

STEP-BY-STEP COFFEE ENEMA INSTRUCTIONS

STEP 1

BREW THE COFFEE

Add 3 tablespoons of Wilson's Organic Ground Enema Coffee to 4 cups of filtered water and bring to a boil for 3 - 5 minutes, stirring occasionally. Turn down stove and simmer for 15 - 20 minutes. Remove heat and let coffee cool to room temperature and strain.

STEP 2

PREP THE BATHROOM & ENEMA

Make a comfortable spot to lay down on the floor with an old towel and hang the enema bucket high above where you will be laying. Send a small amount of coffee through the tube to release any air.

Tip: Eat a small piece of fruit prior to get the digestive system going and relax!

STEP 3

ADMINISTER THE COFFEE

Lubricate 2 inches of the tubes tip with coconut oil or other safe lubricant and insert 8 - 10 inches into rectum. Release the clamp on the tube and let coffee flow. Lay on right side with legs pulled into fetal position until all coffee has absorbed. **Hold coffee for 12 - 15 minutes before evacuating.**

WHAT YOU WILL NEED

- Enema bag / bucket with hose, clamp, and tip
- 4 cups purified water
- 3 tbs Wilson's Organic Ground Coffee beans
- Strainer
- Coconut oil
- Dish soap / hydrogen peroxide

TIPS:

- Don't worry if you can't hold the coffee the whole 15 minutes. Coffee enemas are a process that take time to work up to the full 15 minutes.
- Try different positions if laying on your right side is not comfortable. Massage the abdomen in a clockwise position
- You may experience pressure that builds up in your abdomen, if the pressure is intense pant like a dog. If you feel you feel the need to expel do not strain or resist.
- Make sure to stay hydrated before and after completing the enema
- **Clean your enema supplies after each use, running hydrogen peroxide through tubing, and store once fully dry**

Get your Wilson's Organic Coffee and enema supplies from Terrakeys [here](#).