The coffee enema

An optional deeper tool for liver support, done gently and unhurried.

The coffee enema is a traditional naturopathic practice used to stimulate the liver and gallbladder to release toxins, and to support glutathione production, the body's master antioxidant. Many people notice clarity and a physical lightness afterwards. It is entirely optional, and is mostly beneficial during the liquid / water phase of the detox: nothing in the programme depends on it.

What you will need

- An enema kit: bucket or bag, with the catheter tip*
- Organic green coffee, ground*
- Filtered water
- A towel, and somewhere warm and private to lie down

How to prepare

- **1.** Simmer 2 tablespoons of coffee in 500 ml of filtered water for 12 to 15 minutes, covered.
- **2.** Strain well, and let it cool to body temperature. Test it on the inside of your wrist: it should feel neither warm nor cold.
- **3.** Fill the kit, and let a little liquid run through the tube first so no air remains.

How to do it

- **1.** Lay a towel where you will lie, within easy reach of the toilet.
- **2.** Lie on your left side, knees drawn gently towards the chest.
- **3.** Lubricate the catheter tip and insert it gently. Never force.
- **4.** Let the liquid flow in slowly. Pause the flow if you feel cramping, breathe, and continue only when it eases.
- **5.** Retain for 20 minutes if possible. Many find it easiest to turn onto the right side, over the liver, for this part. Less is fine, especially at first.
- **6.** Release on the toilet, and take your time getting up.
- **7.** Wash the kit thoroughly with hot soapy water after each use, and keep it only for this purpose.

When, and how often

Do enemas in the morning. The coffee may keep you awake if done late. Once or twice a week. Increase to daily if you wish during the core detox days.

Skip the coffee enema if you have haemorrhoids, diverticulitis, recent bowel surgery, or any major digestive condition. In doubt, ask in the WhatsApp group first.

** See the Nutrition & Naturopathy Guide for product recommendations.*