



ROOT CAUSES. RAPID RESULTS.™

# Coffee Enema Instructions

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RESOLVE CHRONIC GUT CONDITIONS AND  
JUMPSTART HEALING WITH SINCLAIR KENNALLY



# Introduction

If you know, you know.

For people working on resolving chronic digestive and health issues, enemas can be an essential supportive tool for symptom relief. They can also aid in administering nutrition and supplements when digestion absorption has been compromised.

Enemas can be considered an alternate delivery pathway for important protocol support. For example, a sensitive client may have initial difficulty tolerating a supplement when taken orally, but they can still experience the benefits of the supplement when added to an enema instead.

The options included in this pdf are recipes that we have used personally and in our practice.

In many cases our clients created them and reported significant improvements as they used these tools on the path to health.

Wishing you radiant health,

Sinclair Kennally and Michael Spandel

## **IMPORTANT:**

This pdf is for education purposes only, and does not constitute medical treatment or prescriptive protocols of any kind. You are completely responsible for your own health outcomes. If you have questions about whether enemas are right for you at any given time, please consult your own health practitioner and personal medical authority.

Enemas should not be painful. If you experience pain, discontinue and seek medical attention.

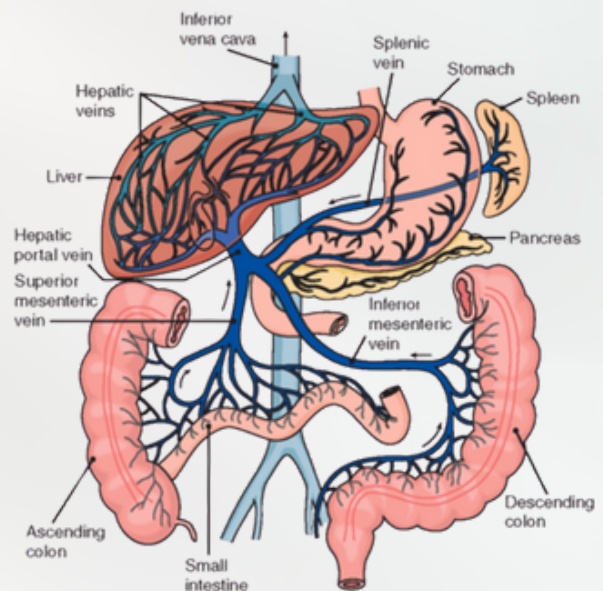


# Why coffee enemas? It's all about drainage, baby. A moving stream runs clean.

## DETOX PRINCIPLE #1: OPEN UP THE DRAINAGE PATHWAYS BEFORE YOU MOBILIZE THE TOXINS.

Today, all of our drainage systems are bogged down and taxed beyond their capabilities. For optimal results, we address the key drainage components in the following order, **start at the bottom and work your way up**:

1. your colon
2. your liver and bile duct (+ gall bladder if you still have one)
3. the lymphatic system
4. the glymphatic system (the brain's own drainage system)
5. your skin.



The liver is the heaviest lifter in our natural detox systems. We want to support the liver as much as possible through drainage downstream from it, because all those toxins cause stagnation and “jam up the stream.” That stagnation leads to the perfect conditions for pathogens to thrive, clogging up your basic detox pathways even further, putting extreme stress on your liver. To help the liver, we start by loving up the colon, which endures a lot of distress from our Western diet and toxic habits.

Coffee enemas support mechanical clean out of the colon, but they do so much more than that. The palmitic acid crystals in coffee enemas travel up the hepatic portal vein from descending colon, directly to the liver. These crystals jumpstart several liver metabolic processes, encourage bile flow, and increase glutathione production by up to 700% for several hours following a coffee enema.

## BASIC RULE OF THUMB: IF THE COLON IS BACKED UP, EVERYTHING ABOVE THAT IS BACKED UP TOO.

You're aiming for 2-3 smooth movements a day. You can support drainage with diet and hydration, but for most people that doesn't go far enough. Supplements will get you further, and you can get colonics from a professional - a series of 6 will clear out a lot of built up material that has distorted your colon, and release a major toxic burden. But the most thorough and cost-effective way to support drainage and deep healing is through coffee enemas.



# Coffee Enema Instructions

Stubborn weight, headaches, back pain, tummy issues, skin conditions, joint pain, exhaustion, PMS cramps and many, many serious conditions can be resolved with the support of coffee enemas. They are particularly ideal to support deep detox, recovery from mold exposure, and lasting weight loss.

Coffee enemas can be used to detoxify the body and open the bile duct system, flushing stagnant bile from the liver and gallbladder.

This kind of enema was first used in WWI, when a nurse used the surgeon's coffee in place of water for a pre-surgery enema. The soldier noticed a large reduction in pain after the surgery was complete, so the nurses continued administering coffee enemas to other patients who benefitted as well.

Physician Max Gerson used coffee enemas in his therapy protocol, The Gerson Therapy, and had found them to be especially useful in working with cancer patients.

Coffee enemas boost glutathione s-transferase by up to 700%, which is one of the body's master antioxidants and is involved in both phases of liver detoxification.

## SOME OF THE MOST NOTABLE HEALTH-BOOSTING BENEFITS INCLUDE:

- Boosting levels of antioxidants – particularly the powerhouse antioxidant glutathione
- Stimulating the vagus nerve to induce Parasympathetic dominance (rest, digest, detox, repair)
- Reducing inflammation
- Fighting cancer and neoplasia, as well as preventing the growth of abnormal tissue that can eventually lead to cancer
- Relieving constipation and flushing out caked feces (adults have at least 5-20 lbs of this on a Western diet) – by emptying the bowel
- Improving digestion and promoting a healthier digestive tract
- Positively affect and stimulate your body's natural detoxification system
- Supporting parasite cleanse
- Supporting weight loss goals

## COFFEE ENEMA TIPS:

- To prepare for a coffee enema, you'll want good quality organic, shade-grown coffee, a stainless steel enema bucket, and a stainless steel pot for brewing. You can also use a french press for making single serving coffee enemas - see both sets of instructions below.
- Work up to holding the enema for up to 15 minutes for the coffee to be absorbed through the hepatic vein to reach the liver. (In the beginning, you'll simply be practicing taking in the coffee, and releasing.)
- Be sure to replace electrolytes on days that you do a coffee enema.
- Take a binder before the enema to mop up toxins. (See your protocol for specific instructions.)



# Getting Started

Remember to hydrate and supplement with CT Minerals consistently when doing coffee enemas. Refer to your protocol for your specific instructions from us on dosage.

## Supply List

- Select a medical grade stainless steel enema bucket with a silicone tube like the one linked below. Choose a bucket with a flat bottom for less awkward moments in the bathroom!

### ENEMA BUCKET

- An organic therapy roast like Café Mam. Light roasts contain the highest content of palmitic acid, which your body will use to create glutathione s-transferase, when properly prepared.

### CAFÉ MAM COFFEE

- 32 oz Mason Jars - 1 to store concentrate and another to administer the correct amount of coffee when you are doing an enema.

### MASON JARS

- Distilled water. Filtered water or spring water is acceptable, but distilled is best.
- Pot for boiling, stainless steel is best.
- Stainless steel strainer.
- 64 oz glass measuring cup

## Coffee Batch Instructions

You'll brew coffee concentrate ahead of time in batches, and refrigerate until ready to use. The concentrate lasts for at least 3-5 days. This recipe makes 8 enemas.

Each serving for a full-strength coffee enema will be 8oz of the concentrate + 24 oz of distilled water = 32 oz enema

**NOTE: PORTION 3 TABLESPOONS OF GROUND COFFEE PER ENEMA. (EXAMPLE: WE BREW CONCENTRATE BATCHES OF 8 AT A TIME, SO WE USE 27 TBS.) STORE THE COFFEE BEANS IN AN AIRTIGHT CONTAINER IN THE FREEZER.**

- Fill a pot with 40 - 50 oz water and bring to a boil.
- Add 24 Tablespoons (3 Tbs per enema) of ground Café Mam therapy roast (or mold free, organic light roast coffee).
- Boil for 3-5 minutes with the lid off.
- Reduce heat, cover, and allow to simmer for 15 minutes.
- While waiting, prepare your stainless steel strainer and 64oz glass measuring cup.
- After 15 minutes, stir the coffee thoroughly and pour through the strainer into the measuring cup, allowing as much water to drain through the strainer as possible. The remaining coffee is high in palmitic acid, which needs to be retained in the coffee concentrate.
- Pour the liquid equally into two 32oz mason jars until they are nearly full - not too full, or they will be difficult to pour off into enemas without making a mess. If you need to, top off with additional distilled water.

# Coffee Enema Starter Tips

- Remember to hydrate before a coffee enema. If you are really dehydrated, your body may not be in a position to release the full amount of the enema. That's fine if that happens - just keep hydrating and remember to drink more water before the next one.
- Be sure to replace electrolytes on days that you do a coffee enema.
- Take a binder before the enema to mop up toxins - see your protocol for specific instructions.
- Use the narrowest tip that comes with your enema kit. No need to experiment with the larger ones!
- Make sure that your coffee enema is approximately body temperature. Overheating may cause tenderness in intimate areas. Using cold coffee may cause unnecessary cramping.
- Make sure there are no big air bubbles in the enema tube before starting - these can act like gas and cause a little discomfort.
- Coat the enema tip with an organic oil, such as coconut or olive oil. Keep a little bottle of this in the bathroom to avoid extra trips to the kitchen.
- Be gentle as you insert the tip - once you find the right angle, it will slide in easily. Do not force it! This should never be a painful or uncomfortable process.
- Ideally, lay on your right side as you insert and hold the coffee. This will allow gravity to support the transit of those palmitic acid crystals to the liver.
- The first few enemas you do, don't try to hold it for long. Simply train your body to take in the liquid, and take your time releasing on the toilet. If you don't want to waste your coffee batch, you can do a water enema first to get your body used to taking in the liquid and help to clean out your bowels, then do the coffee enema right afterwards, and practice holding it.
- Remember to CLOSE OFF the tube when you have taken in enough liquid. Unless you want to paint your walls with coffee, do not skip this step!





- Your first goal is to take in the coffee and effortlessly get to the toilet to release. It's really that simple.
- Your second goal is to hold the coffee for up to three minutes. If you are struggling to hold it after several enemas, you can reduce the amount of concentrate, or add a teaspoon of organic molasses to help hold the coffee longer. You can also reduce the total number of ounces in the enema, so that there's simply less to hold. For example: instead of 3 Tbs coffee grounds in 32 oz water, you can start with 1 Tbs coffee grounds in 16 oz water, and work your way up.
- Eventually, you are going to work up to holding the coffee for 10-15 minutes for the coffee to be absorbed through the hepatic vein to reach the liver.
- Watch something to distract your mind. Some clients meditate during their enemas, others watch SNL skits. You do you!
- Remember, it's a process! Not every day will be the same. That's ok! You are empowering your body to work through the old stuff.
- Give yourself extra time to eliminate on the toilet - allow for up to 10 minutes in the beginning, because you may release the liquid in waves. A squatty potty is also useful.
- It's okay to think that this is super weird, The first few enemas are just practice! Over time, most of our clients end up looking forward to their coffee enemas, because they experience such profound results from this therapy.
- For optimal results, do two a day (back to back) for the first week, then once a day at least until the end of the program.
- If you need to take it slower, many people see results with just one to three coffee enemas per week, so experiment and find your own rhythm.
- Once you get the basics down, we'll begin adding tinctures and supplements to the enema recipe to maximize the benefits for you. These will be tailored to the stage of detox that you are in - check your protocol for updates.



# You Can Do This.

You deserve to feel fully radiant at home and in your body. Make it happen!

Note: If you're not ready to go the coffee route but you know **you need this extra support**, do a series of 6+ colonics with a professional hydrotherapist. Colonics don't have the same benefits that palmitic acid creates for coffee enemas, but they will at least help to support your drainage and release some of the toxin backlog in your large intestine.

## Single Coffee Enema Recipe

Best when your schedule is variable

Use a french press to make a single enema's worth of coffee.

Determine coffee ground serving size.

- Full strength serving: 3 Tbs coffee grounds
- Starter / sensitive dose: 1/2 tsp coffee grounds
- and work up to the full dose.

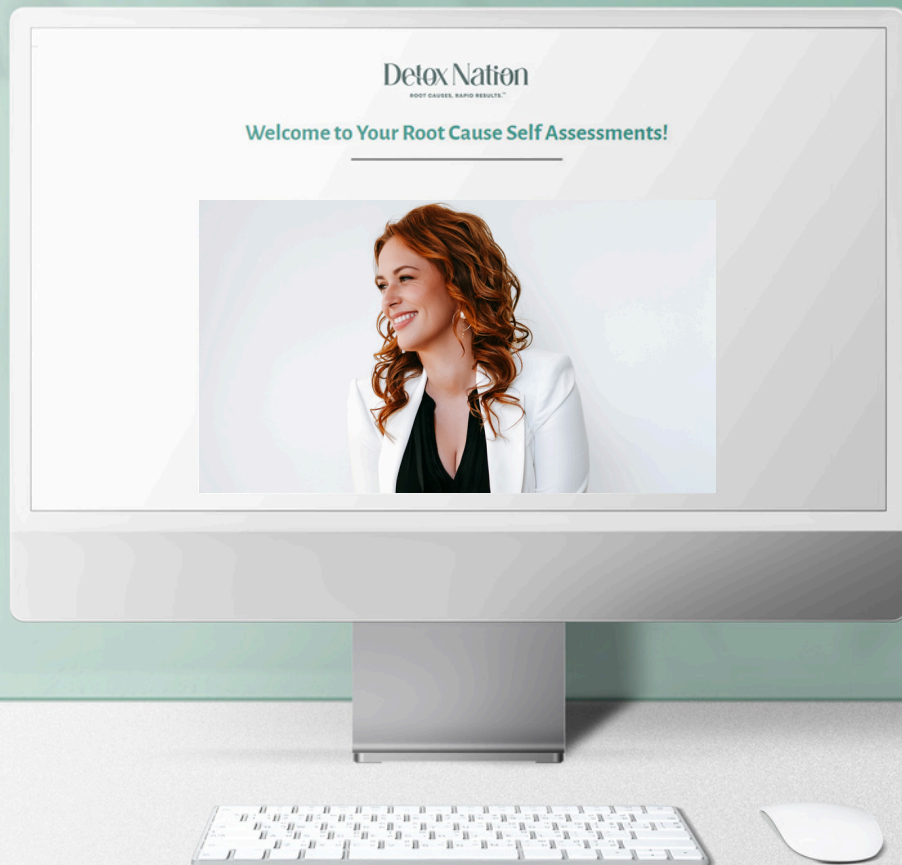
### PREPARATION

- Add desired amount of coffee grounds to the french press, and add hot distilled water.
- Allow to steep for 15 minutes before pushing the strainer down.
- Pour into a 32 oz jar, top up with additional distilled water if needed.
- Pour into enema bucket when it has cooled to body temperature.
- Optional / Advanced: add tinctures according to your protocol instructions





# Want to learn more about next steps?



Check out our group programs page to learn more about Rapid Gut Reset, Rapid Liver Reset, Inner Circle, practitioner mentorship programs, and more!

[CLICK HERE!](#)