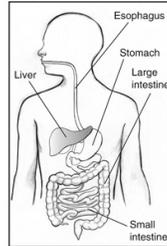




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THE ENEMA

An enema is the procedure in which liquid is injected into the rectum. It comes from the Latin derivation meaning to “send in.”

Water enemas have been used for detoxification throughout the ages. In fact, the Vatican holds a third-century Aramaic manuscript. The use of therapeutic coffee enemas began during WWI when the time-tested water enema that had evolved during WWI when German medic supplies – including morphine – were in short supply and nurses were desperate to find ways of alleviating the post-surgery pain of severely wounded soldiers.

Water enemas were routinely used, but anxious to find a more potent pain reliever, one resourceful nurse intuitively used leftover brewed coffee and found it to be highly effective.

The little understood and much disparaged coffee enema is one such method of purification that cleanses the liver – the body's largest filter – and provides a multitude of health benefits to the ailing body. Acceptance of the coffee enema's value may result from an understanding of its history and therapeutic benefits.

Coffee enemas are a vital part of the detoxification process. The purpose of the enemas is to remove toxins accumulated in the liver and to remove free radicals from the bloodstream.

Without entering the digestive tract the caffeine is absorbed through the bowel wall, via blood vessels, and makes its way directly to the liver. The caffeine and palmitic acid in the coffee, stimulate and cleanse the liver and blood. The caffeine travels from the bowel to the liver, opens up the liver and gall bladder ducts and allows the liver to release bile, which contains toxins.

The natural stimulants and caffeine in the coffee, dilate blood vessels and the ducts, relax the muscles, and increase the bile flow. The enema fluid triggers the intestines to contract and remove the toxic waste from the body.

The coffee enema is capable of removing circulating toxins because it causes the most important liver enzyme to stimulate glutathione. Glutathione is capable of neutralizing a variety of poisons in the bloodstream and detoxifies the liver. No materials, other than coffee, are known to stimulate it as much.

Ideally, the coffee enema should be retained for twelve to fifteen minutes during which time the body's blood supply circulates and passes through the liver approximately five times (Every three minutes). Since the blood serum is detoxified as it flows through the caffeinated liver, the enema is essentially a form of blood dialysis (filtering) across the colon wall.

Drinking coffee has no such therapeutic benefits and is in fact counter-productive.

Do not confuse doing these enemas with getting a “colonic” or “colon cleanse.”

THE PURPOSE OF THE COFFEE ENEMA IS NOT TO CLEAR OUT THE INTESTINES BUT DETOX THE LIVER.

Enema Procedure with WATER

1. Purchase a clear plastic enema bucket kit from amazon.com. Search Kendall Enema Bucket. Should be around \$8 - \$10.
2. Slightly warm 32 ounces of distilled or bottled water on the stove. It should feel slightly cool to the fingertip when tested.
3. Pour water into the enema bucket.
4. Hang the bucket about 18 inches above the body. Prepare yourself to instil the water into the rectum.
5. Place some soft padding on the bathroom floor, cover it with plastic sheet and a towel, put down a pillow. Or just do in the bathtub.
6. Lie on your back and lift pelvis up to allow gravity to work for you. You may then turn on either side if that helps you to hold the liquid in better. Some theories say that lying on right side better helps deliver to the liver. The goal is to keep the liquid IN.
7. Open the clamp for about 5 seconds and then re-clamp. Take time to let gravity force the liquid into rectum and bowel. Repeat until as much liquid is in the bowel that can be tolerated. Remove the tube and hold the liquid in.
8. Hold the liquid inside the body for about 15 minutes, and then release the liquid. Some days the body will not tolerate it for more than 30 seconds, so do not be discouraged as to the difference of times day to day.
9. Enemas can be done as much as several times a day for the severely ill person down to long term maintenance levels for healthier individuals at one per month.

Enema Procedure with COFFEE

1. (If not done so already) Purchase a clear plastic enema bucket kit from amazon.com. Search Kendall Enema Bucket. Should be around \$6 - \$8.
2. Purchase a good quality organic coffee from your health food store. (If you are a patient of Dr. Lori, get tested by her on the different coffees you should use.)
3. Add 1 tablespoon of ground coffee beans to 16 ounces of distilled or bottled water. Let the mixture boil for 3 minutes and allow it to simmer for another 15 minutes.
4. Filter the mixture with a sieve.
5. Add cool water to the liquid portion to fill up to a total volume of 16 ounces. The liquid should feel slightly cool to the touch of a fingertip.
6. Hang the bucket about 18 inches above the body. Prepare yourself to instil the coffee solution into the rectum.
7. Place some soft padding on the bathroom floor, cover it with plastic sheet and a towel, put down a pillow. Or just do in the bathtub.
8. Lie on your back and lift pelvis up to allow gravity to work for you. You may then turn on either side if that helps you to hold the liquid in better. Some theories say that lying on right side better helps deliver to the liver. The goal is to keep the coffee IN.
9. Open the clamp for about 5 seconds and then re-clamp. Take time to let gravity force the liquid into rectum and bowel. Repeat until as much liquid is in the bowel that can be tolerated. Remove the tube and hold the liquid in.
10. Hold the liquid inside the body for about 15 minutes, and then release the liquid. Some days the body will not tolerate it for more than 30 seconds, so do not be discouraged as to the difference of times day to day.
11. On a gradient increase the number of tablespoons added to the liquid:

- a. Week 1 – 1 Tablespoon
- b. Week 2 – 1.5 Tablespoons
- c. Week 3 – 2 Tablespoons
- d. Week 4 – 2.5 Tablespoons
- e. Week 5 – 3 Tablespoons

12. If this isn't strong enough continue on with the gradient of .5 tablespoon per week.
13. Coffee enemas can be done as much as several times a day for the severely ill person down to long term maintenance levels for healthier individuals at one per month.
14. Different coffee roasts and blends have different therapeutic benefits, so you may be changing types of coffee on occasion. (If you are a patient of Dr Puskar, you may have this checked at during your next consultation.)