

How does a coffee enema (implant) work?

First, a little simplified physiology. The liver produces bile. The primary role of bile is to emulsify fats during digestion and also to neutralise toxins allowing the safe excretion of toxic metabolic waste. This important role in detoxification is enhanced by coffee, which has an enzyme capable of dilating bile ducts thereby releasing more bile.

In the worldview of some naturopaths, and many colon hydro therapists, the following is what is thought to happen when the coffee is implanted through the rectum into the sigmoid colon (lowest part of the colon).

The explanation is based on known physiological principles of bowel and liver functioning. The bowel is porous and is designed to absorb liquid. The active elements of the coffee enema will be absorbed very quickly and easily into the mass concentration of veins in the rectal area (the hemorrhoidal veins).

(See note 1).

These veins lead into the hepatic (ie liver) portal system. Through the portal vein, the therapeutic enzymes in the coffee enema, such as palmitic acid and caffeine go directly to the liver. There, they enhance the production and activity of glutathione s-transferase enzyme, a very powerful free radical fighter.

(See note 2)

The glutathione s-transferase enzyme system captures free radicals and toxins, throwing them to the glutathione in the liver. The glutathione binds the free radicals and toxins and safely escorts them on to one of the pathways leading out of the body. This mechanism then stimulates the bile canaliculi (bile receptors found in the liver) to open and release the bile into the network of pathways leading to the common bile duct and gall bladder for storage or directly into the duodenum. Palmitic acids and other compounds stimulate the liver and gallbladder to discharge bile into the duodenum, carrying along with it, toxins that are securely bound to glutathione, for safe elimination.

Bile is formed out of old red blood cells. A coffee enema encourages production of new RBCs (notwithstanding there is a limit to how many can be produced based on the life cycle of RBCs). Once the blood is detoxified by the liver, the hepatic veins drain it into the inferior vena cava that leads to the heart. The newly purified blood now has the capacity to carry deeper layers of toxins out of the cells. In a relatively short time, regular use of coffee cleanse frees the body of deeply stored toxins that may never have been removed otherwise.

Thus, a coffee cleanse enema powerfully detoxifies the whole bloodstream.

NOTES

(1): The coffee itself does not travel to the liver through the portal system. Only the palmitic acid and other compounds that are extracted through the colon wall into the veins surrounding it are carried to the liver. [That's why even people intolerant of coffee taken as a drink have no problem with coffee enemas.] The coffee liquid itself remains in the sigmoid colon (last part of the large intestine before the rectum), until it is eliminated.

(2) Because coffee enema increases the body's production of glutathione s-transferase by 700%, it is very effective at quenching free radicals as well as cleansing all manner of toxic elements out of the body.

Nil by mouth

What is the difference between having coffee orally and rectally?

A lot!

Bile is normally reabsorbed up to 10 times before working its way out the intestines via stool. (This is good when the body's toxic burden is low, but *not -so- good* when the toxic burden is high. In the latter case, the body keeps having to encounter re-circulated toxins along with the re-circulated bile.)

When someone drinks a cup of coffee, it starts the whole digestive machinery process for its digestion. The caffeine, adversely affects all the stomach, pancreas and liver, as it goes through them during the digestion process. And because it needs to be detoxified by the liver before getting extracted by the bile, it remains in the bloodstream throughout this process before getting out of the system. According to information on Medline, caffeine is absorbed and distributed very quickly and once absorbed, passes into the brain.

People who consume too much coffee (or who are intolerant to it) may suffer from side effects such as headaches, heart palpitations and dehydration (leading to constipation).

Since bile goes into a reabsorption process up to 10 times before getting toxins out via the colon, it means the adverse effects of the coffee keeps getting triggered until the body finally manages to process it out. With constant coffee drinking it never gets a chance to do this.

When coffee is taken in an implant it does not enter into systemic circulation. This proven, because blood tested after a 15 min coffee implant shows no sign of caffeine. Also, digestive processes are not triggered with the coffee implants (you don't wake up your taste or smell senses). The coffee enzymes in the implant are believed to act uniquely because during the 12 m -15m its held, it does not allow reabsorption of toxic bile by the liver across the gut wall, rather it facilitates detoxification of the blood stream by stimulating natural existing enzyme systems in the liver and small intestine.

How does the coffee enema get incorporated into the colon hydrotherapy treatment?

I administer the main on-table Colonic Hydrotherapy treatment (for 20 minutes to 40 min, depending whether you are having basic or enhanced sessions) before implanting the coffee.

The default protocol is: If it's your first time with coffee enemas or it's already known that you have a strong release response to them, I will do the fill in two or three stages. When you feel a need to release, you do so. After which, another fill is done. This way you might hold the coffee for 3 to 5 minutes between releases.

When the system is less reactive (ie less immediately toxic), then

you will be able to relax for 12 to 15 minutes holding the implant liquid in while the coffee enzymes gets to work.

The objective would be getting to a one-time hold of 15 min, which is optimal for therapeutic action. This may take a number of sessions to reach.

As an aside, in the Gerson protocol (a holistic approach to the treatment of a number of disease conditions, notably cancer), it is suggested that when the enema is held for 12 to 15 minutes, the action of coffee's active principles could be thought of as similar to a mini dialysis of blood across the gut wall. It caters for 4 to 5 rotations of the *entire* blood supply, since the blood in the body passes through the liver every three minutes.

Organic whole coffee bean (ie not instant coffee!) is used in the treatments, with certain enhancements (e.g. addition of green coffee extracts, etc.)

So much for the physiological action, but what are the benefits?

❖ *Users of coffee enemas routinely report relief of:*

- Constipation
- Depression
- Confusion
- General nervous tension
- Many allergy related symptoms
- Pain
- And detoxification commonly relieves issues with the skin, hair, eyes and nails.

❖ *Holistic practitioners, and many of their clients, surmise that regular coffee enema administration could help in:*

- Cell energy production
- Enhanced tissue integrity
- Improved circulation
- Improved immunity
- Improved tissue repair and regeneration
- Many people notice the calming effect of coffee enemas.

Context for the above information

Please note that I (Julia Rhodes) am not medically qualified. The information in my information sheets do not constitute medical advice, its simply derived from my knowledge, experience and understanding as a holistic practitioner in the field of colon hydro therapy. I am a non-practicing physiotherapist, and certified colon hydro therapist, in good standing with my professional body ARCH. No medical or clinical claim is made for colon hydrotherapy, or in respect of any information I share with readers in the context of colon hydrotherapy.