



How to do a coffee enema (suggestion):

Items Needed:

1. Enema Bucket
2. 2 cups of purified water (not tap water) for heating
3. 2 cups of purified water for cooling the heated water
4. 2 tablespoons – Organic coffee (whole coffee beans to be grounded)
5. Coffee grinder
6. Lubricant (for insertion of tube into rectum) – a few drops of organic olive oil or sesame oil – avoid petroleum jellies such as KY or Vaseline
7. Old towels to use when kneeling/laying on the floor – do not use good towels (coffee will permanently stain the towels).

**Method**

1. Fresh-grind 2 table spoons coffee beans to a fine powder. Don't grind ahead of time (to get the freshest, most active phytonutrients from the coffee). Pre-ground coffee beans partially oxidized.
2. Add the coffee bean powder to 2 cups of water and bring to a similar (small, rolling bubbles) for about 5 minutes. Turn off the heat.
3. Strain the coffee mixture with a fine metal strainer to remove any large particles that could clog the enema tube.
4. Add 2 cups of room-temperature water to the hot coffee liquid mixture – then pour into the enema bucket. The idea is to cool the hot coffee mixture to a warm temperature so it is not too hot when inserting the fluid into the rectum. The final mixture should be warm to the touch (not too hot or too cool) – about 100°F. Note: If temperature is too hot, it can cause damage to the anus or intestines; if too cool, it may cramp the intestines and toxic waste elimination may be poor. However, too cool is better than to hot.

5. Take an enema as follows. (Although not necessary, an excellent time to take an enema is after a bowel elimination).

Apply a small amount of oil (such as olive or sesame) to the anal area (for ease of insertion of the nozzle). Put a towel on the bathroom floor next to the counter. Place the bucket on the counter with the hose dangling to the floor. Lay on the left side and insert the nozzle two inches. Slowly release the hose clamp to allow the liquid to begin to flow into the colon.) Often you will have the sensation of warm liquid gurgling or flowing into the colon). Roll on your back and try to hold the 4 cups for 20 minutes . At first it may be hard to hold all the liquid.

\*If the flow seems to fast, close the hose clamp; wait a minute or two, then open the clamp again. Try to take half the liquid (about 2 cups) into the bowels; then hold for about 10 minutes before expelling. (During this time, you may close the clamp & remove the nozzle from the rectum; then lay on your right side for the 10 minutes – or lay on your back with legs and pelvis elevated on a pillow – if possible.

After 10 minutes, expel the fluid. Then take in the second 2 cups and hold for another 10 minutes. Then expel. You're done!

Best enema time: during the day before 8pm.

**Suggested:**

After the enema, drink ½ cup organic aloe juice mixed with ½ cup purified water.

Any questions can be directed to [info@juicyladies.com](mailto:info@juicyladies.com) or do not hesitate to call us at (818) 716-0800. And of course, we always welcome you in for a free consultation on the instructions provided to you.

Thank you,  
Juicy Ladies Staff  
([www.juicyladies.com](http://www.juicyladies.com))