

Are coffee enemas a good idea?

WARNING: Not recommended for liver cancer patients or extremely thin and weak patients.



Dr. Budwig did not use coffee enemas on her patients. She did, however, administer flaxseed oil enemas. Coffee enemas are one of the most effective ways to detoxify the liver and reduce pain. However, they are not recommended for long periods of time, as they deplete the body of minerals. It's advisable to do the enema at the beginning of any liver detox treatment, preferably once a day for 3 weeks, after which you can reduce to twice a week. Chlorophyll enemas are also very rewarding (using $\frac{1}{4}$ liquid chlorophyll diluted in water). Green tea or chlorophyll enemas are not as effective for detoxifying the liver, but an excellent option from time to time.

As abnormal cells start to naturally die off, the body needs to purify itself to avoid self-poisoning. We recommend that you consult a specialist first in order to avoid side-effects.

The caffeine absorbed into the enterohepatic circulation system through coffee enemas purifies the hepatic ducts (including the bile ducts) from toxins, and also cleanses the sigmoid colon. It is a low-volume enema that remains only in the sigmoid colon.

There is a vein system between the sigmoid colon and the liver called the enterohepatic circulation system. When the stool reaches this point (the sigmoid colon), it contains many toxins, which are sent to the liver for detoxification. The coffee enema will increase the transit time in the bowel. The caffeine that is absorbed into the enterohepatic system causes the liver ducts, including the bile ducts, to empty out toxins (it actually causes the liver to “vomit” out toxins). Releasing the toxins into the hepatic ducts, makes room for toxins from the body to enter the liver for detoxification. The alkaloids in the caffeine stimulate the production of glutathione-S-transferase, which is an enzyme that facilitates the liver detoxification pathways.

Coffee enemas are safe even for people who are sensitive to caffeine because the coffee remains in the sigmoid colon, where it will not be absorbed, provided the proper amount is used and the enema bag is not placed too high.

You will need the following materials:

- ✓ An enema bag or bucket, preferably one of clear plastic that you can see through
- ✓ A coffee machine to make 3 cups of coffee for male adult (2 cups for child or woman of 50/60 kg)
- ✓ A tea pot to make 2 or 3 cups of green tea
- ✓ 3 cups (3 x 250 mil) of pure water
- ✓ Organic (if available), fully caffeinated, drip grind coffee
- ✓ Use 2 cups of coffee if you weigh around 60 kg and 3 cups for people around 80 kg
- ✓ Air mattress (especially if you are older or weak, you should lie on a soft air mattress, like ones used at the beach; cover with plastic and old towels)
- ✓ A plastic or metal type filter to strain the coffee (do not use paper filters as they contain harmful chemicals)

Procedure for Water Cleansing Enema

- Pour 2 or 3 cups of pure water (the water will need to be preheated to body temperature) into the enema bag. Open the valve to allow the water to run to the end of the catheter tip to get rid of any air bubbles, then close the valve when all the air has been removed from the enema tube.
- Use a coat hanger to hang the enema bag at least three feet above your back as you will be positioned on the floor on all fours. Maybe put the enema bag on a door knob or towel rack. Do not hang it too high, as on a shower head, because it will be too forceful and the hose will not reach. It should flow very gently into the rectum and sigmoid colon only. It is not a high enema or colonic cleanse.
- Place yourself on all fours – like a dog or horse – on a thick towel or air mattress. Lubricate the end of the tube as well as the anus, and then gently insert the catheter into the rectum about 4 or 5 inches (10 cm). Use lubrication, such as food grade vegetable oil, olive oil, a vitamin E capsule, or KY jelly should be fine, unless you are chemically sensitive. It is generally a good idea to avoid petroleum products.
- After gently inserting the tube into the rectum, open the valve, but not all the way, as this could be too much at one time and cause pain. Let the first 2 cups (500 ml) of water flow in slowly. Close the valve as soon as there is the slightest amount of discomfort or fullness. Do not change positions or use an incline board to cause the enema to enter further into the colon; this defeats the purpose of this type of enema.
- You do not need to hold water in your body very long, as you would in the case of a colon cleanse.

Procedure for the Coffee Enema

- ✓ Put 4 cups (4 x 250 ml) of pure water into the coffee machine and use 4 tablespoons of coffee (organic if possible). 4 cups will probably yield about 3 cups of coffee due to evaporation. Do not use a paper filters, as they contain chemicals. Use a nylon or metal permanent filter or a coffee machine that uses no filters.
- ✓ Allow coffee 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 safer to have it too cold than too warm; never use it hot or steaming; body temperature is acceptable. Some make the coffee extra strong and then add a little cold water to cool it down; but if you make the coffee well in advance, it will have time to cool down. If you cannot wait, put some ice cubes in to cool it down faster.
- ✓ Now REPEAT the same procedure as with the water enema. Use old towels and, for greater comfort, use a pillow and bring along some appropriately relaxing literature. Try to hold the coffee inside your body for 15 minutes. Less time is fine but also less effective. Perhaps the first time it will be hard to hold for very long, but with practise you may be able to hold it longer.
- ✓ When you have finished your session, rinse out the bag and tubes with boiling water or, better yet, hydrogen peroxide (agua oxigenada in Spanish) and hang it up to dry. If you feel wired or hyperactive, 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.

IMPORTANT: We only recommend doing coffee enemas with organic coffee. Also, be sure of the source of your water. It should be pure and clean, from a chemical-free spring or well, or filtered water.

When is it advisable to do enemas with Flaxseed oil (Eldi oils)?

Judging from her available German books published after 1968, it appears that Dr. Budwig used Eldi oils (the exact recipe seems to be lost) with nearly all her cancer patients, at least the serious cases (which most of her cases were). She also said linseed oil could be used instead of Eldi oils. Mixing 70% flaxseed oil with 30% Wheat Germ oil would give you a similar product to Eldi oil. There are now a number of other providers, including in the USA, who offer Eldi oils.



Eldi oils are a central pillar of Dr. Budwig's treatment advice for very ill cancer patients who are very weak and/or unable to eat. Starting in 1968, she also added ruby laser treatments. FAR Infrared saunas would be a close match.

Two times a day (i.e. morning and evening), rub Eldi oils into the skin over the whole body, a bit more intensely on the shoulders, armpits, breast

and groin (where the lymphatic vessels are) as well as the problem areas, such as the breast, stomach, liver, etc. Leave the oil on the skin for about 15-20 minutes and follow with a warm shower without using soap. Follow up with another shower, this time using a mild soap, and then rest for 15-20 minutes.

The purpose of the shower, once the body has been oiled and the Eldi oils have penetrated the skin, is to allow the warm water to open the pores so the oils can penetrate the skin even more deeply. The second shower, where one washes with soap, cleanses the skin so that clothes and linen will not become overly soiled.

Always use the Eldi oils in conjunction with the oil-protein diet (Budwig Diet) and do this consistently, even if it seems difficult at times. The oil-protein diet together with Eldi oils can be a helpful method to improve your health and overcome illnesses.

Instructions for enemas using Eldi Oils

-Time and frequency: Between 3 and 5 pm; once or twice daily, for 1 week (use your own judgment); then once a day for a week or until the patient recovers their energy and appetite.

It is best to start with a water enema to cleanse the bowel (see instructions for water enema in this Guide, in the section about coffee enemas).

Next heat 250 ml of flaxseed oil or Eldi Oils (flaxseed oil with wheat germ oil) in a bain-marie. Inject the lukewarm Eldi Oils into the rectum via irrigator, enema syringe or similar. Use long rubber tip if preferred. If possible, have the patient positioned with knees and elbows on the floor and buttocks slightly raised.

Once all the oil has been absorbed, have the patient first lie on their right side for 15 minutes and then on their left for another 15 minutes for a total of 30 minutes. Be sure the patient has a comfortable surface to lie down on.

NOTE: Dr. Budwig did not leave exact indications for enemas using Eldi oils (such as any particular symptoms that would suggest the patient needs it), but it is assumed that the enema was mainly used in very severe situations where the patient could not eat the flaxseed oil/cottage cheese (quark) mix.

Instructions for applying Eldi Oil packs

Take a piece of cloth made of pure cotton. Cut to fit the body part where you want to apply, such as the knee, breast, stomach, etc. Soak the cloth in the Eldi oils; place on desired area; cover the cloth with a plastic sheet and wrap it up with an elastic bandage. Leave on overnight. Remove in the morning and wash the area where it was applied. Repeat in the evening. Keep repeating the same procedure for several weeks. The oil pack is only suitable for local problems (but not when there is metastasis).