flow back. I don't find this best because it results in fecal matter coming into your catheter, tubing, and bucket. If you choose this method, you will have to go above and beyond with your sanitation measures after your enema. I feel it would best to become comfortable with removing the catheter. Even if this means you have to quickly expel your enema into the toilet.

My preference is doing 4 cup enemas and removing the catheter once administered. This method is what I have been doing for 12 years and with no issue of contamination, infections, or any other complications. I am only better because of coffee enemas. 😊

CLEANUP:

I truly believe that sanitation and cleanliness is key to long and successful use of enemas. Washing and sanitizing your equipment is critical. What has worked for me is antibacterial soap and hydrogen peroxide. There are various methods listed on the internet, my way may not be the only way but going 12 years strong with enemas and no issues, I stick with it! Some may not like antibacterial soap, this is about the only time I use antibacterial soap. Some use castile, I just wanted a little more disinfectant ability.

Right after my enema is finished, I fill the bucket with hot sink water, rinse it, and run all the water out of the tubing/catheter. Then I close the clamp, fill the bucket again with antibacterial soap & water, I take the catheter, and immerse it in the soapy bucket. I swish the catheter around and scrub it with my hands a bit. Then I open the clamp and let all the soapy water run through the tube/catheter. When empty, I run another round of plain water through everything again. Lastly, I pour about a ½ cup of peroxide in the bucket and run that through. I then disassemble the catheter from the tubing, the tubing from the bucket, and hang everything to dry. This seems time consuming but it's actually very quick!

After your enema, it's wise to eat your breakfast, if you have only had a snack. Then, have some electrolytes a bit later. This can be a 1/8 tsp. of sea salt and 8 oz. of coconut water or some like a purchase mix like [CURE electrolytes](#). If you had breakfast or have a good meal in, you can just jump right to the electrolytes.

If you are just starting out with enemas, you may want to try them on a day when you are home or can be close to a bathroom. Most often, all the coffee comes out but there are times where some can have coffee even release a little bit more hours after their enema. Another thing that can happen is more bowel movements. This is a good thing! This is a good time for me to mention to you the value of a **Squatty Potty**!! If you don't know what this is, please check it out [here](#). This is another item I have used for almost 10 years, and I can't be without it. It's actually strange for myself and my family to visit a bathroom without one. It really can help you achieve the best elimination possible. Detailed information can be found [here](#).

Hopefully, you found this document helpful. There are so many ways to learn more about coffee enemas and all they can do for your health. I highly suggest checking out the Facebook group – “[Coffee Enema Support Group](#)” and one of my favorite webpages “[My Gutsy – The Ultimate Liver Detox!](#)” Below I will list several links where you can source more valuable information!

REFERENCES & LINKS

<https://naturalhealthtechniques.com/coffee-enemas/>

<https://www.peak-health-now.com/coffee-enema-dangers.html> - Great page about electrolytes/fact or fiction

<https://drknews.com/coffee-enema/> - info on the vagus nerve

<https://metabolichealing.com/hepatic-portal-vein-dilation-the-remarkable-benefits-of-coffee-enemas/>

<https://thyroidlovingcare.com/bottoms-up-how-why-i-finally-tried-a-coffee-enema-for-my-hashimotos-disease/> - help your Hashimoto’s disease and thyroid with coffee enemas

<https://healthimpactnews.com/2015/the-powerful-health-benefits-of-coffee-enema-therapy-that-big-pharma-does-not-want-you-to-know/>

<https://eatprayflying.com/a-tale-of-coffee-enemas-wheatgrass-and-probiotic-implants-cancer-treatment/> - a help for cancer

<https://organiclifestylemagazine.com/issue/13-coffee-enemas-how-to-what-you-need-to-know-and-why>

