

THERA COFFEE  
GROUND PREMIUM GOLD BLEND



# COR-VITAL COFFEE ENEMAS

*Well-being for the Modern World.*

Cor-Vital's collection of 100% clean, toxin-free, plant-based enemas offer a whole new level of wellness from within. Non GMO. Certified Organic. Fair Trade.

Cor-Vital Thera Coffee is an exclusive premium gold enema blend. Designed with a unique light gold roast, 100% USDA Certified Organic and Fair Trade. It has been specifically blended and processed for the highest levels of caffeine and palmitic acid available, creating a gentle but highly effective detox. Our coffee is cultivated with attention to every detail; shade grown, air-dried and free of mold and fungus.

***IMPORTANT: Before using Cor-Vital's Coffee Enema, please consult a medical professional to determine if it's right for you.***

- If you have Diarrhea, coffee enemas should not be taken.
- If you have Ulcerative Colitis, coffee enemas should not be taken.
- If you are a Colostomy Patient, coffee enemas should not be taken.
- If you have had Chemotherapy, use no more than three times a day but please consult your physician first.

## **A full Cor-Vital Enema Kit for our coffee enema comes with:**

- Cor-Vital Enema Coffee 16 oz. - 100% Certified Organic, Fair Trade using our exclusive gold blend.
- Enema Bucket
- Red Catheter Tube
- Clear Tube with clamp

You will also need a pillow for your head, a small rug or blanket to keep you warm, comfy socks also to keep your feet warm. Hang or position your enema bucket 16 to 20 inches higher than your body when you lie on the floor.

## Reminders before your Cor-Vital Enema:

Before you take an enema, eat a small piece of fruit before the first enema of the day. This is to activate the upper digestive tract and restore blood sugar level after the night to sleep. Also, do this whenever considerable time has elapsed after the last meal, juice or snacks.

## How to make the perfect coffee enema:

1. Boil 32oz of distilled water in a Stainless Steel pot.
2. Lower heat and add 3 tablespoons of coffee, add slowly so it doesn't boil over.
3. Continue to simmer for three minutes without the lid to remove oils, stirring occasionally.
4. Place lid and continue to simmer for a further 15 minutes.
- 5. Cool to body temperature - for quick cool, place in the freezer for approximately 15 minutes.**
6. Strain the coffee using a stainless steel sieve/fine strainer. Some of the liquid will evaporate during cooking so top it up with distilled water to bring the amount of liquid back up to 32 oz. No need to reboil.

***NOTE:** You can make this coffee ahead of time and keep it in the refrigerator for up to 24 hours in a glass/stainless steel container. Reheat to room temperature, or slightly warmer if you prefer, when ready to use.*

*This information is designed for educational purposes only and is not engaged in rendering medical advice or professional services. The information provided through this information 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 healthcare provider.*

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*Remember: Your coffee is only as good as the coffee you use. The best coffee enema formulas are light gold roasted, organic, non-GMO with maximum levels of caffeine and palmitic acid.*



Enemas should be taken every four hours (day and night at the beginning of the therapy), and even more frequently against severe pain, nausea, general nervous tension and depression as indicated by your medical care provider.

**With Gerson Therapy, it's usually recommended that the enemas be taken at 8am, 12am, 4pm, and 8pm.**

If you have any difficulty going to sleep at night, it's recommended that the last enema at 8:00pm at night should be a chamomile tea enema in place of the coffee. This is only if you are sensitive to caffeine. In a few days, coffee can slowly be added to the chamomile and soon increased to the full amount.

**Remember to prevent dehydration and ensure the correct electrolyte balance.** Generally, at least three juices should be taken for every coffee enema.

### **How to take an enema:**

Depending on what you find most comfortable, enemas can be taken lying on the floor with padding and a waterproof cover, or on an enema couch. This should be a comfortable height from the floor (16 to 20 inches), plastic covered or washable. An inexpensive folding camp bed with its own mattress serves the purpose well.

- **Do whatever you feel you need to do to be comfortable.** Some people use plastic covered exercise mats and cover them with a towel. Others use an extra square of carpet and lay a towel on top, with a sheet of plastic, then another similar towel. An old blanket makes good ones. Be sure you are covered and warm.

**Enema buckets can be hung (using the attached handles)** from an improvised stand or knob on a drawer or can sit on a stool for instance.

The Cor-Vital Enema bucket is very sturdy and rigid and can be positioned on a surface quite easily.

- The coffee solution should be at body temperature. Run a little of the solution through the tube into the sink to get rid of air bubbles. Close the clamp on the clear tube.
- Place the enema bucket about 16- 20 inches above you, (Whether lying on a couch or on the floor). No more.
- Lubricate about two or three inches at the end of the tube, or the red enema catheter with a little Coconut Oil.
- Lie down on your right side and draw both your knees close to your abdomen. Breathe deeply.
- Insert the tube about three to four inches into your rectum, but never more than six inches, open the plastic clamp and allow the fluid to run very slowly to avoid cramping.
- Relax and breathe deeply in order to suck the greatest amount of fluid into the colon. If you can, retain the solution for 12-15 minutes. Experiments have shown that after 10-12 minutes, almost all the caffeine is absorbed from the fluid.
- The blood circulates through the liver about once every three minutes, therefore in 15 minutes the blood will have filtered through the liver five times.
- If you have trouble retaining or taking in the full 32 fluid oz. of the prepared enema coffee, 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 10-20 seconds, slowly start raising the bucket toward the original level. You can also control the flow of the solution by pinching the tube with your fingers or adjusting the plastic clamp in a partially closed position.

## **How to keep your equipment clean.**

- Don't place the tube back into the bucket until after you have thoroughly cleaned both the bucket and the tube.
- Use a biodegradable food-use detergent and rinse well. Rinse daily, or as often as needed with 5% hydrogen peroxide.

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