

COFFEE ENEMA FAQs



ISSUE

"I can't hold the coffee."

SOLUTION

- 1 The tube is not far enough in. If you're just using the hose that came with your kit, try a red, rubber catheter.
- 2 Put the coffee solution in slower, either by lowering the bucket or controlling the clamp.
- 3 Put less liquid volume. Example: If you're trying to do 4 cups at once, try 2 cups.



ISSUE

"The coffee enema is great, but I want it to be more effective."

SOLUTION

Soften your bile with any of the following supplements:

- Liver and Kidney Detox Microbe Formulas
- TUDCA by Nutricost
- Phosfood by Standard Process
- Stonebreaker by Herb Pharm



ISSUE

"I put the coffee enema solution in, but nothing came out when I tried to release it."

SOLUTION

Stay hydrated. Your colon could be absorbing that liquid. Also, if you had this problem while doing an afternoon or evening enema, switch to morning. Your colon is in excretion mode in morning, rather than absorption mode.



ISSUE

"I feel terrible after the enemas."

SOLUTION

Know that it's probably not the caffeine--it's likely your liver/bile duct is too clogged. Put half the liquid volume or half the amount of coffee. For example, if you were doing 4T of coffee in 4 cups water, try 2T of coffee.



ISSUE

I'm seeing all these things in my stool, but I'm not sure what they are.

SOLUTION

They could be a variety of parasites, flukes, worms, bile sludges, biofilms, and food. You CAN buy a strainer you use exclusively for straining what you release after enemas, or you could just figure it's part of the process--you don't have to know exactly what's coming out. Always better out than in!

