COFFEE ENEMAS

We are torn as to whether taking coffee enemas is a good choice. Clinics have been doing this for 50 years and talk about their success. Some however feel that the acids and oils of the residue of the coffee in the bowel can lead to more problems.

You must decide for yourself, but if you decide to avoid coffee, a substitute might be buckthorn herb made into a tea. Also, using some acidolphilus/probiotics in the enema water is of real benefit.

Gerson used coffee enemas to detox the colon and drain the liver at the same time.
See 'Enemas"