

Why Coffee Enemas Daily for Thirty-One Years and Counting?

By Bonnie O'Sullivan

Warning: This article is for your information only. It is not medical advice.

Question: Why do you take a daily coffee enema?

Bonnie: To get rid of toxins from the air I breathe, the food I eat and whatever toxins I come into contact with every day.

Question: How does a coffee enema help get rid of toxins in the body?

Bonnie: The coffee in the enema is absorbed through the colon wall into the hemorrhoidal vein, then taken up to the liver by the portal vein. The enzymes in the coffee, called palmitates, help the liver dump its stored toxins into the bile acid. The caffeine in the coffee, theophylline and theobromine, combine to cause the relaxation of smooth muscles which causes dilatation of blood vessels and bile ducts. With the bile ducts dilated, bile carries toxins away to the intestinal tract. At the same time, peristaltic activity is activated because of the flooding of the large colon. Therefore, when the colon is evacuated, the toxins and bile are carried out of the body.

Question: When did you begin taking coffee enemas?

Bonnie: I accompanied a friend who had cancer to the Gerson Cancer Hospital in Mexico in November 1982 (as her helper). I was given the choice of participating in the program or not and I chose to participate. We were there for one month and I had a coffee enema every day and sometimes several times a day (you take additional enemas when the program begins to cause Herxheimer symptoms from the die-off of foreign matter in the bloodstream). The condition I had was allergy to pollen, which was much improved after my 30 days at the hospital. After that month I continued taking daily coffee enemas.

Question: Do the doctors at the Gerson Cancer Hospital recommend that their patients continue to take daily coffee enemas for the rest of their lives?

Bonnie: They send their patients home with instructions to continue the Gerson protocol for several months at least and, when their cancer has gone into remission or, as in my case, their health has improved, they can either go back to their normal eating and bowel habits and risk a relapse or they can modify their

habits (such as adding small amounts of meat and dairy to their diet). They do not discourage taking a daily coffee enema.

Question: Have you ever experimented by not taking a daily coffee enema?

Bonnie: Yes, but not on purpose. It was because we were having our bathroom remodeled and it was inconvenient to take an enema, so I stopped taking them for several days. My bowels moved normally during that time without any help.

Question: Have you ever needed to take more than one coffee enema in a day?

Bonnie: Yes. The first time was one day in 1984 when I ate at a new Chinese restaurant with my family. After we left the restaurant I became short of breath and felt I was close to going into anaphylaxis shock. I thought there must have been a lot of MSG in the food even though I asked for none. My daughter took me home immediately so I could have a coffee enema and she prepared it for me. I began to feel better as soon as I put the coffee in my colon. After letting it out, I was back to normal. (I always ask to have no MSG when eating Chinese food, and, except for that one time, I seem to be okay eating it once in a while.) The second time (and every two months since) was when my hair started turning gray and I began dying it. The brown dye my hairdresser uses is supposed to be non-allergic, but I can feel that it doesn't agree with my system. I feel slightly headachy after she dyes my hair. I have to push myself to do anything else the rest of the day unless I go right home and have a second coffee enema. Once I do that I'm back to feeling good again.

Question: When do you take your coffee enema?

Bonnie: First thing in the morning or as soon as I can. If it is inconvenient or I oversleep I do not worry about it and take one as soon as I have time.

Question: Where do you take your coffee enema?

Bonnie: In our hallway bathroom because it is larger than the one in the master bedroom. I get down on the floor and put the bucket on the counter. I have two mats now that I lay on. One is for camping and is a lightweight foam mat called RidgeRest solar. I added it under my regular foam mat to give my knees a thicker cushion so I can get up without pain in my knees.

Question: Is there anything one can do to reduce the horrible smell that fills the air when releasing a coffee enema?

Bonnie: Yes, Sandy and I add 35% Food Grade (liquid) Hydrochloric Acid (HCL) drops to our coffee enema. We store the HCL in the refrigerator in 2 ounce eyedropper bottles. Sandy can only use six drops, but I can use a whole eyedropper full. No matter how much you use it will help with the smell (if you use too much for your system you will feel sick to your stomach for a little while). Note: If I eat a meal before taking my coffee enema I cannot put even a few drops of the HCL in my enema because it makes me feel sick to my stomach, but Sandy can use it after eating with no problem.

Question: Why does the release of the coffee enema smell so horrible?

Bonnie: The smell is from the toxins in your bile acid. Sometimes you can recognize the toxins (for example, people who have had permanent waves will smell the permanent wave solution when they release their coffee enema). After many months of taking daily coffee enemas, if you do not put HCL in your coffee enema, the smell will only be strong in the last one or two releases (the ones that come a little while after you think you are finished and you have to rush back into the bathroom to release them).

Question: How do you brew the coffee?

Bonnie: I make what the Gerson Therapy calls a “Coffee Concentrate” and I use one cup of it to one quart of distilled water for each enema. To make the enema I put one cup of coffee concentrate in my enema bucket and add cold and boiled distilled water (boiled in a stainless steel sauce pan or a stainless steel electric kettle) until the combination is body temperature. To brew the concentrate I mix 3/4 cup of Yuban coffee to one quart of distilled water in a large stainless steel pot and bring it to a boil. After it comes to a boil I boil it for three minutes, turn it down and simmer it for 20 minutes. I usually make several quarts at a time and after it cools I strain it through two layers of white paper towel sheets (this was suggested by Dr. Hulda Clark) into quart glass bottles (I re-use milk bottles and their plastic caps). I store it in the refrigerator and it keeps fine for a week (with both Sandy and I using it, it gets used quickly).

Question: What do you do about the gas that sometimes makes taking a coffee enema uncomfortable?

Bonnie: If I am consistent in taking my coffee enema, i.e. take one every day, I have found that I don't get gas. If you are just starting or you have skipped taking one for a few days you may very well feel gas pains. I suggest you just take as much as you can and let that out and warm the contents of the bucket up and take another one. Sometimes Sandy has had to take three small enemas to get the whole amount in her bucket cycled through her colon.

Question: Do you ever take a plain distilled water enema, and, if so, why?

Bonnie: Yes. I have been doing it for many years, right before my coffee enema. The reason is I do not drink water during the night and I believe I wake up slightly dehydrated and a water enema quickly hydrates me. Most people are dehydrated and when you are dehydrated and you take a coffee enema the coffee goes directly into your bloodstream and stimulates your heart instead of going up your hemorrhagic artery and stimulating your liver. It makes you feel jittery and you will not get the full benefit of the coffee doing its job of ridding your body of toxins. Note: If you are taking more than one enema a day it is my opinion that you do not need to take a distilled water enema before each coffee enema (only before the first one of the day), especially if you are drinking water and eating vegetables throughout the day.

Question: Are you worried that you have become addicted to coffee enemas?

Bonnie: No more than I am about being addicted to water and food.

Question: Do you use a lubricant for inserting the enema tube when taking an enema?

Bonnie: Yes, I use Astroglide Gel Personal Lubricant.

Question: How often do you purchase a new enema bucket?

Bonnie: My buckets last several years. I clean my bucket with soap (any natural Castile soap is fine) and water after every use and store it in the bathroom closet.

Question: When you do replace your bucket, what is the cause?

Bonnie: It's because of the hose. I secure the hose to the bucket with a plastic tie. When the hose works itself loose I cut it off and tie it again. When the hose is too short to reach the floor (and me) easily I opt to purchase a new bucket.