**Coffee enema**

**1 serving**

**30-45 min. prep time**

* 3 T Organic caffeinated coffee
* 1000 ml filtered or distilled water
1. Brew coffee with boiling water in a French press coffee maker (or boiling water in a pot)
2. Allow the coffee to brew for 10 minutes
3. Press down on the French press and then let the coffee cool to room temperature
4. Pour the 1000 ml of coffee into a bladder or stainless-steel enema bucket (ensure the sterile tubes are already attached and clamped down)
5. Place the bladder or bucket on a surface approximately 3' above the ground
6. Place a towel down and lie down on your back
7. Insert the small thin part of the tub about 3-6" into your rectum (use an oil or gel to lubricate the tube if necessary)
8. Unlock the clamp and allow the coffee to begin to slowly flow into your body
9. After all the coffee has been emptied from the bladder or bucket, turn over onto your right side (removing the tube at this stage may cause a release of liquid back out o your body)
10. Try to hold the coffee in for at least 12-15 minutes by breathing and relaxing your body. Read a book, or listen to music to distract yourself if necessary
11. When you need to release the coffee enema from your body simply sit on the toilet and allow all of this liquid to be expelled

*Tips:*

* To accelerate step 3, you can pour the brew into a glass container and place in the fridge. Check temperature frequently to avoid letting the brew become to cold.