



# ENEMA COFFEE GUIDE

## IMPORTANT DISCLAIMER

*This document should be used as a general guide only. If you are interested in carrying out a Coffee Enema you should seek professional advice. Coffee Enemas can be hazardous and it's important to know how to carry out the procedure safely. Aussie Health Co does not offer professional healthcare advice and takes no responsibility for any injury arising from the procedure. By reading this guide users agree to carry out the procedure at their own risk.*

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## What to Expect

An enema is a procedure where a liquid solution is inserted into the colon via a tube through the rectum. The liquid softens stools in the colon and can stimulate muscle contractions that expel the stool from the colon. Your doctor may recommend an enema for therapeutic or diagnostic purposes.

Always consult with your doctor before performing an enema at home, especially if you have a serious condition. They may not be suitable for people who are pregnant, breastfeeding or have certain medical conditions.

If you use enemas, do it safely: Use filtered water, ensure liquids are cooled to room temperature, and do not force yourself to hold enema solutions if you are constipated.

### **How will I feel after the enema?**

A therapeutic enema should provide prompt relief of constipation and hard stools. Call your doctor if you do not pass any stool or if you only pass a small amount of stool and still feel constipated.

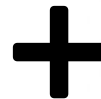
## PREPARATION INSTRUCTIONS

Before performing your first coffee enema, we advise you scroll to the bottom of the guide and read the health hazard section. It's important you understand the implications of doing a coffee enema and the possible side effects associated with it.

It's recommended that before performing a coffee enema, you should perform a regular enema using a non-tainted water solution to wash everything out until the water runs clear. A coffee enema should only be done when the colon is clear.

### What you will need:

- 1 x bag of Aussie Health Co Certified 100% Organic Coffee
- 1 x Aussie Health Co Silicone Enema Bag or Steel Enema Bucket Kit
- 1 x stove, pot, and strainer for preparing the coffee solution before use
- Distilled water



## How Much Coffee to Use

Many enema users want to know the exact coffee: water ratio, but the truth is that each body is different and you have to find the right coffee-to-water ratio for yours.

### Experienced Enema Users

**2 tablespoons of ground coffee to 2 cups of distilled water** is fairly standard for experienced enema practitioners but each body is unique and may respond differently, so we recommend that you err on the side of conservative until you're familiar with how Aussie Health Co Enema Coffee affects you.

### New Enema Users

If you're sensitive to caffeine or are new to coffee enemas, we suggest that you be conservative with your coffee as you start out. Some first-time users have reported feeling nausea or jitters, and starting with a low "dose" may help to mitigate this. **We recommend that you start with 1-2 teaspoons to 2 cups of distilled water.**

## Brewing Instructions

- Bring distilled water to boil
- Add coffee and allow to boil for 2 minutes and then reduce heat and allow to simmer for 8-10 mins.
- Remove from heat and **add an additional 2 cups of distilled, room temperature (or cool) water** to the brew.
- Strain coffee and allow to cool until room temperature



# 7-STEP GUIDE TO COFFEE ENEMAS

## STEP 1: Use the clamp to control the flow.

Pour the strained, cool coffee solution into your enema bag or bucket.



## STEP 2: Hold the insertion end of the tube over the bathtub or toilet.

Open the clamp to let the water travel through the tube until it comes out steadily. Be sure that there aren't any air pockets in the tube. Once you are sure of this, clamp the tube to stop the flow.

## STEP 3: Lie on your back, with your knees drawn towards your chest.

Depending on your comfort level or size, you might also find it more advantageous to lie down on your side; some people find it easier to take in more liquid while resting on their side.





**STEP 4:** After you are comfortable, insert the nozzle about three inches into the anus.

Stop if you feel any resistance and adjust the angle slightly until you can easily insert the tube.



**STEP 5:** Slowly release the clamp to start the flow of water.

Go slowly, as going too quickly can create the need to evacuate immediately. The key to a successful enema is to take in and hold in the liquid until the body's natural peristaltic movements begin. If you experience cramping, clamp the tube and take a deep breath before continuing. Lightly massaging the abdomen will also help.



**STEP 6:** After you have taken as much water as you can hold, gently remove the nozzle.

Continue lying on the floor, or move to the toilet.



**STEP 7:** After you have retained the liquid for several minutes (aim for 12-15), sit on the toilet and relax.

Wait until you are able to expel what you need to.

**You're done!**

Clean your equipment and let it air-dry before storage.

*This Guide was originally posted on [Wikihow](#).*



## CLEANING & MAINTENANCE

It's important to ensure your enema kit has been properly cleaned and dried after each use to remove any bacteria and to ensure that no mold grows inside. As an extra precaution, a visual inspection of the equipment should also be undertaken before each enema.

At a minimum (and for most people), we recommended that you flush your bag, tubing, and tips out with hot soapy water after every use and air dry before storage.

However, some people prefer to go to further measures (such as boiling their equipment or dishwashing it) of cleaning after each use or on a semi-regular basis.

The following is a more detailed method that some people like to follow using hydrogen peroxide to ensure any bacteria is killed. You can also [watch our video](#) on cleaning and maintaining your bag or bucket.



## Enema Kit **Cleaning** Instructions

- 1.** Take your enema kit apart, removing the tube from the bag and the tip from the tube.
- 2.** Wash each part of the kit separately using a mix of anti-bacterial soap and water. Turn the bag inside out while washing to ensure all contents are cleaned thoroughly. Wash off with warm water.
- 3.** Reconnect all the pieces of the kit and pour two cups of 3 percent hydrogen peroxide into the enema bag and let it flow through the tube and the tip before applying the clamp to trap most of the liquid.

For an even deeper clean, keep liquid in the bag and tube using the clip for 2-10 hours.

- 4.** Drain the liquid and thoroughly wash with water. Leave to air dry with the clamp open for up to 8 hours. Ensure the kit is completely dry before storage.





## **IMPORTANT:** Potential Health Hazards & Safe Use

1. Always discontinue the enemas if there is any adverse reaction whatsoever, and discuss it with the doctor at your next appointment.
2. Only use 100% organic coffee. Regular commercial coffee used for the purpose of an enema has been recorded in some cases to cause liver damage.
3. Overuse of coffee enemas could result in electrolyte imbalances.
4. The caffeine in the coffee or tea enema may lead to caffeine addiction.
5. Caffeine enemas must be avoided by pregnant women and people with caffeine sensitivity.
6. Overuse of any type of device designed to temporarily excite the nerves of the colon (such as an enema, colonic, or suppository) could result in decreased function of the bowels.
7. It's recommended you perform a coffee enema during or following a cleanse. It's reported positive effects may lessen if performed while on a poor diet.
8. If intestinal gas is a problem, some exercise before the enema may eliminate the gas.
9. If water will not flow around the entire colon, you may gently massage your abdomen.
10. If the enema makes you jittery, reduce the amount of coffee.
11. The enema may lower your blood sugar. If so, eat something just before or after taking the enema.
12. It may help to place a small pillow or rolled up towel under your buttocks so the water flows downhill into your colon.
13. Use of hot liquid in the rectum could result in serious internal burns.
14. Extensive use of enemas could result in dehydration.