

COFFEE ENEMA INSTRUCTIONS

from

Wellness Against All Odds, by Sherry Rogers, M.D.
and other sources

Do not fail to read the Interview with Dr. Gonzales and the page on Gerson, following the instructions!

For really toxic people, a good rule of thumb for frequency would be once a day, three weeks out of every four. Then you can be sure of the effects. In over a hundred chemically sensitive people who have improved significantly with the enemas there were less than half a dozen who did not feel well and discontinued them. And I have never heard of a serious or permanent side effect from them.

YOU WILL NEED THE FOLLOWING MATERIALS:

1. An enema bag, preferably one of clear plastic that you can see through, and
2. A special soft French catheter to fit over the hard plastic tip of the enema bag,
3. A large stainless steel cooking pot,
4. Organic coffee (or according to Sherry Rogers, Folgers (red can) fully caffeinated, drip grind coffee) which Dr. B. Would not use! See below for source of non-roasted organic coffee.
5. A Pyrex one quart (4 cup) measuring cup with handle and pour spout,
6. Unsulfured molasses, and
7. Chemically less contaminated water; definitely do not use city tap water. If you have clean well water that's fine, or filtered water or glass bottled water (not in plastic bottles).

The cheapest route is to use reverse osmosis on your house water or a faucet filter.

If you must use city water, boil off the chlorine for 10 minutes. (and buy a chlorine filter for your shower!)

The see-through enema bag is preferable, but there is nothing wrong with the old-fashioned type that doubles as a hot water bottle. If you want, you can buy a French or foley catheter, of very soft rubber. Because it is of softer rubber than the hard plastic tip of the enema bag, it is easier on your hemorrhoidal area. If you do get the extra catheter tip, be sure to cut the bottom 2 inches off the enema bag's hard, plastic tip with scissors before attaching the soft red rubber catheter tip. Otherwise the soft catheter will cover only the end hole at the very tip, and coffee will run out the second hole that is on the side just above the tip.

**OBTAIN A KIT (ENEMA PAIL, CORD, CATHETER) BY MAIL WITH YOUR CHARGE CARD FROM
COLLEGE HEALTH STORE ~ CALL (888) 477-3618
KIT IS \$ 14.00 BY MAIL,
ORGANIC GREEN COFFEE IS \$ 35.00, *taxable*.
Store address: 815 Santa Fe, Weatherford Texas 76086
Sign on Building is Abundant Health
Hours 9-5**

PROCEDURE FOR MAKING THE ENEMA

Put 1 quart of clean water in a pan and bring it to a boil. Add 2 flat tablespoons of coffee (or the coffee amount that has been prescribed for you). Let it continue to boil for five minutes, then turn the stove off leaving the pan on the hot burner. Add one tablespoon of unsulfured molasses.

Allow it to cool down to a very comfortable, tepid temperature. Test with your finger. It should be the same temperature as a baby's bottle. It's better to have it too cool than too warm; never use it hot or steaming.

Next, carry your pan or pot and the Pyrex measuring cup into the bathroom and lay an old towel on the floor. If you don't use an old towel, you will shortly have many old towels since coffee stains permanently. Use another bunch of towels, if you want, as a pillow and bring along your BIBLE or some other appropriately relaxing literature.

Pour the coffee from the pan into the measuring cup without getting the coffee grounds in the cup. I would use a tea strainer. Put your enema bag in the sink with the catheter clamped closed.

Pour the coffee from the measuring cup into the enema bag. Loosen the clamp to allow the coffee to run out to the end of the catheter tip and re-clamp the bag when all the air has been removed from the enema tubing.

Use a coat hanger to hang the enema bag at waist level. A door knob or towel rack is appropriate. Do not hang it high, as on a shower head, because it will be too forceful. It should flow very gently into the distal sigmoid colon only. This is not meant to be a high enema or colonic. It should only go into the distal rectum.

Lie down on the floor and gently insert the catheter. If you need lubrication, food grade vegetable oil such as olive oil would be fine. Avoid petroleum jellies, like KY or Vaseline, etc.. Gently insert the tube into the rectum a few inches and then release the clamp and let the first 1/2 of the quart (2 cups maximum) of coffee flow in. Clamp the tubing off as soon as there is the slightest amount of discomfort or fullness. Some prefer to roll to the right side, then the left and then back to the right and then the left again, staying a few minutes on each side and then lie flat and gently massage the abdomen.

Try to retain the enema for 10 minutes. Sometimes there will be an immediate urgency to get rid of it and that is fine. It helps to clean the stool out of the colon so that next time around you can hold more of the enema. Never force yourself to retain it if you feel that you can't, or are uncomfortable.

When you have clamped the tubing, remove the catheter tip and void when you have to. If you can hold it ten minutes each time, fine. After you have emptied the bowel, proceed with the remaining 1/2 quart and likewise hold that for 10 minutes, if able, then void.

The goal is to have two enemas, not exceeding 1/2 a quart (2 cups) each, that you are able to hold for 10 minutes each. Usually 2 or 3 times will use up all of the enema, but that is not your goal. Being able to hold it for 10 minutes is the goal. During that time you will often feel or hear a gurgling or squirting out of liquid up under the right ribs. That may be your gallbladder discharging it's load into the bowel.

When you have finished your session, rinse out the bag and hang it up to dry. Periodically run boiling water, peroxide, or other comparable anti-microbial material through the empty bag just to discourage mold growth when it is not in use.

If you are hesitant to add the molasses, which serves to improve the efficiency of the enema, then omit it for the first few weeks, then see if you tolerate it.

If you feel "wired" or hyper, or have palpitations or irregular heartbeats after a coffee enema, you should reduce the amount of coffee, usually by half for a few days or weeks. [Or consider that you really do need organic coffee.] And be sure the source of your water is good clean chemically less-contaminated spring, well, or filtered water. No chlorinated tap water for sure!

Usually you will hear or feel a squirting out and emptying of the bile duct. This occurs under the right rib cage, or sometimes more closely to the midline. If you hear or feel the release of the liver on the first or second enema, 2 is all you'll need. You can save the rest for the next time. If after a week of daily enemas you have never felt or heard the gall bladder release, you should consider making the coffee stronger, going up 1/2 tablespoon increments per quart, not exceeding 2 tbs. per cup. Or you may need a slightly larger volume, such as 3 cups at a time. Sometimes, 3 enemas (2 cups or less each) rather than two at a session are more beneficial for some.

Always discontinue the enemas if there is any *adverse reaction* whatsoever, and discuss it with the doctor at your next appointment. They are not meant to make you worse.

THE ROLE OF COFFEE ENEMAS NOTING THE HISTORY

Excerpt of Interview with Nicolas J. Gonzales M.D. (NJG) by Kurt Hamilton (KH)

Dr. Gonzales successfully treats Pancreatic Cancer (and others types) in New York City, following the basic protocols of Dr. Kelly of Dallas, who used Pancreatic Enzymes and other procedures, and has succeeded in thousands of cases of cancer and began his protocols after he had cured his own Pancreatic Cancer.

See Dr. Gonzales web-site for more details.

KH: What is the role of coffee enemas in this particular treatment ¹and what is the history of coffee enemas in traditional medicine?

NJG: When I first began my research efforts, I was very surprised to find that the coffee enemas, often portrayed as one of the most bizarre aspects of alternative medicine, came right out of the Merck Manual, a revered compendium of orthodox treatments. When I was completing my immunology fellowship, I had an interesting correspondence with the then editor of the Merck Manual, who confirmed that the coffee enemas had been advocated in the Merck Manual from about 1890 right up until 1977, when they were removed more for space considerations than anything else. Most nursing texts for the better part of the century recommend coffee enemas.

Particularly during the 1920s and 1930s coffee enemas were used in the US and abroad to treat a variety of conditions: and I have put together a library of articles from that time discussing the wide ranging effects on patients. Coffee enemas were frequently recommended because patients, whatever their underlying problem, tended to feel better after a coffee enema. I have followed thousands of patients over the years who have done coffee enemas in some cases for decades: virtually all patients report an increase sense of well being. I have done them myself daily since first learning about them in 1981.

There is research going back to the earlier part of the century that indicated that coffee enemas stimulate more efficient liver function and gallbladder emptying, and we believe that is the primary therapeutic benefit. Particularly with cancer patients, who often have a very large tumor burden, as the body repairs and rebuilds and as tumors break down, enormous amounts of toxic debris can be produced, much of which must be processed in the liver.

The coffee enemas seem to enhance this processing of toxic metabolic waste. Interestingly enough, in Hospital Practice (August 15, 1999 page 128), a very orthodox journal of internal medicine, I read a summary of an article showing coffee seems to enhance gallbladder and liver function.

KH: Is it possible that the positive effects from the coffee enemas are a result of a "caffeine high" versus a metabolic benefit?

NJG: The issue of a caffeine high is often raised. I don't believe this is the case at all. First, patients almost universally report a relaxing effect, not the stimulation you find with coffee taken orally. Many patients, in fact, fall asleep while doing the enemas. I, myself, have never been able to tolerate drinking coffee because coffee, when drunk, causes in me an amphetamine like response. However, I always feel relaxed when I do a coffee enema and often fall asleep. Something completely different is going on with the enemas.

¹ *pancreatic cancer and other cancers with pancreatic enzymes*

From: **A CANCER THERAPY - RESULTS OF FIFTY CASES** Max Gerson
Totality Books, 1958 & 1975
{the order of two paragraphs have been rearranged by Dr. Braun}

ENEMAS

Inasmuch as the detoxication of the body is of the greatest importance, especially in the beginning [of any treatment], it is absolutely necessary to administer frequent enemas, day and night (on the average, we give coffee enemas every four hours, day and night, and even more frequently against severe pain, nausea, general nervous tension and depression). Enemas also help against spasms, precordial pain (in the area in front of the heart, of the left upper chest) pain and difficulties resulting from the sudden withdrawal of all intoxicating sedation.

Difficult as this may be to believe, experience has proved that frequent enemas completely eliminate the need for sedation. Some patients take enemas every two hours, or even more frequently, during the first days of the treatment. More advanced cases are severely intoxicated and the absorption of the tumor masses, glands, etc. intoxicates them even more: many years ago I lost several patients by *coma hepaticum*, since I did not know, and therefore neglected, the vital importance of frequent and regularly continued elimination of poisonous substances, with the help of juices, enemas, etc.

To make enemas most effective, the patient should lie on his right side, with both legs drawn close to the abdomen, and breathe deeply, in order to suck the greatest amount of fluid into all parts of the colon. The fluid should be retained 10-15 minutes. Our experiments have shown that after 10-12 minutes almost all caffeine is absorbed from the fluid. It goes through the hemorrhoidal veins directly into the portal veins and into the liver. Patients have to know that the coffee enemas are not given for the function of the intestines but for the stimulation of the liver.

According to the experiments of Professor O.E. Meyer and Professor Heubner of the University of Goettingen, Germany, it is not certain whether the caffeine stimulates the liver cells directly or indirectly through the visceral nervous system. In any case, the effect is an increased production of bile, an opening of the bile ducts, and greater flow of bile. At the start of the treatments and during "flare ups", the bile contains poisons, produces spasms in the duodenum and small intestines, causes some overflow into the stomach, with resultant feeling of nausea or even vomiting of bile. In these cases, great amounts of peppermint tea are necessary to wash out bile from the stomach. Thereafter, patients feel much easier and more comfortable.

On the average, every other day, (in addition) we give two tablespoons of castor oil by mouth, followed by a cup of black coffee by mouth, and five hours later, a castor oil enema, in addition to the coffee enemas, without interrupting their frequency. A cup of coffee taken by mouth has an entirely different effect. It contains 0.1 gram to 1 1/2 grams of caffeine. It heightens the reflex response (Schmiedeberg), lowers the blood pressure, increases heart rate, causes perspiration, causes insomnia and heart palpitation, and the local irritation stimulates peristalsis (stomach motility). For this reason it eliminates the castor oil faster from the stomach. Therefore coffee by mouth had to be limited to one cup taken by mouth after the castor oil.

{ NOTE from Dr. B. on coffee:

*There is no other medical use for coffee. It is toxic. It impairs & delays liver detoxification.
To your body it is a vice, for which you must compensate by intensifying your detoxification daily.*

If you drink coffee, use organic. Coffee is one of the most heavily pesticided crops on earth!

*Order organic, sustainable from Mother Earth News on the net, or from Jessica's Biscuit on the net,
or from Paul Newman Organics, etc..*

*Try and get used to organic DECAF, and use ½ regular and ½ decaf and taper until you are off the caffeine.
Then use the caffeinated type only for all night driving and other necessary demands to stay safe and alert.*