Coffee Enema Recipes

Coffee: Organic, medium roast and medium ground.

Single enema recipe:

- Add 3 rounded tablespoons of drip ground coffee to a quart of boiling distilled water.
- Boil for 3-5 minutes **uncovered**, lower heat and then simmer for 15 minutes **covered**.
- Strain mixture with a fine-knit strainer to remove all grounds and add additional water back to make 32 oz.

Concentrate – 4 enemas:

Alternatively, you can make a coffee concentrate for 4 enemas in one jar.

- 12 tablespoons light-medium roast, fine ground organic coffee
- 32 ounces distilled water

1. Bring water to a boil
2. Add coffee and boil for 3-5 minutes, **uncovered**
3. Lower temperature, **cover** and simmer for 15 minutes.
4. Let cool and strain through a fine-knit metal strainer
5. Add water to bring back to 32 ounces

Use: For one regular strength enema, shake the jar to dissolve sediment at the bottom, and then dispense 8 oz. of coffee concentrate in a 32 oz. Pyrex measuring bowl, add 24 oz. of distilled water, then reheat to body temperature for an enema.

Tip: If you are taking 4-5 coffee enemas a day, it is advisable to make the coffee concentrate in a **double batch** to provide you with a two day supply. This way you only have to make the concentrate every other day.

****Let the coffee cool to body temperature before performing the enema.****
**** Can keep in refrigerator for up to two days.****