

Who All Can Benefit From Coffee Enemas And How

Description

The process of colon cleansing using coffee enemas has its roots in the Gerson Therapy, developed somewhere in the early 1930s. Although toxins are a relatively new concept, cleansing the colon of potential pathogens, parasitic infections and improving gastrointestinal health were some of the key reasons for its popularity. Today, the theory that caffeine stimulates the production of glutathione S-transferase and leads to complete detoxification of the liver is firmly supported by alternative medicine specialists from all over the world.

Who can benefit from coffee enemas?

Although coffee enemas are meant for most, some people, who are already suffering from chronic issues, can benefit more from them and how!

Gastrointestinal disorders

People suffering from constipation and other gastrointestinal disorders have reported significant relief after trying this colon cleansing therapy. The caffeine in the enemas helps the liver flush out toxins more effectively besides leaving a trail of useful nutrients in the excretory system to enhance overall gut health. It also increases the production of the GST enzyme (glutathione S-transferase), which binds toxins and aids in their removal. Many people have reported [multiple bowel movements](#) after taking a coffee enema therapy, an amazing relief to constipated patients. This apart, the colon cleansing process also prevents yeast overgrowth, gets rid of parasites that may be present in the digestive tract and enhances natural immunity.

Menstrual issues

According to many women, coffee enemas have an amazing effect on menstrual pain and fatigue. This can be traced back to the time of World War I, where it is said that a nurse accidentally poured coffee into an enema but ended up giving relief to the patient, who was suffering from excruciating pain. There are also these stories of coffee enemas being used in place of morphine when it wasn't available in large quantities. In other words, coffee enemas are said to provide considerable relief from pain, and menstrual pain is not an exception.

Chronic depression and anxiety

Coffee enemas also stimulate parasympathetic response and relax the people suffering from depression and anxiety. The detoxification process promotes overall psychological well-being by providing a sense of satisfaction, which is integral to mental health. When you're feeling low, it is generally a result of your less-active parasympathetic nervous system, which builds pressure on the sympathetic one. The caffeine in the coffee enema increases the activity of the parasympathetic system, thus elevating your mood automatically.

Lack of energy and fatigue

In this age of excessive physical and mental strain, brought about by our lifestyle and the type of work we do, fatigue and a significant lack of energy are some of the major side effects. Weâ€™re regularly exposed to harmful toxins in the environment, which get absorbed by the body and accumulate in the bloodstream. [Coffee enemas can help you eliminate](#) those toxins from the body, thus enhancing your bodyâ€™s ability to absorb more oxygen. As the caffeine-induced enemas rid the body of toxic bile and other waste materials, youâ€™re likely to feel mood uplift and increased energy levels.

Hard-working professionals can thus immensely benefit from coffee enemas and produce more energy to indulge in their day-to-day activities.

Obesity-related issues

If youâ€™re trying hard to reduce your weight, and nothing seems to work, coffee enemas are worth a try. The enemas enhance the bodyâ€™s metabolism and repair the digestive system, which in turn helps you lose weight. They cause effective detoxification of the blood and liver, excreting harmful toxins through the bile and optimizing the bodyâ€™s metabolic rate. As you know, improved metabolism is the key to burning fat and losing weight.

Intestinal parasites

Do you live in a remote area and get exposed to disease-causing pathogens like, parasites and bacteria regularly? Coffee enemas may prove to be useful for you, especially if your natural immune system is weak.

The accumulation of harmful parasites in your body can make you weaker and more vulnerable to diseases, and with time, you may develop other problems like gastrointestinal disorders, nutrient deficiency, skin issues, and hormonal imbalance and so on. Microbe Formulas explains in the article, [3 Main Benefits of Coffee Enemas \(Plus 1 Instructional Guide\)](#), that people use coffee in their enemas to detoxify and protect the liver. Colon cleansing agents like coffee enemas have amazing effects on our body by eradicating parasites that stay inside us and feed on our food and enhancing the function of our liver. After a few days of doing coffee enemas, youâ€™ll notice a significant improvement in your health.

Colon Cancer

When you have it, youâ€™re likely to try every possible treatment, conventional or alternative, to get rid of it. Gerson Therapy, which includes organic diet and coffee enemas, is said to have a positive effect on many patients suffering from colon cancer.

The patients are instructed to have at least 12-13 glasses of fresh broccoli juice, organic carrot apple and inject a combination of vitamin B12 and liver extract every week along with 5 coffee enemas per day. Theyâ€™re also asked to practice yoga regularly. Does it work? Well, thousands of people around the world are currently doing it to increase their chances of survival, and many of them have reported significant improvement in health.

The Gerson Therapy is based on the fact that the development of cancer is mainly a result of high exposure to chemicals and environmental pollutants, as well as poor nutrition. The right kind of diet, exercise coupled with coffee enemas can help create a protective shield against malignant diseases, including cancer. Alternative medicine practitioners back this method, and if your oncologist has no qualms about it, coffee enemas are definitely worth the try.

Final words

Colon cleansing practice with coffee enemas can significantly improve your health in unexpected ways. Consult your doctor once, and upon his/her go ahead, you can invest in a quality kit and try this at home. Just relax and follow the instructions, and youâ€™™ll be good to go. The idea is to believe in something that has been performed by so many people, who have claimed to receive positive results eventually. After all, faith is everything, right?

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