



THE COFFEE ENEMA GUIDE



6 Steps to Detox Your Liver & Blood

1

Grind 3 Tablespoons of Organic Mold Free Coffee

Combined with 1 Quart of Distilled or Spring Water



2

Bring Contents to a Boil

Let simmer for 15 minutes to activate the healing properties of the coffee.



3

Strain with Fine Mesh Strainer

Let cool until luke warm, or comfortable to the touch.



4

Pour into Enema Bucket

Lie on your right side, and insert the tip of the hose into the rectum, in the fetal position. Then release the lock on the tube.



5

Allow half of the Liquid in

Close the hose lock. Set time for 10 - 12 minutes and hold. Release when needed.



6

Repeat Step 5

Close the hose lock. Set time for 10 - 12 minutes and hold. Release when needed.

