

Enemas are quick ways to remove toxins from the colon and body. They should only be performed under supervision by a holistic medical doctor, naturopathic physician or herbalist.

A coffee enema is believed to detoxify the liver by rapidly emptying the colon, enhancing liver detoxification, and increasing the flow of bile and the elimination of toxins through bile. Some people claim that it provides immediate relief to toxicity symptoms, such as congestion, indigestion, pain and headaches.

### **Side Effects and Adverse Reactions**

If you start to feel sick during the enema, or become dizzy, nauseous or faint, stop the enema. People with gallstones should not try a coffee enema.

## **Why Coffee Enema Cleansing Works**

The effects of a coffee enema are different than a saline enema. The most important difference between a saline enema and a coffee enema is the presence of caffeine in the coffee. Caffeine, theophylline and theobromine, combine to stimulate the relaxation of smooth muscles causing dilatation of blood vessels and bile ducts. The effects of having a coffee enema are not the same as drinking coffee. The veins of the anus are very close to the surface of the tissue. The caffeine is therefore absorbed more quickly (and in higher concentration) than it is in when coffee is drunk.

## **Benefits of Enemas and Colonics with Coffee**

Enemas and Colonics have been used for hundreds of years, and are generally regarded as safe. Additionally, coffee cleansing enemas have a chemical makeup that is stimulative. The enzymes in coffee, known as palmitates, help the liver carry away the toxins in bile acid. The coffee is absorbed into the hemorrhoidal vein, then taken up to the liver by the portal vein. With the bile ducts dilated, bile carries toxins away to the gastro-intestinal tract. Simultaneously, peristaltic activity is encouraged because of the flooding of the lower colon. Thus, when the colon is evacuated, the toxins and bile are carried out of the body.

**Coffee Enema**, a very effective body cleanse.

The coffee enema is a very effective cleanse. Using s.a.Wilsons Therapy Blend Coffee will make it even more effective. What does a coffee enema do, and why is it better using Wilson's coffee?

All the coffee used for our enema coffee is 100% certified organic. It is also bird friendly and shade grown. Purchased from small independent farmer co-operatives, the beans have been hand picked and the farmers have been paid far more for their product than they would have been paid if sold to the local coyotes (coffee brokers). In addition, s.a.Wilsons is one of the very few, if not the only, Certified Organic Coffee Processor. That means every single step in the production of

our enema coffee and the operation of our facility has been certified to organic standards, right down to the products we use to clean the floors.

S.a.Wilsons Therapy Blend Coffee is the first and only coffee that has been specifically blended and processed with enema use in mind. It is also the only coffee that has been lab tested to be more effective. A blend of 100% certified organic coffee beans have been selected for higher levels of Caffeine and Palmitic Acid. Then the coffee is put through the very special three stage process, developed by Scott Wilson after years of research. So what was accomplished with all that research? Well, independent lab tests show that s.a.Wilsons Therapy Blend coffee is up to 48% higher in Caffeine and up to 87% higher in the more important Palmitic Acid. That's higher than any commercially available coffee. These higher levels make Wilson's coffee the most effective coffee available, without exception.

This also the reasons that s.a.Wilsons Therapy Blend Enema Coffee is recommended by more health professionals than any other single brand of enema coffee. It is the coffee of choice for the Gerson Research Organization, The Hospital Oasis, The Issels Therapy, Dr. William Donald Kelley's Protocol, CHIPSA Hospital, Hildenbrand Alternatives and different Clinics and Therapies from all over the World that are far to numerous to mention here.

Because we realize that most of our customers are following an alternative therapy for their health and most with no insurance, we know this can be a very expensive road to travel. So we have done our very best to keep our coffee prices as low as possible. Since we buy our coffee direct, process it, package and ship ourselves, we cut out all the middle men and women who all want to take their share of your money. By keeping our costs and overhead as low as possible we have made it our mission to continually offer the most cost effective enema coffee available and that in this small way we can help you on this road you have chosen to travel.