

# STEP-BY-STEP COFFEE ENEMA Instructions

## STEP 1

### Brew the coffee

Add 2-4 tablespoons of freshly ground organic coffee beans to 2-4 cups of boiling water. Allow the water to cool to body temperature, testing with your finger or thermometer.

After cooling, strain the coffee so no grounds are present. Assemble the enema bag or bucket and pour the coffee in. Make sure the clamp on the hose is closed before you begin pouring.

## STEP 2

### Prep the bathroom & enema

Make a comfortable spot to lay in the bathtub or on the floor by laying down an old towel, in case there is a leak. Hang the bag or bucket several feet above where you are laying to allow gravity to release the coffee.

Open the clamp, allowing the air to escape from the hose, then clamp quickly before the liquid flows out of the tip.

## STEP 3

### Administer the coffee

Lay on your back with your knees bent and feet flat on the floor. Grease the tip with coconut oil or another natural lubricant and gently insert into rectum.

Open the clamp, allowing the coffee to flow. **Turn on your right side, to help the coffee drain into the liver.** Use the clamp to adjust the flow rate until you feel comfortable. If the coffee is flowing too quickly you can partially, or fully, close the clamp until you are ready to continue.

## STEP 4

### Once it's empty



Once the enema bucket is empty, close the clamp. You may choose to remove the tip from your rectum, or leave it in place. **Start a timer, try to hold the solution for 15 minutes** before expelling into the toilet.

Rinse the bag/bucket and tubing thoroughly, scrub with **hot, soapy water**. Additionally, allow **hydrogen peroxide** to run through all of the tubing. Store once fully dry.

## What you will need:

- Enema bag/bucket with hose, clamp, and tip
- 2-4 cups Purified water
- 2-4 tbsp Organic ground coffee beans
- Coffee grinder
- Strainer
- Coconut oil
- Dish soap/Hydrogen peroxide
- Optional: 1 tbsp organic unsulfured blackstrap molasses



## TIPS:

- Do not worry if you can't hold the coffee in for the full 15 minutes, you may only be able to hold it for a few minutes at first. It is a process that takes time to work up to. Alternatively, you are having a hard time holding the coffee, add **1 tbsp of organic unsulfured blackstrap molasses**. If necessary, divide the enema solution into 2 parts to use consecutively.
- It is most effective to do the coffee enema when the bowels are clear, such as after a recent bowel movement. Alternatively, you may use a **plain water enema** to clean out the colon before administering the coffee.
- You can lay on your right side or try different positions such as turning to the left side, massaging the abdomen in a clockwise motion, or bringing knees up to chest.
- You may experience pressure in your abdomen build up then release. This is your gallbladder dumping toxic bile to be released when you expel the coffee. If the pressure is intense, pant like a dog to relax the diaphragm and stimulate the release. If the urge to expel is overwhelming, do not strain or resist.
- Too many coffee enemas can be depleting, so only do them as often as advised. Rehydrate with electrolytes such as BioActive Carbon Minerals by CellCore. **Proper hydration** is critical as well, so drink plenty of purified water, herbal teas, or coconut water before.
- If you feel nauseous after the coffee enema, you may have stirred up more toxins than the body was ready to handle. To prevent this, take a **binder**, such as BioToxin Binder or HM-ET Binder by CellCore, with plenty of water after administering the coffee enema.

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