

HOW DO YOU TAKE YOUR COFFEE?

Coffee Enemas – a very effective body cleanse

A rapid way to remove toxins from the colon is through enemas. But did you know that the presence of caffeine in an enema solution lowers serum toxins and stimulates the liver (the largest organ in the body) thereby allowing the liver to quickly flush out the toxins in bile acid? Using 100% certified organic coffee in the enema solution is an extremely effective way to eliminate waste from the body when the colon is evacuated. However, it is inadvisable for you to detoxify your liver without first eliminating the waste in your bowels. The “stirred up toxins” will most likely be recycled back into your system.

Health benefits of a coffee enema

Many people who have had coffee enemas report that it can help relieve congestion, indigestion, depression, headaches, many allergy-related problems and even relieve severe pain.

Some questions often asked

“If coffee is so beneficial, why can't one simply drink it instead of going through the rigmarole of having an enema?”

Coffee taken orally goes through the stomach, causes digestive problems and affects the liver by shutting off the bile ducts. It also raises blood pressure and tends to cause capillary spasms in the extremities.

“Won't the normal evacuation process be stopped if one takes five or more enemas a day?”

No. Normal stools can be passed between enemas. Remember: the contents of the enema don't travel very far in the colon, and with healthy fiber-rich food, normal elimination continues smoothly. At the end of the therapy, normal elimination returns without enemas.

In Summary

As stated above, enemas are quick ways to remove toxins from the colon and body. They should only be performed under the supervision of a health care profession. Let the Reno Alternative Health Care Center guide you through your detoxification process.