

THE METHOD

# The Coffee Enema Method

*Your exact step-by-step ritual — from first setup to finishing calm.*

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BETTER OUT CO.

# The practice at the heart of it all

**O**f everything I do for my health, this is the one I'm asked about most — and the one I'd least like to give up. The coffee enema has a strange reputation, but it's a time-honoured practice with a long history in natural healing, and once you understand it, there's nothing strange about it at all.

It is, quite simply, one of the most effective ways to support your liver and help your body do what it's always trying to do: clear what doesn't belong. In my other guides I mention it often — as the open door during a cleanse, the daily support for a heavy detox load. This guide is where I finally explain it properly: what it is, why it works, and exactly how to do it safely and well.

*Done correctly, it's gentle, grounding and deeply restorative — not the ordeal people imagine.*

I'll walk you through all of it — why an enema, why coffee specifically, how to brew it, how to administer it step by step, and what to take before, during and after to get the most from it. And because this is a real practice with real care points, I've woven the safety guidance right through, where you need it.

## **PLEASE READ THIS FIRST**

This guide is educational, not medical advice. Coffee enemas aren't right for everyone. Skip them — and speak to your doctor first — if you are pregnant, have any bowel condition (Crohn's, colitis, haemorrhoids, recent surgery), heart or kidney disease, electrolyte problems, or are seriously unwell. If you ever feel faint, in pain, or unwell during the process, stop. When in doubt, get personalised guidance from a practitioner who knows you.

## THE WHY

# Why an enema at all?

Let's start with the honest question most people are too polite to ask: why introduce anything *that way* at all? The answer is beautifully logical once you see it.

Your liver is your master detox organ. All day, it filters toxins out of your blood and dumps them into **bile**, which drains into your gut to be carried out. The catch: if you're constipated, sluggish or overloaded, much of that toxin-rich bile sits in the gut too long — and a good portion gets *reabsorbed* straight back into your bloodstream. Round and round it goes.

### THE LOWER BOWEL IS A DOORWAY

The last stretch of your colon is rich with blood vessels — it's designed to absorb water and minerals back into the body. That same absorbency is what makes it such a direct route *in*. Anything held there has a fast, intimate line to the liver via a special vein called the portal vein — which is exactly why coffee, taken this way, reaches the liver so powerfully.

So an enema does two things at once: it physically clears the lower bowel (stopping that reabsorption loop), and — with coffee — it sends compounds directly to the liver to stimulate a deeper release. It's simple plumbing and clever biology, working together.

## THE WHY

# Why coffee, specifically?

A plain water enema clears the bowel. Coffee does something more — and it's the reason this particular practice has endured for a century. When held in the lower bowel, certain compounds in coffee are absorbed straight to the liver, where they appear to do two remarkable things.

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**Open the bile ducts** Compounds in coffee (especially the palmitates) prompt the liver and gallbladder to dilate and release a flood of stored bile — flushing out trapped toxins that were sitting stagnant. This is the deep “clear-out” feeling people describe.

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**Raise glutathione** Coffee this way is thought to boost the liver's production of **glutathione** — the body's master antioxidant and its primary tool for binding and escorting toxins out. More glutathione means more efficient detox at the cellular level.

And because it's absorbed low in the bowel and goes more or less straight to the liver, you get this effect *without* the coffee hitting your system the way a strong espresso would — most people feel calm and clear afterwards, not wired.

### WHY THE COFFEE ITSELF MATTERS

You're using coffee as *medicine* here, so its quality is everything. It must be **organic** (you don't want to absorb pesticides straight to your liver) and, above all, genuinely **mould-free** — much commercial coffee carries mould toxins, the very last thing you want to introduce. This is the whole reason Better Out Co. coffee exists: clean, tested, made for exactly this purpose.

## GETTING SET UP

# What you'll need

The kit is simple, inexpensive and lasts for years. Gather it once and you're set.

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**An enema kit** A stainless steel or glass bucket, or a silicone bag, with tubing and a nozzle. Avoid plastic buckets where you can – you're trying to reduce toxins, not add them (see *Low-Tox Living*).

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**Organic, mould-free coffee** Specifically intended for this use. A light or medium roast is traditional. Better Out Co. coffee is made for it.

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**Clean, filtered water** Good water matters – filtered, never straight from a questionable tap.

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**A pot & a fine strainer** To brew and then strain the coffee completely smooth – no grounds.

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**A small towel & somewhere to lie** The bathroom floor with a towel and a cushion is perfect. Some people read; many simply rest.

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**Good oil for the nozzle** Coconut oil makes insertion comfortable.

### HYGIENE FIRST, ALWAYS

Wash everything thoroughly before and after, every time, and let it dry fully – never share a kit. Cleanliness here isn't fussy, it's essential.

## STEP ONE

# How to brew it

Think of this as making a gentle coffee concentrate, then diluting and cooling it to a safe, comfortable temperature. Take your time the first few rounds – you'll soon do it on autopilot.

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### 1 Brew the concentrate

Add **1-2 tablespoons of organic coffee** to about 500ml (2 cups) of filtered water. Bring to a boil, then simmer gently, lid on, for 12-15 minutes. (Start with 1 tbsp your first few times – you can always build up.)

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### 2 Strain it completely

Pour through a fine strainer (and again, if needed) until there is not a single ground left – only smooth liquid. This matters.

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### 3 Dilute & bring to the right warmth

Top up with cool filtered water to roughly **1 litre total** – this also brings a too-hot brew down. Then get it to the right warmth: **comfortably warm, a little warmer than body temperature**, like a pleasant warm bath. Not hot – hot will burn delicate tissue. Not cool – cool causes cramping. Warm and comfortable is exactly right.

# Before, during & after

The enema itself is the centre, but what you do around it is what turns it from a flush into a genuine detox ritual – supporting drainage going in, replacing minerals during, and binding toxins on the way out.

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**BEFORE**      **Warm lemon, ginger & turmeric water**

Begin 15–20 minutes before with a mug of warm (not hot) water with fresh lemon, grated ginger and a little turmeric. It gently wakes the liver and bile flow, hydrates you, and primes the whole system to release. A warm, calming start.

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**DURING**      **Replace minerals with electrolytes**

An enema draws some minerals out with it, so replacing them keeps you feeling strong and clear rather than depleted. I sip **Quinton Hypertonic** – pure marine-mineral electrolytes, up to 78 minerals in the body's own balance, no sugar or fillers – during the hold. It's the difference between feeling drained and feeling energised. [quintonstore.co.za/LAURA40955](http://quintonstore.co.za/LAURA40955)

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**AFTER**      **Bind the toxins with zeolite**

Once toxins are stirred up and released, a binder mops up anything lingering so it leaves the body for good rather than recirculating. I take **zeolite** (a volcanic mineral binder) afterwards, with plenty of water. Take binders away from food and medications (see Roots for more on binders).

**HYDRATE, ALWAYS**

Drink water throughout the day around an enema. Hydration is what carries everything safely out – and it's your best protection against feeling depleted afterwards.

## STEP TWO

# How to administer it

Here is the part that sounds daunting and turns out to be simple. Go slowly and gently your first time — you'll be surprised how natural it feels by the second or third.

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## 1 Set up

Close the tubing clamp. Fill your bucket with the cooled, body-temperature coffee. Hang or hold it about 60cm (2ft) above you — no higher, so the flow stays gentle. Open the clamp briefly to let coffee run to the tip, clearing any air, then close it.

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## 2 Get comfortable

Lie on the towel on your **right side**, knees drawn up toward your chest. Oil the nozzle and your entrance with coconut oil, and insert the nozzle gently, just a few centimetres — never force it.

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## 3 Let it flow, slowly

Open the clamp and let the coffee flow in slowly. If you feel full or crampy, close the clamp, breathe, and wait a moment before continuing. You don't have to take all of it — take what's comfortable. Close the clamp and remove the nozzle.

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## 4 Hold for around 10–15 minutes

This is the part that does the work. Stay relaxed — lie on your back or right side, breathe deeply, rest. If you can't hold the full time, that's completely fine, especially at first; release whenever you need to. Aim toward 10–15 minutes over time.

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## 5 Release

When the time is up (or you need to), simply sit on the toilet and let everything go. Take your time. Then wash your kit thoroughly and let it dry.

IF SOMETHING FEELS OFF

# Common questions & little fixes

Nearly every wobble has a simple cause and an easy fix. Here are the ones that come up most.

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**I cramp as it flows** The coffee is too cool, flowing too fast, or the bucket's too high. Close the clamp, breathe, and slow everything down. Make sure it's warm enough – body temperature or just above.

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**I can't hold it** Completely normal at first – your body isn't used to it. Release whenever you need; try a smaller volume next time and build up. It gets easier quickly.

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**I feel wired or jittery** Your concentration may be too strong, or you held it very long. Reduce the coffee next time. Most people feel calm, not wired – so adjust down.

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**I feel drained after** Usually minerals and hydration. Make sure you're using electrolytes during and drinking plenty of water. This is exactly what the Quinton step is for.

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**I feel detox symptoms** Mild headachiness can come as toxins move – bind well afterwards, hydrate, and don't over-do frequency. If it's strong, ease right back.

## WHEN TO STOP AND SEEK HELP

Stop and seek medical advice if you experience severe pain, bleeding, dizziness or feel genuinely unwell, or if anything doesn't feel right. Listen to your body over any guide – including this one.

## HOW OFTEN

# Finding your rhythm

This is personal, and depends on where you are in your health journey. The honest principle: enough to support your body, not so much that you become dependent or deplete your minerals.

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**Beginning** Start gently – perhaps once or twice in your first week – and see how your body responds before doing more.

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**During a deep cleanse** In an active detox or cleanse phase (see *Roots*), many do 3–4 a week to keep the liver’s exit route wide open while the body releases more.

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**Maintenance** As an ongoing lifestyle practice, a few times a week or whenever you feel you need the support suits most people well.

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**Intensive protocols** In intensive therapeutic programmes (such as the historical Gerson protocol), some people do far more – up to several a day – but only ever under direct professional supervision. More on this overleaf.

### A LIFESTYLE, NOT A CRASH

Like everything in the Better Out Co. world, this is about a sustainable rhythm, not a frantic blitz. Always replace minerals when you do them regularly, always keep your bowels moving well on their own too, and let this be one supportive practice among many – not the only thing holding you up.

FOR THOSE FACING MORE

# When the body is under real strain

Some people come to this practice while facing a serious illness – including those walking the hard road of a cancer diagnosis. If that's you, I want to speak to you honestly and gently, because you deserve clear information, not hype.

In intensive therapeutic programmes – the best known being the **Gerson protocol**, used in some integrative clinics – coffee enemas are done far more often than in everyday wellness: often **2–3 times a day**. The reasoning is about *liver support*. When the body is under heavy strain and processing a large toxic load, the liver and bile pathways work overtime; frequent enemas are used to keep that main exit route wide open, support bile flow, and ease the burden on an overloaded system, with the aim of helping a person feel more comfortable and clear.

## PLEASE HEAR THIS CLEARLY

Coffee enemas are **not a treatment or cure for cancer or any disease**, and nothing here should be taken as a claim that they are. They are, at most, a *supportive comfort practice* – and for someone seriously unwell they carry real risks, including dangerous electrolyte and fluid shifts. A frequency like this should **only** ever be undertaken with the direct oversight of your medical and oncology team, alongside – never instead of – the care they provide. Please do not delay or replace medical treatment.

## MY GENUINE WISH FOR YOU

If you're navigating something this hard, my heart is with you. Bring this guide to your doctor or integrative practitioner, let them help you decide if and how it fits, and let it be one small, gentle source of comfort within the real care you're receiving. You deserve support that is both hopeful *and* honest.



ONE LAST THING

## Gentle, consistent, yours

If this is new to you, let it be new gently. Start small, go slowly, and let your confidence build over a few rounds — soon it becomes one of the most grounding, restorative rituals in your week. There's a reason it sits at the very heart of Better Out Co.

Your body was always built to heal and to clear. Everything we do — this practice most of all — is simply about giving it the room, and the support, to do exactly that.

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*With care,*

**Laura**

FOUNDER, BETTER OUT CO.

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This guide is for general education only and is not medical advice, diagnosis or treatment. Coffee enemas are not a treatment, therapy or cure for cancer or any other disease, and no such claim is made or implied. They carry risks (including burns, bowel injury, infection from poor hygiene, and electrolyte imbalance) and are not suitable for everyone. Do not use them if you are pregnant or breastfeeding, or if you have any gastrointestinal condition, heart or kidney disease, electrolyte disorder, cancer, or other significant health condition, without first consulting a qualified doctor. If you are receiving treatment for a serious illness, use this only as a supportive comfort practice alongside — never instead of — your medical care, and only with your healthcare team's oversight. Always use clean equipment, correctly warmed liquid, and stop immediately if you experience pain, bleeding, dizziness or distress. Consult your healthcare practitioner before beginning any new detox practice, especially if you take medication or have a medical condition.