



Coffee Enema How-To's

Note: A coffee enema should only be performed after consulting with a healthcare professional. It's important to follow these instructions carefully to ensure a safe and effective procedure.

Materials Needed:

1. Organic, non-decaffeinated coffee (medium to dark roast)
2. Distilled or purified water
3. Enema kit (preferably silicone or BPA-free, available on Amazon, at Walmart, etc.)
4. Towels and/or a mat for comfort
5. Lubricant (water-based, non-toxic)
6. Timer or clock
7. Comfortable, private space

Procedure:

1. Preparation:

- a. Start by thoroughly cleaning the enema kit, ensuring it is free from any residue or contaminants.
- b. Boil 2 cups (16 ounces) of distilled or purified water.
- c. Add 2 tablespoons of organic coffee to the boiled water, stirring until it dissolves completely.

Allow the solution to cool to room temperature.

- d. Set up your comfortable, private space with towels and/or a mat to lie on.

2. Positioning:

- a. Empty your bowels before starting the procedure.
- b. Lubricate the nozzle of the enema kit with a water-based lubricant.
- c. Lie down on your left side, with your knees slightly bent towards your chest.

3. Administering the Enema:

- a. Open the clamp on the enema kit tube and fill it with the prepared coffee solution. Close the clamp to prevent leakage.
- b. Gently insert the nozzle into your rectum, around 3-4 inches deep. Slowly release the clamp, allowing the coffee solution to flow into your colon.
- c. If you experience discomfort or cramping, pause the flow momentarily and take deep breaths until the discomfort subsides. Resume the flow at a slower rate if necessary.
- d. Aim to retain the coffee solution for 10-15 minutes. You may want to set a timer or check the clock to keep track of the time.

4. During Retention:

- a. Relax and breathe deeply during the retention period.
- b. You may choose to lie on your right side or back, whichever is more comfortable for you.

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c. Massaging your abdomen gently in a clockwise motion may help to distribute the coffee solution.

5. Elimination:

- a. After the recommended retention time, carefully make your way to the toilet.
- b. Expel the coffee solution and any waste from your colon. This may take several minutes.
- c. It's normal for some coffee residue to be expelled, and it can temporarily darken stool color.

6. Cleaning:

- a. Rinse the enema kit thoroughly with warm water and mild soap. Ensure it is completely dry before storing it.

Important Notes:

- It is recommended to start with a lower coffee concentration and gradually increase it as your body adjusts.
- Consult with a healthcare professional before attempting a coffee enema, especially if you have any medical conditions or concerns.
- Overuse of enemas, including coffee enemas, can disrupt the natural balance of your body, so it's crucial to use them judiciously and under professional guidance.

Remember, a coffee enema should only be performed under the guidance of a healthcare professional, as they can provide specific instructions based on your individual health needs and circumstances.