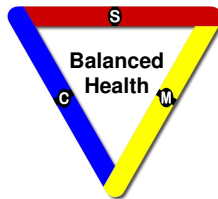


Natural Health Center

The Art & Science of Natural Healthcare



13384 Jones Road ♦ Houston, TX 77070

Phone: (281) 897-8818 ♦ www.nhchouston.com ♦ Fax: (281) 897-8817

COFFEE RETENTION ENEMA

The liver has over 400 different functions in the body. Creating energy and detoxification rank in the top ten. One of the best procedures for cleansing the liver of impurities and toxins is the coffee retention enema. In one of her more recent books entitled, *Wellness Against All Odds*, Sherry A. Rogers, M.D. has brought the coffee retention enema back to its rightful place as one of the best methods for cleansing the liver and ridding the body of harmful toxins.

-Sherry A. Rogers, M.D. *Wellness Against All Odds*. August 1994. SandKey Company, Incorporated

Background

Having no painkillers available to her, a World War I German army field nurse, whose name was not recorded, first discovered the remarkable health benefits of coffee retention enemas. It all began when she administered an enema to several badly wounded soldiers with the only warm liquid available—coffee. The results that followed were astounding! Soldiers receiving the coffee retention enema felt almost immediate relief from the deep pain they were experiencing. Amazingly this relief persisted for hours. Results like this far exceeded any painkillers of the time and best of all coffee was immediately available for only pennies.

Max Gerson, M.D., had been a German Medical Officer during the same time, and observed the effects the nurse's treatment had on the soldiers. After the war Dr. Gerson took a strong interest in treating patients with various types of cancers. His therapies proved effective in reducing and killing cancer; however, his patients were still dying despite his successful cancer killing therapies. After much consideration, Dr. Gerson surmised the reason for their deaths was not from cancer but rather from the overload of toxins to the body produced by dying cancer cells. In other words, he believed it was the toxic overload of cancer cell death that was causing his patients to die rather than the cancer itself. Remembering what he witnessed during the war, he began incorporating coffee retention enemas into his cancer killing therapies and at once his patients stopped dying.

How it works

It was later discovered that the mechanism of how coffee retention enemas work was due to the stimulatory effect caffeine has on the liver (the liver is the body's primary organ for detoxifying the body). Once coffee is introduced directly into the colon via an enema, caffeine gets rapidly transported to the liver via a large network of veins called the hemorrhoidal veins. These veins run alongside the rectum and colon and connect directly to the liver. The caffeine in the coffee rapidly enters the liver without going through the digestive tract as it would if it was drunk. As the caffeine quickly reaches the liver it produces a massive stimulatory effect that causes the liver to purge any detoxification channels that are clogged. This purging effect forces the pain and disease causing toxins to be rapidly eliminated from the body and results in greatly reducing the body's overall toxic load. It is the reduction of toxins from the body that decreases pain and helps the body heal from chronic diseases.

Furthermore, bile, which is the fat-reducing digestive fluid generated in the liver and crucial to the detoxification process, is discharged out of the body in this process. It is important to note that bile is usually recycled up to nine times before it leaves the body. Each time it is recycled it gets more concentrated with toxins. Through the use of a coffee retention enema, bile gets expelled from the body without being recycled and allows for an even greater reduction of overall toxic load.

Why was I recommended coffee retention enemas as part of my treatment?

Coffee retention enemas are very beneficial during a serious illness, for chronic syndromes and disease states, after a hospitalization, and after exposure to toxic chemicals because they so effective at causing the liver to expel toxins from the body. This procedure can be used in conjunction with detoxification programs or fasts to help relieve symptoms that are sometimes associated with the detoxification process. According to Dr. Gerson, unlike ordinary enemas used for other purposes, coffee retention enemas can be repeated as often as needed without any adverse side effects as long as the body is being supported with a high quality multiple vitamin.

Lastly, it is interesting to note that this procedure was listed in the Merck Manual (the bible of medicine) until 1977, when it was suddenly removed from print for “lack of space”.

Initial Recommendations

The following recommendations are provided to optimize the benefits of the overall procedure and provide procedure frequency guidelines.

- The benefits of a coffee retention enema can be maximized by first receiving a colonic or a cleansing enema whereby the contents of the colon are emptied before the coffee is introduced.
- Do not abuse coffee enemas by performing the procedure too often. Perform only 1 enema per day and up to 3 times per day under the guidance of a healthcare provider.
- Excessive use of coffee enemas (performing enemas for greater than six months) may deplete the body's stores of iron and/or other vitamins and minerals. Make sure to support the body with a high quality multivitamin and mineral support when using coffee retention enemas as part of your treatment protocol.

Coffee Retention Enema Procedure

Items Needed:

- 1 enema bag/bottle: located in female hygiene section at CVS Pharmacy under brand name *Faultless*. It is called Goodhealth Combination Douche, Enema and Water Bottle System.
- Ground organic coffee—**make sure it is NOT decaffeinated!**
- This can be purchased in the coffee section at Kroger.
- 1 gallon of distilled water
- 1 quart glass jar or 2 pint glass jars: Note: 1 quart = 2 pints = 4 cups
- Automatic drip coffee maker
- K-Y Jelly (water soluble), vitamin E capsules, or aloe vera gel

Enema Bag/Bottle Preparation

Make sure to clean the enema bag/bottle periodically using the following steps.

1. Pour 2 tablespoons of hydrogen peroxide and 2 cups of distilled water into the bag/bottle.
2. Shake vigorously for 1 minute and empty.
3. Fill the bag/bottle half full of distilled water to rinse.
4. Shake vigorously for 1 minute and empty.

Coffee Preparation

Make sure your coffee maker is clean before brewing the organic coffee enema solution. Clean the coffee maker by pouring distilled vinegar into it. Brew it as normal without the use of a coffee filter. Repeat with a new batch of vinegar until it brews clear.

1. Add 8 cups (2 quarts) of distilled water into the coffee maker.
2. Add 6 rounded tablespoons of organic coffee.
3. Brew and pour the mixture into a 2-quart or two 1-quart glass jars.
4. Refrigerate the coffee for later use (refrigerated mixture is good for one week).

Coffee Retention Enema Procedure

Perform the enema using the following steps.

1. Pour 2 cups (1 pint) of the refrigerated coffee solution into a clean glass measuring cup or glass container
2. Microwave the coffee solution until warm (this is usually approximately 2 minutes).

 - a. Note: Make sure to check the temperature of the coffee solution by dipping your finger into it. If the coffee solution is hot to touch let it cool before proceeding to the next step!

3. Over a sink, pour the warm 2-cup coffee solution into the enema bag/bottle.
4. Attach the adapter cap and tubing to the enema bag/bottle.
5. Continue to hold the enema bag/bottle upside down over the sink in one hand while holding the shut-off clamp in the other hand.
6. Flip the enema bag/bottle right side up and set the shut-off clamp to the closed position as soon as coffee begins to run out of the end of the enema pipe.
7. Shake the enema pipe a few times to prevent coffee from dripping off the end of it.
8. Hang the enema bag/bottle upside down from the bathtub shower curtain bar or showerhead pipe.

 - a. Note: If the enema tubing is not long enough to allow for insertion of the enema pipe while laying on your right side in the bathtub, straighten a wire coat hanger (except the hook) and attach it to the showerhead pipe with coat hanger hook hanging down. Twist the coat hanger hook so that the hook faces toward you. Hang the enema bag/bottle from the hook.

9. Lay on your right side in the bottom of the bathtub.

 - a. Note: this recommendation is made to prevent accidental spillage or leakage onto a surface that can be stained by coffee. Some people find that a bathtub is too hard a surface to lie on for 15-20 minutes. Another option is to lay some towels or a disposable under pad on a carpeted floor or bed. A carpeted floor or a bed is a much softer surface than a bathtub.

10. Lubricate the tip of the enema pipe with a small amount of water soluble K-Y Jelly, vitamin E oil from an opened vitamin E capsule, or aloe vera gel.
11. Slowly insert the enema pipe into the rectum with one hand and continue to hold it there.
12. With the other hand, open the shut-off clamp of the enema tube and allow all of the coffee solution to enter the rectum.
13. When the enema bag/bottle is empty, remove the enema pipe from the rectum and return the shut-off clamp to the closed position.
14. Continue to lie on your right side in the bottom of the bathtub while retaining the coffee in the colon for 15-20 minutes. (Total treatment time is 15-20 minutes unless otherwise directed.)
15. After 15-20 minutes, sit on the toilet and release whatever fluid comes out into the toilet.