

Cleansing the colon using coffee enema

Source : www.iraismyhealth.info

Preparation of green coffee beans :

The green coffee beans are as hard as stone. I soak them for 12 to 24 hours before using them. Then I grind them for 1 to 2 minutes for the spray.

- Soak 2 or 3 tablespoons of green coffee in the liquid.
- Complete with a litre of water and boil for 5 minutes, then 15 minutes on low heat.
- Switch off the heat and steep for 15 minutes.
- Filter the mixture (avoiding paper filters) to maintain only the juice.
- Add water to the 1100 ml mark.
- Decrease the temperature to between 37 and 41 °
- Carry out the enema.

Preparation of ordinary ground coffee:

Do not use decaf !

- Put 2 or 3 tablespoons of ground coffee, organic if possible, in one litre of water.
- Boil for 3 minutes.
- Switch off the heat and steep for 15 minutes.
- Filter the mixture (avoiding paper filters), you get about 800ml of liquid.
- Add water to the 1100 ml mark.
- Decrease the temperature to between 37 and 41 °.
- Carry out the enema.