

**COFFEE ENEMAS  
FOR PAIN  
CONTROL AND  
DETOXIFICATION**

-

**Weird... But Highly  
Effective!**

By

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## ***Coffee Enema For Cancer Pain Management?? Surely Not! Well, Read On.....***

So, what is a coffee enema anyway? In this alternative cancer therapy article, we'll look not just at the benefits of coffee retention enemas for cancer patients, but also at such topics as:

- The reality that using enemas for medicinal reasons has been around for centuries; used by a wide variety of cultures and medical systems.
- In fact the prestigious Merck Manual (medical 'drug bible') listed coffee enemas as an official therapeutic procedure as late as the *mid-seventies*.
- We'll explore the many positive effects of coffee enemas on the entire body.
- We'll also look at how this detoxification technique can be used in other health issues besides cancer pain management.
- How to prepare coffee enema recipes.
- How to do a proper bowel cleanse, and the various steps of douching.
- Understanding how safe this coffee enema therapy really is as part of an holistic cancer protocol.

### **Some Background Information On Coffee Enemas**

Why are coffee enemas so effective? Although a wide variety of enema procedures have been around for millennia, the first mention of specifically using black coffee as a coffee retention enema is found as long ago as 1917.

## Coffee “Per Enema” Stimulates Detoxification

When using the regular, roasted coffee bean as the basis for an enema solution, the use of such a bowel cleanse is definitely not just to help resolve constipation – although it will do this too. Rather, the coffee enema is used to stimulate a natural liver cleanse, and subsequent a detoxification of the entire body too.

It’s important to realize that using coffee as a *drink* is completely different in its effects on the body compared to using coffee for *enemas*. The constituents of black coffee, as described below, have the marvelous ability to help dilate blood vessels, as well as the bile ducts.

In turn this means more blood can flow to the liver itself, thus allowing toxic bile – and gall stones – to be more readily flushed from the liver, thereby allowing for an effective liver detox. The combined effect of these actions is to stimulate not only a powerful detoxification of the liver, but inadvertently, of the entire body too.

## How On Earth Did They Figure Out That A Coffee Enema Could Help With Pain?

Coffee enemas were first used by the Germans during WW1, when it was accidentally found to help alleviate pain induced by some of the horrible war wounds of that period. Subsequently, one of the earlier holistic cancer pioneers, Max Gerson MD, decided to use coffee as part of his colon cleansing and natural detoxification protocols.

He based this decision on his knowledge of a coffee enema’s ability to stimulate liver cleansing, and provide pain relief – a huge problem in cancer. After using this natural liver cleanse in his cancer patients, as part of their daily holistic cancer program, Dr. Gerson found that many of them were able to stop their use of pain killers.

## How Does A Coffee Enema Work?

The first thing to understand about the use of any sort of enema is that the rectum is rich in blood vessels or hemorrhoidal veins, which in turn have a *direct* connection to the liver. This rich bed of rectal capillaries turns this specific body zone into a highly

absorptive area. Hence, anything that is instilled into the rectum is automatically absorbed and *taken to the liver* first, via this specific part of the portal circulation.

## Medications “Per Rectum” Is Not New

In the ‘olden days’, giving medications ‘per rectum’ was a routine and normal way of delivering medicine into the body. In some cases, present day doctors will still prescribe this route when medicating a person. This is especially for those patients experiencing a lot of nausea and vomiting, and where there is a great likelihood that they will bring up their medications if taken orally.

## Bile Is An Effective Toxin Remover

Next, as the coffee enema goes to work by stimulating a gall bladder cleanse, as well as a liver flush, many toxins are released via the bile and dumped into the intestinal tract itself. Bile has several functions in the body, such as helping digest fats in our diet. However, it also plays a major role in facilitating the detoxification of poisons found within the body. Ultimately, all the toxic matter contained within that bile will be expelled from the body via subsequent bowel motions.

## What Are The Ingredients Of Coffee That Makes It Work?

It has been found that black coffee is rich in a range of constituents such as caffeine, theobromine, theophylline – and most importantly, palmitates. The latter are enzymes found in the coffee bean, and have the capacity to help the liver flush toxins out of the system. These enzymes also help stimulate bile flow from the gall bladder.

Coffee contains two important palmitates, namely cafestol palmitate and kahweol palmitate. Research has shown that they in turn activate something called glutathione-s-transferase, (GST) which is probably *the* most potent free radical scavenger and detoxifier available in the body.

This enzyme can even help neutralize cancer cells in our bloodstream. Hence, utilizing these coffee bean palmitates to stimulate ‘GST’ production within the body becomes a scientifically proven, and powerful holistic cancer ‘tool’ with which to help fight this often deadly disease.

## The Liver Is An Amazing 'Sieve'

What needs to be realized is that the body's *entire* blood supply flows through the liver every 3 minutes or so. Hence, being able to retain a coffee enema for 10 – 15 minutes allows for a significant increase in blood cleansing – particularly if the liver has been stimulated to a higher level of function by the caffeine and the palmitates contained in the coffee solution.

## Is Drinking Coffee The Same?

And no... this does *not* mean that you will get the same positive detoxification effects by *drinking* a lot of coffee! In fact, *drinking* too much coffee can actually hamper normal liver function.

By the same token, experience has shown that although there is caffeine in a coffee enema, it does not have the same excitation effects that *drinking* too much coffee can induce. This is because the caffeine from the coffee enema – when specifically restricted to the rectal area - does not enter the general circulation as occurs when taking it orally.

## So, What Are The Benefits Of Coffee Enemas?

The primary use of the coffee enema procedure, within the realm of holistic cancer management is for pain relief. However, other benefits include:

- **DETOXIFICATION** – a coffee enema cleanse is a major way of detoxifying the system, not just via a good liver cleansing, but by allowing for an effective, total body detox too.
- **MANY OTHER HEALTH BENEFITS** – using the coffee retention enema procedure as a form of detoxification can result in improved energy levels, immune function, skin health, mental clarity, and more.
- **ECZEMA, PSORIASIS, ACNE** - In regard to improved skin health, this means that coffee enemas can be useful in stubborn cases of eczema, psoriasis, acne, and other skin issues.
- **ARTHRITIS & MYALGIA** - furthermore, painful conditions such as chronic osteo or rheumatoid arthritis, as well as myalgia (muscle aches) are often helped by coffee enemas and their inherent detoxification effects.

- *GALLBLADDER PROBLEMS & GALLSTONES* – improving the liver's detoxification capacity also results in a healthier gall bladder, and an ability to eliminate existing gallstones, as well as help prevent further stone formation.
- *TUMOR LYSIS SYNDROME* - importantly, doing this type of colon cleanse via a coffee retention enema, and thus allowing for a liver flush, helps minimize 'tumor lysis syndrome' – a potentially lethal side-effect when *any* cancer treatment causes a too-rapid breakdown of cancerous tissue.

### What Type Of Coffee Bean Is Best To Use?

Research has shown that an organic coffee enema, using certified organic coffee specifically chosen for coffee enema therapy, definitely can have up to 87% more palmitic acid, as well as 48% more caffeine than a normal, medium roast coffee. This is significant in light of our previous discussion on the combined effects of caffeine and palmitates when delivered into the body via an enema.

### One Source Of Organic Coffee For Enemas

You might like to try a special coffee blend, specific for enema use, which is available from: <http://korumrenewal.com/products/enema-coffee.html> . Such forms of coffee are the ideal to use, however, if you are unable to access this product, then the coffee enema procedure will definitely still work – even using normal roasted coffee from your local supermarket. But, obviously, 'organic' is better.

### Coffee Enema Instructions

Preparing coffee for an enema is much the same as making it for your daily drink.

#### *Ingredients And Equipment*

- 4 dessertspoon of freshly ground, organic coffee – a 'light roast' is preferable.
- 4 cups of good quality filtered water – do not use chlorinated water.
- A 'plunger' coffee-maker pot – sometimes called a 'French Press' pot.

- Otherwise, a glass, ceramic or enamel pot will work. However, do not use Teflon, aluminium or iron containers.
- A fine-gauge sieve.
- A coffee enema kit – which is nothing more than a normal enema bag – available from most good chemists/pharmacies. Do make sure the enema bag tubing has a control valve, or that some sort of clamp is provided with which to control the flow of coffee liquid.
- A water-based, non-petroleum lubricant – again, chemists or pharmacies will stock this item. However, a little bit of olive oil will do as well, but this is inclined to be slightly messy due to it not being water-soluble.
- A large, thick towel, or something similar on which to lie down.
- A pillow for your head.
- You might also like to organize some music to listen to, or a book to read.

### *Preparing The Coffee*

- Place 2 level dessertspoons of ground, organic coffee into the pot you're going to use – as described above.
- Add to this the 4 cups of boiling water. Cover with a lid.
- Simmer gently for about 5 minutes. Turn off the heat.
- Then let stand till it has cooled to a comfortable temperature.
- Finally, strain off the liquid from the grinds.

## Coffee Enema Procedure

- First, it is important to ensure the rectum has been cleared of all stool. You can achieve this by doing an initial luke-warm, filtered-water enema, or what's known as a rectal douche. This leaves the rectum empty, and makes it easier to retain the coffee enema over the required 10-15 minutes. If you don't do this initial bowel cleanse, or douching, you'll experience a strong urge to evacuate your bowels as soon as you instill the coffee liquid.
- Place the 4 cups-worth of body-temperature coffee liquid into the enema bag, but before you do so, *make sure you have clamped off the tubing!* However once the enema bag is full, slightly release the clamp to ensure any air in the tubing has been expelled.
- Hang the enema bag (use a coat-hanger if necessary) about 2-3 feet above the floor or bath, where you'll be lying down. Keep in mind that the higher you hang the enema bag, the faster the liquid will flow into the rectum, although most enema bags do have a 'flow-control valve' with which you can adjust this flow-rate.
- Be **absolutely** sure the coffee liquid is not too hot! This is **most** important, or you may cause serious internal burns!

## Starting The Enema – But Do So SLOWLY!!

- Place the towel on the floor near to the toilet bowl. Otherwise, place it in the bath or shower cubicle – if it is large enough.
- Lie on your **left** side, and draw up your knees towards your tummy. Place the pillow under your head, just so you can lie comfortably.
- Ensure the enema bag nozzle has been well lubricated, then slowly and **gently** insert it several inches into the rectum.

- Carefully adjust the 'flow-valve', or slightly loosen the clamp so as to allow a *slow* flow of the coffee liquid to enter into the rectum. If this occurs too rapidly, the first thing that will happen is that you'll have a strong urge to evacuate, or you may get a cramping feeling in your lower bowels.
- If this urge to evacuate does occur, and you feel you can't control it, that's O.K. Simply ensure you've withdrawn the nozzle, and are sitting over the toilet before evacuating.
- Next time, know that you will have to allow the coffee to flow in even more slowly. The best procedure is to allow the coffee liquid to enter the rectum in dribs and drabs, stopping every 5 - 10 seconds to allow the rectal area to adjust to the entry of the liquid.
- One way to minimize this urge to evacuate is by withdrawing the nozzle and holding a wad of cloth or tissue paper *hard* up against the anus, while simultaneously clenching your anal sphincter, and lying real still.
- Wait a few minutes, and any desire to evacuate will usually have passed. Now, re-insert the enema bag nozzle, and continue with the coffee retention enema.

### **You Can Split The Total Enema Volume Into 2 Sessions**

- One choice is to split the coffee liquid into two separate, consecutive enemas. However, this doesn't work for everyone, in which case see if you can accept at least  $\frac{1}{2}$  the volume - or more if possible - of the coffee liquid that is in the enema bag. In other words, as much of the 4 cup's worth of coffee liquid you've placed into the bag as you can comfortably retain for the required period of 10 - 15 minutes.
- Either way, simply retain as much as you feel you can for the required time - or longer if you can remain in comfort.
- Ofcourse, once you've filled the rectum with as much fluid as you can comfortably retain, withdraw the nozzle.

- After the allotted time of 10 – 15 minutes, strongly clench your anal sphincter, or hold a wad of tissues tightly to the anus before carefully and slowly getting up, and then allowing the fluid to evacuate into the toilet.
- Be sure to have something to hang onto as you first get up, in case you feel slightly dizzy from lying down.
- At this point, you could choose to repeat the coffee enema procedure for another 10-15 minutes, using whatever coffee liquid is left. However, even one session of 10- 15 minutes will already provide immense benefits, especially when done on a regular basis.
- If you were not able to hold the enema liquid for more than 5 minutes or so, then it would be advisable to try and repeat the coffee enema later in the day, using a fresh batch of brewed coffee.
- The aim is *not* to have a 'high-colonic'; you're *only* trying to fill the *rectal* area. If you allow the coffee liquid to go too high up into the descending colon, or beyond, then this liquid *will* go into the **general** circulation, rather than directly to the liver, as occurs when the liquid is only absorbed from the rectal area. If this happens it is quite likely you will feel the stimulating effects of any caffeine absorbed – and this is not the aim of the coffee retention enema procedure.

### Practice Makes Perfect

- For some people, 'practice makes perfect', so don't feel discouraged if the first few times you have problems either retaining much volume, or not for long enough. Almost everyone finds that after a few attempts, the rectal area adjusts, and what seems impossible now becomes a 'routine affair'.
- One way to allow the body to adapt is by each day slowly increasing both the volume of coffee liquid instilled, as well as the retention time. Continue doing this till you can hold a good 2 cups (200-400 ml or so) of the coffee liquid during each session.

- Don't give up too easily. Most people using this coffee enema procedure are seeking pain relief, but even those just using it for general body detoxing will find that the benefits are certainly worth the effort.

### What If There's No Room To Lie Down?

- A final point to bring up is that for some people they either don't have the room to lie down near a toilet, or for whatever reason they are unable to lie down on a hard surface. Either way, it is not totally essential to lie down for the coffee enema therapy to work.
- A coffee enema can still be done sitting over the toilet bowl itself, or on the edge of a bathtub. In this situation, simply introduce the coffee liquid, and then press hard against the anus with a big wad of tissues or a cloth. This will minimize the inevitable urge to evacuate, which, unfortunately, is more likely to happen when sitting up. Other than that, the coffee enema procedure is the same as for lying down.

### What's That 'Squirty' Sensation?

- Sometimes, you may feel – or hear – a sense of 'squirting', roughly under your right ribs. This is nothing more than the gallbladder flushing itself - and perfectly normal.
- However, if you experience any pain upon hearing/feeling this squirting sensation, then this could mean you have gallstones trying to flush out from the gall bladder. In this case, please see your doctor and have your gall bladder checked out before continuing with coffee enemas.
- If, after a week or so of daily enemas, you still haven't experienced this phenomenon of a 'squirting' feeling or sound, then you could consider making the coffee liquid stronger. Obviously, do so *only* if you have had no pain or discomfort in the lower right ribcage area – which could indicate gallstones.
- In conclusion, remember:
  - *always* take your time when doing this coffee enema therapy
  - *always* double-check the coffee liquid temperature

- and *always* be gentle when inserting the nozzle
- this is definitely not a procedure you somehow ‘fit in between things!’

## How Often Should You Do A Coffee Enema?

This really depends on why you have chosen to go ahead and do these therapeutic enemas. Start off with just one session a day for a week or so, and see how you feel. If you are suffering a lot of pain – from cancer or other health conditions – then you might like to build up to two sessions daily.

Truly, the effort will be worth the pain relief, and as your pain settles, you won’t need to do these coffee enemas as often.

If you are using coffee enemas for detoxification, then you might like to consider doing no more than 1 – 2 sessions per week, particularly if your intention is to continue this therapy for any length of time.

However, if you do more than two daily sessions you should ensure you’re under the expert management of a natural therapist or doctor, and also make sure you have regular electrolyte checks via blood tests.

Like any other therapy – natural or medical – ‘more is not necessarily better’, and common sense should always prevail! If you’re not sure about something... then get expert advice.

## Any Dangers From Coffee Enema Usage?

### *Coffee Enemas Are Remarkably Safe*

Are there any coffee enema side effects? As long as the coffee enema recipes are used with care and common sense, and not used excessively, then the coffee enema procedure is remarkably safe. If you were to really overdo this detoxifying process via these homemade enema treatments, then there is a possibility of causing electrolyte disturbances or dehydration.

## The Importance Of Being Under The Care Of A Professional

It highlights the point that if you're using the coffee enema cleanse as part of your holistic cancer protocol, and this requires you to not only do *daily* coffee enemas, but several times daily, then it would also suggest you're suffering significant levels of pain.

This in turn would make it essential to be under the care of a professional anyway, who can at least monitor you by doing the necessary blood tests to ensure your electrolytes remain normal. If they aren't, then either cut back on the number of coffee enemas you're doing, or make sure you take any recommended electrolyte solution your therapist suggests.

## Need For Care If You Have Serious, Known Gallbladder Disease

Another caveat would be for those who know they have serious gallbladder disease, or an inflamed gallbladder full of stones. Do ensure you're under the guidance of an expert naturopath or doctor before attempting to do a coffee enema cleanse at the regular dosages suggested above.

## Could Rectal Damage Occur?

Some cancer patients have expressed concern about causing damage to the rectal area. Understandably, if you're not gentle when inserting the douche nozzle into the rectum, it is possible to cause tissue damage. Simply make sure you always use a *short* nozzle or *soft* rubber tubing, as well as a natural lubricant to facilitate an easy, safe and painless entry.

## If You Do Feel Any Side Effects, Then Obviously Stop

Clearly, if you do start to feel faint, nauseous, dizziness, or any other untoward symptom while doing a coffee enema, then you do need to stop. However, having said that, the proper coffee enema procedure strongly recommends you do it somewhere you're able to lie down comfortably. So, even if you do initially feel a bit faint or dizzy there's no danger of falling, as you are already in a stable position on the floor.

## What If The Rectum Is Already Inflamed?

Some people may have a very sensitive and inflamed rectum, and such patients may be concerned that using a daily coffee enema could aggravate their existing rectal pain and discomfort. To help minimize such a possibility, it's important to know that by using soothing and healing herbal enemas can help to either minimize such a possibility, or even help settle the rectal inflammation altogether.

## Some Herbal Anti-Inflammatories

Some of the best herbs to think of for such an herbal infusion include:

- Marshmallow **root** (*Althea officinalis*)
- Chamomile (*Chamaemelum nobile*)
- Marigold (*Calendula officinalis*)
- Gotu kola (*Centella asiatica*)
- or even common Sage (*Salvia officinalis*).

Simply make a 'tea' by using about ½ to 1 teasp. of the dried herb per cup of boiling water. Cover, and let stand for at least 10-15 minutes. Strain, and use this as the enema solution. Follow the same procedure as for instilling a coffee enema, as described above.

You can 'mix-and-match' the various herbs suggested above, or use them individually. If making a mix, then take just ½ teasp of whatever herbs you've chosen, per roughly 2 cups of boiling water.

## Keep The Enema Kit Clean

After each coffee enema session, make sure that you give the enema kit a thorough rinse with some warm water, and then hang it up in such a way that the bag and tubing can air-dry as much as possible.

What you *don't* want is fungus, or other bugs to start growing in any residual moisture. Equally, it's important to ensure that after several uses, the enema bag and tubing should be rinsed with a small amount of an antiseptic solution, such as **3%** hydrogen peroxide.

This is a cheap and *safe* disinfectant, and despite being a chemical itself, it doesn't leave any chemical residue - it simply breaks down to water and oxygen. If you do end up using more synthetic disinfectants/antiseptics, then make sure they are completely rinsed out from the bag and tubing before you next use the enema kit, otherwise those chemicals will end up in your system!

### **Any Bowel Flora Disturbances?**

A final point to bring up is that as the coffee retention enema is not a 'high' enema – in other words, not going all the way up to the transverse colon and beyond - it therefore won't interfere with the bowel flora in any serious way, as is sometimes alleged. Anyway, anyone with cancer should already be on a broad-spectrum probiotic ('Acidophilus').

### **Conclusions**

Hopefully, you have found this coffee enema information of use. As you can see from the above discussion, using coffee enemas as part of an holistic cancer, pain and immunity-boosting protocol provides for powerful cancer treatment options.

### **There's Nothing Like A Personal Experience To Convince Yourself**

Even if you're still skeptical... that's O.K. Actually, don't believe this article or anything else you may have read or heard about coffee enemas – just go ahead and try it out. There's nothing like a *personal experience* to provide all the proof you need – even if the coffee enema process itself seems weird!

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