Resources for understanding the use of Coffee Enemas based on the work of Dr. Max Gerson
# Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Castor Oil Treatment</td>
<td>3</td>
</tr>
<tr>
<td>Coffee Enemas: Procedure</td>
<td>6</td>
</tr>
<tr>
<td>Coffee Enemas: Difficulty Holding</td>
<td>8</td>
</tr>
<tr>
<td>Coffee Enemas: Scientific Basis</td>
<td>9</td>
</tr>
<tr>
<td>Coffee Enemas: With a Colostomy</td>
<td>10</td>
</tr>
<tr>
<td>Colonics and the Gerson Therapy</td>
<td>11</td>
</tr>
<tr>
<td>Assembling Enema Kit</td>
<td>12</td>
</tr>
</tbody>
</table>
Castor Oil Treatment

For those familiar with it, “castor oil” can strike fear into the hearts of the squeamish. Older readers may remember the use of castor oil as a laxative. On the Gerson Therapy, castor oil serves a different and very important purpose.

One of the ways that Dr. Gerson found to enhance detoxification of the liver was through the use of castor oil taken orally and as an enema. Remembering that one of the functions of bile is the emulsification of fats and oils, we can stimulate bile flow by increasing the intake of fats. However, we don’t want to actually emulsify and absorb the fat because fats and oils in the diet promote growth of cancer and are implicated in other disorders as well.

Here is where castor oil can provide a unique benefit in enhancing detoxification. Castor oil cannot be emulsified by the body. When it goes in through the mouth it comes out unchanged at the other end. While passing through the small intestines large amounts of bile are secreted in an attempt to emulsify this unemulsifiable oil. The result is a significant increase in bile flow thereby enhancing the ability of the liver to remove more toxins from the blood.

In most cases, the castor oil treatment is used every other day in early stages of the Gerson Therapy. Patients who are extremely toxic or have been treated with chemotherapy prior to Gerson treatment do not receive castor oil as the toxic residues can be released too rapidly, sometimes causing serious side effects from the residues of the chemotherapy drugs still present in the system.

As to the inevitable question “do I have to?” recognize that the castor oil is one of the most effective ways we have of enhancing the detoxification of the liver. Because it serves a slightly different purpose from the coffee enemas, one should not be substituted for the other. Unless it is contraindicated for the particular patient’s condition, castor oil, like all other aspects of the regimen, should be considered an important part of the treatment.

Castor oil procedure.

Normally, the following procedure will be used every other day for the first six to eight weeks. Note: a Gerson Practitioner may adjust the dosages and frequency of the castor oil treatment.

Part One – Oral intake:
The patient is to take by mouth 2 tablespoons of castor oil at about 5am, followed by a cup of black coffee (by mouth) with a teaspoonful of organic raw brown sugar (Sucanat is one commonly available brand). If there is sensitivity to taking coffee by mouth, the patient can use peppermint tea with lemon.

The patient can then take their regular morning coffee enema.
Part Two – Administration:

Five hours after the oral castor oil is taken, the 10am coffee enema is replaced with a castor oil enema. The procedure is as follows:

- Preheat some castor oil to about 100 degrees by placing the castor oil bottle in warm water for a few minutes.
- Put 4 tablespoons of the warmed castor oil into an enema bucket (a bag is not recommended for this procedure).
- Add a quarter teaspoon of ox bile powder.
- Put a squirt of non-toxic castile soap into the coffee - just enough to get a little bit of soap into the solution.
- Add 32 oz. of regular coffee solution, heated to body temperature.
- Stir the entire mixture until it forms an emulsion; some people find it best to use an electric mixer.
- When mixed, the oil still tends to rise to the top – so the solution will need to be stirred while it is flowing into the rectum. This can be quite a trick; if the patient cannot adequately contort to perform the procedure alone, she/he can have somebody do the stirring for them as the mixture is taken.
- The castor oil enema may be difficult to hold. Release when necessary, after no more than 10 minutes.

Common problems.

Some patients report at the start of the treatment that when they release the castor oil enemas it “burns” the anus. The thing to remember is that the castor oil is not an irritant. The irritation is usually due to the release of toxic materials. That is only one more indication of how important it is to take these castor oil enemas. After two or three castor oil treatments, the burning is reduced and eventually disappears. This indicates that the toxic level in the system is lower and no longer irritates the rectum.

- If irritation exists, use a little aloe vera gel to soothe the area. Calendula cream may also soothe irritated tissue.

A number of patients who have previously suffered from hemorrhoids experience a flare-up. It can be uncomfortable for a few days; but the patient should definitely NOT stop the enemas unless there is significant bleeding.

Hemorrhoids can be caused by toxic pressure, therefore detoxifying is extra important and stopping the enemas is typically not recommended. It has also been observed in those patients that the hemorrhoids shortly disappear and do not recur. It just takes patience.

- Warm “sitz” baths of distilled water and aloe vera juice or gel may be helpful. Calendula cream, aloe vera gel, or anusol suppositories may be applied locally.
The frequency of coffee enemas as well as castor oil treatments is usually reduced after a period of time. It is very important to recognize that each patient is unique. Toxicity levels, diagnosis, the particular spread of the disease, pretreatment, prior diet and other factors all affect toxicity. *If a patient is too quick to reduce enemas or castor oil, progress on the therapy may be compromised.* We cannot overemphasize that the Gerson patient must learn to *listen* to her/his body.

A Certified Gerson Practitioner can adjust and personalize the protocol, as well as give guidance on whether an additional enema is appropriate to relieve symptoms, which must also be balanced with juice intake. A Certified Gerson Practitioner will also give direction on whether more detoxification is required to relieve symptoms that occur frequently.
Coffee Enema Procedure

Coffee enemas are part of the Gerson Therapy, which also includes the diet, juicing, and specific supplements. Their purpose is to detoxify the body by lowering serum toxins.

Supplies.

Coffee: Organic, medium roast and medium ground.

Recipe: Take 3 rounded tablespoonfuls of drip ground coffee and add to a quart of boiling distilled or filtered water. Boil for 5 minutes uncovered and then simmer covered for 15 minutes.

To strain: A fine strainer can be used or if using a coarser one, use a piece of white cotton cloth (T-shirt type). Some water is lost with the boiling process; add water to complete a quart. Let it cool to body temperature.

Needed for the enema:
Plastic enema bucket, connector and a red rubber tube.
32 oz. Jar of coffee
Distilled water dispenser
Pad to place under you
Water-based lubricant
Castile soap - to clean the equipment

Administering.

The enema can be administered on a bed, enema bench or on the floor protected with a plastic pad/sheet and a towel. The enema bucket should not be more than 18 inches above you, to allow a slow flow.

While lying on the right side, pull legs towards the chest in a relaxed position, and cover yourself with a blanket to keep warm and a pillow to rest comfortably.

The coffee enema is administered to the rectum at body temperature and held for 12 to 15 minutes, then released. If it is difficult to hold the enema, a warm 12 oz. distilled water enema can be used first, to empty the colon.

More on coffee and castor oil enemas.

- Prepare the surface for the patient to lie down on with washable protective rubber sheet (more environmentally sound and much less expensive) or disposable incontinent pads
- Be very specific even for the most obvious and simple tasks in preparing the equipment
- Create a system whereby the enema bucket can be adjusted to different heights no greater than 18-24 inches above the body
- Eat a small piece of fruit to activate the gastric tract if the enema is taken on an empty stomach
- Snip off the end of the tubing in order to attach the soft red rubber tubing snugly
- Dilute concentrate to correct strength
- Coffee solution should be at body temperature, not too hot nor too cool, find where is most effective for you
- Clamp the tubing first before filling bucket with coffee solution
- Run the coffee solution through to the end of the tubing to expel the air (a little air at the end is ok)
- Lubricate the tip of red rubber tube for 2 inches and insert into rectum 5 to 8 inches
- The patient may want to start out with only 24 ounces the first time
- Lie on the right side to aide in gravity flow toward the liver
- Administer enema at a slow steady pace
- Enema can be slowed or stopped quickly just by bending or pinching the tubing (for instance if cramping suddenly arises)
- If spasms occur, lower the bucket for 20-30 seconds before slowly raising back up to original level
- Pinch tubing to help regulate as well
- Remember “accidents” happen to the best and most skilled of Gerson patients, be kind and patient with yourself

Enema Reactions and Remedies.

- Intestinal Spasms and Cramping:
  - Apply heat by hot water bottle over the abdomen
  - Add 2 tablespoons of Potassium Compound Solution to 1 to 2 enemas per day for 10 days to 2 weeks then discontinue
  - Use one cup coffee concentrate to three cups of chamomile
    - To equal 32 ounces total

- Castor Oil enemas
  - Prepare your coffee enema solution as usual then add castor oil enema preparation
  - Castor oil enema: Mix about 3 tablespoons of castor oil with 1/2 teaspoon ox-bile powder and swish a bar of soap into the entire solution. **The solution should be stirred continuously during the enema to prevent separation. Have someone assist you unless you are very dexterous and take enemas easily.

Most people prefer to have a separate enema bucket just for the castor oil enemas
Coffee Enemas – Difficulty Holding

- Re-read the proper coffee enema recipe & procedure to ensure that you are doing it right.
- Check the height of the bucket—make sure it is less than 18” (45 cm) high, or else the coffee will flow too fast, causing cramps.
- Check the temperature of the coffee or water. If it is too hot or too cold, it may be more difficult for the patient to hold.
- Pull your knees closer to your stomach, in a fetal position.
- Difficulty holding could be caused by the presence of feces or gas. In this case, try doing an enema first with 16 ounces of distilled water at body temperature; rub your stomach so the water flows into your colon, hold it for about 5 minutes and release. After the water enema, you may try a coffee enema. Please note that a plain water enema would not be given each time—only first thing in the morning.
- Lower the enema bucket to release gas, and then raise it back up.
- Relax, breathe deeply.
- While instilling the coffee, if spasms occur, stop the flow with the clamp as needed, and breathe.
- Introduce half of the enema solution, release, and then go back to do the remaining coffee.
- Add potassium compound to coffee enema – see references.
  - Relieves spasms and cramping
  - Dosage: 2 tbsp per coffee enema
  - Discontinue use after 1-2 days
- The first enema of the day can be the most difficult. Try a chamomile tea enema first and hold for only 5 minutes (see references for the recipe), and then follow it up with the coffee enema.
- Use less coffee to make a less concentrated enema.
  - One option is to make the coffee enema ½ strength, and fill the rest with the chamomile tea solution.
- Place a warm water bottle on the stomach to relax muscles.
- Place the tip of your thumb on the first knuckle of your ring finger (similar to an “a-ok” sign-- and apply pressure to the knuckle. Hold that pressure until your cramping ceases.
Scientific Basis of Coffee Enemas

We would like to briefly reiterate the purpose of coffee enemas because many people new to the therapy ask about this, and also as a reminder to "veterans" for how we can explain this to others.

Coffee enemas are a vital part of the detoxification process of the Gerson Therapy. The purpose of the enemas is to remove toxins accumulated in the liver and to remove free radicals from the bloodstream. In the 1920s, two German professors tested the effects of infused caffeine on rats. They found that the caffeine travels via the hemorrhoidal vein and the portal system to the liver, opens up the bile ducts and allows the liver to release bile, which contains toxins. The theobromine, theophylline, and the caffeine in coffee dilate blood vessels and bile ducts, relax smooth muscles, and increase the bile flow.

Doctors at the University of Minnesota showed that coffee administered rectally also stimulates an enzyme system in the liver called glutathione S-transferase by 600%-700% above normal activity levels. This enzyme reacts with free radicals (which cause cell damage) in the bloodstream and makes them inert. These neutralized substances become dissolved in the bile, are released through the bile flow from the liver and gallbladder, and are excreted through the intestinal tract. A Gerson patient holds the coffee enema in the colon for 12-15 minutes. During this time, the body’s entire blood supply passes through the liver 4-5 times, carrying poisons picked up from the tissues. So the enema acts as a form of dialysis of the blood across the gut wall.

The purpose of the coffee enema is not to clear out the intestines, but the quart of water in the enema stimulates peristalsis in the gut. A portion of the water also dilutes the bile and increases the bile flow, thereby flushing toxic bile (loaded with toxins by the glutathione S-transferase enzyme system) out of the intestines.

A patient coping with a chronic degenerative disease or an acute illness can achieve the following benefits from the lowering of blood serum toxin levels achieved by regular administration of coffee enemas:

1) increased cell energy production
2) enhanced tissue health
3) improved blood circulation
4) better immunity and tissue repair and
5) cellular regeneration

Additionally, coffee enemas can help to relieve pain, nausea, general nervous tension and depression.

Coffee Enemas with a Colostomy - Guidelines

A colostomy limits the ability to do coffee enemas. Coffee enemas will work best if the colostomy is in the sigmoid or descending part of the colon and at least half of the colon remains intact. Do coffee enemas with an irrigation kit after the surgery site is well healed and there are no other complications. There could be some important reasons why some people should not irrigate, so be sure to consult with your surgeon or ostomy nurse before using an irrigation kit. The ostomy nurse will fit you with the colostomy irrigation kit and explain how to use it.

It is recommended to do only two coffee enemas a day with the irrigation kit and to start with only 24 oz. of solution (as opposed to the 32 oz. used in a regular coffee enema). This solution should consist of equal parts of coffee and chamomile tea.

Hold or hang the irrigation bag at about 18 inches above the body. You can sit or lie on your right side. Lubricate the cone at the end of the irrigation tube and place it into the stoma. Be careful not to press too firmly. The solution will flow into the colon. It will take about 5 minutes to instill 24 ounces. Hold the solution 10-12 minutes and then release into the drainage bag that comes with the kit.

As we do not recommend that a patient with a colostomy use more than two coffee enemas per day, the patient will have to follow a reduced Gerson Therapy protocol. A patient with a colostomy can follow the regular Gerson diet, but they will need to keep the juices and coffee enemas in balance so that the liver can process the released toxins without a backup into the system. The supplements taken will depend on the level of protocol chosen.
Colonics and the Gerson Therapy

Colonics are not part of the Gerson Therapy because they do not serve the same purpose as a coffee enema.

Colonics are used to cleanse the bowel. Coffee enemas are used to increase the liver’s detoxification capacity. Certain substances in the coffee stimulate an important detoxification enzyme in the liver as well as dilate the bile ducts and increase the flow of bile. A secondary benefit of the coffee enema is to increase peristalsis which helps to empty the bowel. However, utilizing colonics along with several coffee enemas a day would be harmful and depleting to the body. In most cases additional cleansing of the bowel by colonics is not needed.

If someone who is anticipating starting the Gerson Therapy has a long history of constipation, it might be acceptable to do a series of colonics before starting the therapy to decongest the bowel. However, once the Gerson Therapy is started, only coffee enemas are used.

With a healthy Gerson diet, which includes plenty of fiber, the intestines manufacture and replenish the friendly flora on a daily basis so there is usually no risk of the enemas causing dysbiosis, a microbial imbalance in the digestive system.

References:
- Healing the Gerson Way, by Charlotte Gerson.
Assembling Coffee Enema Kit

This Kit Includes:

- 1500 ml bucket
- Red catheter
- 60” transparent tube
- Castile soap packet
- Moisture-proof under pad

How to Connect the Bucket Kit Parts:

1. Wash the bucket before the first use.
2. Snip off the blue capped end (cutting off 2-3” length) of the 60” transparent tube. You may cut a larger portion if desired.
3. Insert the recently snipped transparent tube end into the red catheter’s open end. It is meant to be a very tight fit.
4. Remember to close the clamp in the transparent tube first before filling the bucket with the coffee solution.
5. Pour coffee solution into bucket and run it through to the end of the tube to expel the air.

Cleaning Instructions:

- After each use, wash all the parts with hot, soapy water. Alternatively, for a deeper cleaning, use 1 part hydrogen peroxide and 3 parts water.
- Then rinse with water and dry completely with a clean cotton towel.
- Do not share your bucket.