**Coffee Enema Instructions –**

1. One quart of filtered water

2. One to three tablespoons of ground organic enema coffee

3. Low toxicity enema kit: stainless steel preferred

4. Blanket to lay on the floor for comfort and warmth

5. Music

6. Coconut oil or olive oil to lubricate the enema nozzle

7. Stainless steel or glass stovetop cookware to prepare coffee

* It is best to do the coffee enema procedure in the morning or early afternoon. Do not perform a coffee enema within 5 hours of going to bed unless requested by your health professional. Before proceeding with the coffee enema, have a bowel movement. This allows the coffee to absorb more freely in your colon. Try to repeat 2-3 times a week or as directed.
* In a stainless steel pot or pan, or safe glass pot, add 1 quart of filtered water. Bring to a boil. Add 1 to 3 tablespoons of ground Organic Medium Roast Coffee and allow to simmer for 3 minutes open to air so the volatile oils can evaporate. Then cover and heat at low temperature for 15 minutes; covered to prevent loss of water by evaporation. [NOTE: If this is your first coffee enema, only add 1 teaspoon of organic ground enema coffee to a quart of liquid. Once you have tolerated this well without any side effects, increase to up to to 2 tablespoons per quart of water. Do not exceed 3 tablespoons of organic enema coffee per quart of water.]
* Turn off heat and allow to cool to about 95 to 98 degrees.
* Strain the organic enema coffee solution through a stainless steel or cotton teabag in order to remove the organic coffee enema grounds. Add the quart of organic enema coffee solution to your safe enema kit (either stainless steel or silicone).
* Over a sink, take the enema kit containing the enema coffee, open up the flow valve and get all the air out of the enema tubing. Once the air is out of the tubing, close the valve and hang your prepared coffee enema reservoir about 18 inches to a maximum of 3 feet off the floor close enough for the tubing to reach you. Any higher causes the flow to be too fast which triggers colonic spasms. Place a towel, disposable waterproof pad or reusable waterproof pad on the bathroom floor; trying to prepare for you to remain warm and comfortable.
* Wash your hands. Lubricate the enema nozzle with olive oil or coconut oil. While laying on your right side or back, with your knees up partially in the fetal position, slowly and carefully insert the enema nozzle about six inches into your colon. Aim for the belly button.
* Open valve to a comfortable flow rate as too fast can cause a colon spasm. If you feel crampy, stop the flow, relax, breathe in and out and once the spasm stops. If unable to continue, remove the tube and release the coffee on the toilet and start over at a slower rate. Ideally, you will take the entire quart into your colon and retain it for 15 minutes. If you feel the urge to evacuate before or up to that point, go ahead and evacuate into the toilet.
* After completion, clean the tubing and reservoir with soap and water, saving for the next time.