All about Coffee Enemas

The HISTORY of the enema points to a long-used and successful healing tool:

Enemas have been one of the most important tools used in medical hospitals for the care of patients. Although there has been little scientific documentation of enema use in the hospital setting, nurses have observed very few complications.

Enemas have been so vital to quality patient care because medical doctors and nurses know that a patient cannot make solid progress without regular bowel movements. On every patient's chart is a list of characteristics to manage. On this patient management list is the bowel movement. If a patient doesn't move the bowels, and is at risk for a bowel obstruction, treatment is administered to empty the bowels. Historically, this colon cleansing treatment was the warm water enema.

Why TAKE A COFFEE ENEMA?

Coffee enemas detoxify the body. They assist the body to heal more deeply when used in conjunction with a detoxification diet or program.

The coffee enema was first rigorously used as a healing treatment by Dr. Max Gerson, MD, in the 1940s and 1950s, to treat his cancer patients.

Now, after more than 60 years of use in cancer treatment, the coffee enema is finally the subject of serious scientific study through the work of Dr. Nicolas Gonzalez, MD, and the United States Cancer Institute.

The therapeutic action of the coffee enema is to improve the abilities of the liver and gallbladder to remove toxins and cancerous metabolic byproducts by stimulating the flow of bile and increasing the enzymatic action of the liver.

Glutathione S-transferases (GST) are a family of enzymes involved in detoxification.

Palmitates in coffee increase the production of GST by 700 times. These powerful free-radical-quenching enzymes assist your liver to more effectively detoxify your entire body.

Additionally, coffee contains the alkaloid theophylline, which dilates blood vessels, increasing blood dialysis across the colon wall.

Increased blood supply to the intestinal tract improves muscle tone and digestion, as well as the elimination processes. Additionally, given that all of our blood passes through the liver every three minutes, the 12-to-15-minute coffee retention enema increases blood flow through the liver, resulting in a form of dialysis and a uniquely effective detoxification.

The health benefits of the coffee enema popularized through Gerson's work with cancer victims have become well known throughout the alternative health movement. It is now held by many health practitioners that any program that encourages healing, regenerating, rebuilding, weight loss

**What DOES COFFEE ENEMA DO?**

The coffee enema is capable of removing circulating **toxins** and partial **metabolites** for one specific reason, and that is that the coffee enema not only dilates bile ducts - which Gerson knew - we now know that coffee stimulates an enzyme system in the liver, glutathione-S-transferase, that is capable of removing a vast variety of electrophiles from the bloodstream. **Electrophiles** are referred to in popular literature as free radicals.

Electrophiles are atomic particles with one or more electrons in unpaired spins. They have an affinity for electrons and they want to get involved where they should not get involved. They are charged particles, and they will damage membranes of cells and they will inflict disturbances in cellular metabolism.

Under the influence of a coffee enema the glutathione-S-transferase enzyme system - part of the ligandine enzyme system that accounts for about 3% of all enzymes in the liver, responsible for removing electrophiles from the bloodstream - will be increased in activity from 600%-700% above normal. No materials other than coffee are known to stimulate it as much. That's why people are known to get a buzz off of a cup of coffee in the morning, and why some people are too grouchy to do anything but read the newspaper until they've had their coffee, and why coffee is so effective in clearing heads.

The coffee enema stimulates the glutathione-S-transferase system by **700%**. During the time that the coffee enema is being held in the gut, all the blood in the body passes through the liver at least five times. Every three minutes, all the blood in your body passes through your liver. In addition to stimulating the enzyme system, the theobromine, theophylline, and the caffeine in coffee all have physiological effects. Among these are the dilation of blood vessels and bile ducts, the relaxation of smooth muscles, and the increase of bile flow. The palmitates, compounds in the coffee that actually stimulate glutathione-S-transferase, also cause increased bile flow.

In addition to that, the quart of water in your gut stimulates what is called the visceral nervous system. The viscera are the guts. The visceral nervous system is the nervous system that orchestrates what is called peristalsis, the weak force that moves materials through the intestines. The visceral nervous system is stimulated by a quart of water in the gut. Additionally, at least part of that quart of water passes through the wall of the gut and dilutes the hemorrhoidal and then the portal blood which goes into the liver, socks the liver, actually dilutes the bile and causes more readily increased bile flow. Also, the net effect of the coffee enema is to cause a flushing of toxic bile, or bile that has been loaded with toxins by the glutathione-S-transferase system, out of the intestines.

Glutathione-S-transferase shuttles; it's an enzyme catalyst. It's out there catching free radicals, like an outfielder on a baseball team, and throwing them to the glutathione molecule of the bile. The glutathione molecule has a branch called the sulfhydryl part that absorbs many electrophiles. It makes them inert in the same way that a clay slough can make atomic waste inert because it has great adsorptive capabilities. What then happens is that these things become bile solutes. The bile solutes in the bile are flushed out of the gallbladder and the liver, and into the duodenum, and peristalsis carries them through the small intestine, through the colon and out the rectum. That is effective dialysis. The coffee enema is the only pharmaceutically effective choleretic in the medical literature that is repeatable many times daily; choleretic, like diuretic. Diuretics cause urination. Choleretics cause bile flow.
Coffee enemas remove: Ammonia-like products, toxic-bound nitrogen, protein derivatives that are often times charged particles, polyamines, amino acid clumps and complexes.

Is COFFEE ENEMA SAFE?

The coffee enema is safe and effective when used as directed in our Eternal™ Detoxification Program for Liver Cleansing, with Coffee Enema.

Dr. Peter Lechner at the Landeskranchenhaus of Graz, Austria, has been working for six years now, studying a much modified Gerson Therapy. He has been using the coffee enemas as part of the post-surgical programs of the second surgery department of Landeskranchenhaus. He did some experiments with rats in which palmitates were extracted from coffee, the cafestol palmitates, and in which they were seen to increase bile flow in the rats. Lechner became convinced, and wrote in a journal called Aktuelle Ernährungsmedizin (Contemporary Nutritional Medicine), 2 Band 15, April 1990, that these palmitic acid salts could be very powerful liver protective drugs if they would be developed by a pharmaceutical corporation. Aktuelle Ernährungsmedizin

Until that time, as he said, "We have to continue to administer them in the awkward form of enemas... because patients cannot be expected to consume the therapeutically necessary daily amount of at least one liter of coffee by drinking it, without risking side effects in the upper alimentary tract." Nothing else works.

How TO MAKE COFFEE ENEMAS MORE EFFECTIVE?

To make enemas most effective, the patient should lie on his right side, with both legs drawn close to the abdomen, and breathe deeply, in order to suck the greatest amount of fluid into all parts of the colon. The fluid should be retained 10 - 15 minutes. Experiments have shown that after 10 - 12 minutes almost all caffeine is absorbed from the fluid. It goes through the hemorrhoidal veins directly into the portal veins and into the liver. Patients have to know that coffee enemas are not given for the function of the intestines but for the stimulation of the liver.

According to experiments, it is not certain whether the caffeine stimulates the liver cells directly or indirectly through the visceral nervous system. In any case, the effect is an increased production of bile, an opening of the bile ducts and greater flow of bile. At the start of the treatment and during flare-ups, the bile contains poisons, produces spasms in the duodenum, and small intestines and causes some overflow into the stomach, with resultant feeling of nausea or even vomiting of bile. In these cases, greater amounts of peppermint tea are necessary to wash out bile from the stomach. Thereafter, patients feel much easier and more comfortable.
Preparation of coffee for enema:

Take 1 Tbsp of Eternal Coffee Enema to 4 mugs of pure water. Let it boil for 3 minutes and then simmer for 20 minutes or more. Strain and use at body temperature. The daily amount can be prepared at one time and divided into individual dosages.

Add 1-2 tablespoons of Eternal™ Organic Apple Cider Vinegar to the mixture above and pour into Eternal™ Enema Bucket or Bag.

General Procedure:

The coffee solution should be body temperature.

Run a little of the solution through the tube into the toilet to warm the tube; close the stopcock. Lubricate the enema tube for about 2 inches at end with Eternal™ Aloe Heal Gel.

Hang enema bucket not more than 2 ft. above you. Lying on the right side, draw both legs close to the abdomen, relax and breathe deeply. By lying on the right side, the coffee pools to the hepatic flexure and absorbs through the colon into the liver to clean the blood stream. Insert tube into rectum, not more than about 2 inches. Open stopcock and allow fluid to run in very slowly to avoid cramping. Retain solution 12 - 15 minutes. Do not hold longer than 15 minutes. If you have trouble retaining or taking in the full 32 oz., lower the bucket. If you feel spasms, lower the bucket to the floor to allow the flow to back up a bit to relieve the pressure. After 12 - 20 seconds, slowly start raising the bucket toward the original level. You can also control the flow of solution by pinching the tube with your fingers or adjusting the plastic ring in a partially closed position. You will quickly learn what works best for you individually.

Frequency of enemas is increased with symptoms of toxicity such as headache, fever, nausea, intestinal spasms and drowsiness. Upon awakening in the morning, if headache and drowsiness are experience, an additional enema is recommended during the following night.

Keep your equipment clean!!!

Do not place tube back into bucket until after you have thoroughly cleaned them (use biodegradable food-use detergent and rinse well. Rinse daily with hydrogen peroxide 3%). The bucket and tube are very good growing grounds for bacteria.

GENERAL DISCLAIMER

This brochure is designed for educational purposes only and is not engaged in rendering medical advice or professional services. The information provided through this web site should not be used for diagnosing or treating a health problem or a disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider.

EIGHT REASONS TO TRY ETERNAL™ COFFEE ENEMA:
1. **Our coffee is certified organic.** Your health is our greatest concern, and by using organic coffee we ensure that no chemicals have been used in the growing, shipping, and roasting of your coffee. Organic production also helps the grower communities by ensuring a healthy ecosystem.

2. **Our coffee has a low acidity.** Using a low-acid coffee is crucial because the coffee is being implanted into the sensitive tissues of the colon. As a matter of fact, our coffee is also an excellent choice for drinking, too.

3. **Our coffee is air-roasted.** Traditional drum roasting adds cancer-causing agents to your coffee. Air-roasting does not add smoke or flame to the roast. Air-roasted coffee means that your enema coffee has significantly fewer carcinogens in it than any non-air-roasted coffee. Be sure your enema coffee is air-roasted.

4. **Our coffee is higher in caffeine and palmitic acid.** These two therapeutic elements are used by the body for an effective detoxification. Never use a decaffeinated coffee for your coffee enema.

5. **Our coffee is fairly traded.** When you buy fair trade coffee for your enemas, you are not only making a decision to benefit your own health, but you are making a larger decision to benefit the health of the entire planet. Fair trade coffee supports living wages, safe and healthy conditions for workers in developing countries, and sound ecological practices, such as reforestation. The health of the planet is connected to your health.

6. **We offer only freshly ground coffee.** When you use the coffee enema for healing the body, you want its therapeutic ingredients to be fully intact. As soon as you grind your coffee, these therapeutic elements are diminished. Ground coffee maintains its therapeutic kick for a short time. For this reason, we only grind our coffee no more than one month before selling them so that the characteristics of the coffee is not lost to oxidization etc.

7. **Our coffee comes with complete colon-cleansing kits.**

Eternal™ Coffee Enema Bucket and Coffee Enema may be purchased from us at our store or product website, www.eternal-store.com

8. **Our coffee is vacuum-packed, poly-lined, with one-way valve which releases gas/air from the inside out only.** Coffee beans after grinding emit some gases which are released through our safety valve found in each bag of coffee. The silver-foil outer packing also aids in keeping coffee fresh after use. Use the plastic strip to fold down and clamp the two ends firmly on the bag after use to maintain freshness of coffee at all times.
Enema Glossary

**ANUS (ANAL MUSCLES)** - The external doorway out of the colon. Opening and closing of the anus is controlled by a circular band of muscles, the internal and external sphincter muscles. Feces are moved out of the body through the anus during the act of defecation, which is the main function of the anus.

**ASCENDING COLON** - The first segment of the colon, continuous with and rising up out of the cecum toward the liver.

**BILE** - A digestive fluid made from cholesterol, salts, and waste products that is produced in the liver, stored in the gallbladder, and passed through bile ducts when food containing fat enters the small intestine. Fats are a potent carrier of toxins; bile, as it carries fats, is one of the main forms of removing toxins such as plastics, heavy metals, and pesticides from the body.

**CECUM** - The beginning of the colon. A sac where the small intestine dumps into the large intestine.

**CLYSTER** - An old-fashioned word for an enema.

**COLON (LARGE INTESTINE)** - A portion of the digestive tract located underneath your ribs and between your hips and shaped roughly like an upside-down "U". About five feet long in adults, the colon begins where the small intestine leaves off, at the cecum. When you say that your "stomach" hurts, you are often really referring to your colon.

**DESCENDING COLON** - A segment of the colon between the splenic flexure and the sigmoid, located on the left side of the abdomen.
**DUODENUM** - The first portion of the **small intestine**, attached to the stomach.

**ELECTROLYTES** - Minerals, in fluid, that regulate most metabolic processes in the body, such as the flow of nutrients into the cells and the flow of waste products out of the cells. The main electrolytes (minerals) are calcium, magnesium, potassium, sodium, and bicarbonate. In order to be healthy, our bodily levels of electrolytes must remain within a particular range.

**GALLBLADDER** - A pear-shaped organ attached to the liver that stores bile.

**ILEUM** - The lower portion of the small intestine, adjoining the colon.

**JEJUNUM** - The middle portion of the small intestine, located between the duodenum and ileum.

**LARGE INTESTINE** (COLON) - The part of the digestive tract, after the **small intestine**, where the waste products of digestion are accumulated, dehydrated, and prepared for excretion. The water, salts (sodium), and some vitamins of bacterial origin are also absorbed in the **large intestine** (colon). The end of the colon, or **rectum** and **anus**, expels feces.

**METABOLIC TYPING** - A testing tool to determine an individual eating and supplement program based on the way in which a person processes nutrients into the biochemical tools and structures they need to maintain optimal health.

**PERISTALSIS** - The muscular contractions that move digestive material through the entire length of the digestive tract. In a healthy person, colonic peristalsis occurs one to three times per day in order to move the contents of the entire length of the **colon** into the **rectum**. Since colonic peristalsis occurs only intermittently, unlike the continual rhythmic contractions of the **small intestine**, the colon cleanse can be used safely and with regularity without disrupting a healthy peristaltic rhythm.

**RECTUM** - A segment of the **colon** that is continuous with the **sigmoid**, just in front of and before the **anal** canal. The rectum usually contains three crosswise and crescent-shaped sections which overlap when the **large intestine (colon)** is empty. The rectum is approximately 5 inches (13 centimeters) long.

**SIGMOID** - A naturally twisted segment of the **colon** that connects the **rectum** to the **descending colon**. This area of the colon is rich with portal veins, which carry blood and other substances to the liver. The sigmoid is 16 inches (41 centimeters) long.

**SMALL INTESTINE** - The part of the digestive tract between the stomach and the **colon** that acts in both the chemical digestion and absorption of food substances.

**THEOPHYLLINE** - An alkaloid in coffee that induces the relaxation of smooth muscles, causing blood vessels to dilate. Theophylline is thought to be one of the therapeutic elements of an enema.

**TRANVERSE COLON** - A segment of the **colon** that extends from the end of the **ascending colon** at the hepatic flexure on the right side of the body across the mid-abdomen to the beginning of the **descending colon** at the splenic flexure on the left side. The transverse colon is approximately 18 inches (45 centimeters) long.