COFFEE RETENTION ENEMA GUIDE

Liver Detoxification & Bile Stimulation Protocol — Larrea Naturopathic Medicine / Tecaya Health

What is a coffee retention enema? A coffee enema is a form of hydrotherapy that delivers a small amount of brewed organic coffee into the colon, where it is retained for 15 minutes. Unlike drinking coffee, the rectal route allows palmitic acid and caffeine to cycle directly through the liver — stimulating bile flow, activating detox enzymes, and helping the body clear toxins rapidly.

Is it safe? Yes, when performed correctly. Coffee enemas have been used for over a century, popularized by Dr. Max Gerson as part of his nutritional cancer therapy. When done properly, they do not cause habituation, constipation, or rectal problems. Many patients describe feeling lighter, clearer-headed, and less toxic afterward.

WHY COFFEE — AND WHY RETENTION?

How It Works in the Body

When coffee is held in the colon for 15 minutes, the portal vein absorbs the active compounds — caffeine and palmitic acid — and carries them directly to the liver. This is very different from drinking coffee, which is processed through digestion.

- Palmitic acid and caffeine cycle through the liver approximately 4 times in 15 minutes
- This thins the bile and triggers a significant release of stored toxins
- Bile flow increases within minutes — confirmed by endoscopic studies
- Caffeine dilates blood vessels and relaxes smooth muscle in the liver — this does NOT happen when coffee is consumed orally
- Increased bile flow alkalinizes the small intestine and improves digestion
- Coffee acts as an astringent in the colon — helps clean the colon walls

Key Benefits

Toxin elimination:

- Enhances liver elimination of toxins through increased bile output
- Prevents reabsorption of toxins produced by undigested food in the colon
- Improperly digested food ferments (sugars) and putrefies (proteins) — producing toxic chemicals absorbed into the liver. Coffee enemas break this cycle.

Enzyme activation:

- Activates the glutathione-S-transferase enzyme system — the liver's primary detox enzyme — by up to 600% above normal
- Greatly reduces free-radical activity
- Blocks carcinogens from being processed by the body

Additional benefits:

- Excellent for hangovers — can eliminate 50–75% of harmful aldehydes within 30 minutes
- Reduces nausea, headaches, and toxic symptoms
- Particularly helpful during healing reactions in detox protocols

Which Coffee to Use

BEST CHOICE:

- Organic light roast — the lighter the roast, the more palmitic acid retained
- Mycotoxin-free brands preferred: Bulletproof Coffee, Purity Coffee, or PureLife Enema Coffee

Light roast coffee is blond/lighter in color — this is intentional and correct.

How Often

Basic detox program: Once daily or every other day for 2–10 weeks

Active healing support: Up to 2 per day during a healing reaction

Serious illness: 2–6 per day (under practitioner guidance) for several months

Best time: After a normal bowel movement. Avoid evenings — caffeine may interfere with sleep.

Dr. Gerson used up to 6 daily in severely ill cancer patients for years with no ill effects. For general detox, once daily or every other day is ideal.

WHAT YOU NEED — SUPPLIES

Enema Container

- Enema bag (available at most drug stores) — reusable with proper cleaning
- Stainless steel enema bucket with clamp — ideal for long-term use
- Disposable plastic enema bags are an affordable option — can be reused a few times if cleaned well

Important: Do NOT pour hot coffee into the bag. Always cool the coffee to comfortable body temperature first.

Coffee & Water

- 2–3 tablespoons of organic light roast coffee
- 1–3 cups of purified (filtered) water
- A fine mesh strainer or 2 brown paper coffee filters for straining

Using 1 cup of water is easier to retain for beginners. Using 3 cups is more effective for colon cleansing and is preferable for those with significant bowel toxicity.

Other Supplies

- Lubricant for enema tip: coconut oil, olive oil, or castor oil (use sparingly — too much causes tip to slip out)
- A clean towel to lie on
- A clamp for the hose (essential for flow control)
- Optional: small pillow for under the buttocks

Optional Additions

- A few ice cubes to speed cooling of the brewed coffee
- 2 tablespoons of blackstrap molasses added to the water — helpful if difficulty retaining

A plain water enema beforehand can help clean the colon first and make retention easier — especially for beginners.

STEP-BY-STEP INSTRUCTIONS

STEP 1 Brew the Coffee

Place 1–3 cups of purified water and 2–3 tablespoons of organic light roast coffee in a saucepan.
Option A: Bring to a boil, let boil 5 minutes, then turn off heat.
Option B: Use a coffee maker or pour boiling water over coffee using the cone drip method.
Cool the coffee until it is comfortable to the touch — not hot, not cold. Add a few ice cubes to speed cooling. Strain through a fine strainer or 2 brown coffee filters into the enema bag.

STEP 2 Prepare the Equipment

1. Attach the hose securely to the enema bag and fasten the enema tip to the other end.
2. Remove air from the tube: hold the bag above the tip over a sink with the clamp open until water flows, then close the clamp.
3. Lubricate the enema tip with a small amount of coconut, olive, or castor oil. Use sparingly.

STEP 3 Get into Position

Lie on your back or left side on a towel on the bathroom floor or in the bathtub. Hang the enema bag 1–2 feet above your abdomen (a towel rack works well). Make sure the clamp is within reach.
Optional: Place a small pillow or rolled towel under your buttocks to help the water flow downhill into the colon.

STEP 5 Retain for 15 Minutes

Remain lying down. Use the time to read, meditate, or rest.
For best results: Lie on your left side for 5 minutes → roll onto your back and gently massage your abdomen for 5 minutes → roll onto your right side for 5 minutes. This helps the coffee travel through the full length of the colon.
It is fine to retain for up to 30 minutes if comfortable.

STEP 6 Release & Clean Up

After 15–30 minutes, go to the toilet and release the contents. It is okay if some water remains inside.
If water regularly remains inside: this may indicate dehydration — increase your daily water intake.
Wash the enema bag, hose, and tip thoroughly with warm water and soap after each use.

Troubleshooting & Helpful Tips

Can't retain for 15 minutes? Start with less coffee (1 tbsp) or less water (½ cup). Try adding 2 tbsp of blackstrap molasses to the water.

Feeling jittery? Reduce the amount of coffee — you may be absorbing too much caffeine.

Blood sugar drops? Eat a small snack just before or after the enema.

Intestinal gas? A short walk before the enema can help move gas through.

Water won't flow? Gently squeeze the bag. Make sure the bag is hung high enough above your body.

Have hemorrhoids? Extra care is needed when inserting the tip. Some people with hemorrhoids find the procedure irritating — consult your provider.

STEP 4 Insert & Fill

Gently insert the lubricated tip 1–2 inches into the rectum.
Open the clamp. Water will begin flowing within a few seconds. Adjust the clamp to slow the flow if needed.
If you experience a cramp: close the clamp, take a few deep breaths, turn side to side, and wait for the cramp to pass before continuing.
When all liquid is inside, close the clamp. The bag will be flat or the container empty.

What to Expect Afterward

- Many people feel lighter, clearer-headed, and less toxic
- A slight caffeine rush is normal — it is milder than drinking coffee
- Excellent for relieving nausea, headaches, and toxic symptoms
- Great remedy for a hangover — can clear 50–75% of harmful aldehydes within 30 minutes
- Some fatigue or tiredness is normal as toxins are cleared
- You may notice changes in stool color or consistency — this is normal during detox

SIDE EFFECTS & SAFETY

When Performed Correctly

- Coffee enemas do NOT cause habituation, constipation, or rectal problems
- No significant negative effects reported in those who need them
- Dr. Gerson's patients used them for years — including up to 6 per day — with no ill effects
- The procedure is safe for most people and can be done at home without special equipment
- Not as thorough as professional colon hydrotherapy but an excellent and convenient complement to it

When to Use Extra Caution

- Hemorrhoids: take extra care inserting the tip; some find it irritating — start gently
- Difficulty retaining: start with less water or less coffee; consider adding molasses
- Caffeine sensitivity: reduce coffee amount; monitor for jitteriness
- Serious illness: use under practitioner guidance for frequency and duration
- If any unusual symptoms develop, stop and consult your provider

Patience makes perfect. The first time may feel awkward — that is completely normal. Most patients quickly find the procedure straightforward and deeply beneficial. Many say it is one of the most valuable tools in their entire detox protocol.



