**COFFEE ENEMA**

Coffee Enemas are said to assist the body in the following ways:

* Detoxifying the liver
* Increasing immunity
* Improving gut health
* Repairing digestive tissue
* Improving blood circulation
* Helping with cellular regeneration
* Improving low energy levels and moods (fighting signs of depression)
* Relieving digestive issues, such as frequent constipation, bloating, cramping and nausea

It is believed that the kahweol and cafestol palmitate properties in coffee increase the liver’s production of glutathione, the mother of all antioxidants, by as much as 700%. In addition, theophylline and theobromine, two other beneficial chemicals in coffee, dilate blood vessels and counter inflammation of the gut. The palmitates are responsible for stimulating the enzyme system responsible for the removal of toxic free radicals from the blood. Finally, the fluid of the enema itself stimulates the visceral nervous system to promote peristalsis and the rapid transit of diluted toxic bile through the colon.

In addition, here is an interesting article on PubMed about the effects of kahweol and cafestol:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6747192/>