



COFFEE ENEMAS!



***Cancer Coaching
with Bailey O'Brien***

Reflecting Rays of Hope
on Your Path To Healing

– by Bailey O'Brien –

I have used coffee enemas as part of my modified Gerson Therapy protocol for the last seven and a half years.

I highly recommend them for anyone on a cancer-fighting regimen, especially if you've just had treatment, and if you are going to juice or take high doses of proteolytic enzymes. When you juice, toxins are released into your blood and if you have lots of toxins built up in your system, your body won't be able to remove them from your blood quickly enough, leaving you sick. This is called a Herxheimer or healing reaction. The same goes for proteolytic enzymes digesting cancer cells. However, coffee enemas help your liver filter your blood more effectively and thereby allow you to detox more efficiently, even with a heavy burden of toxins.



For supplies...

You can purchase a **quick-start enema kit** on Amazon for about \$30, which includes one plastic bucket and one pound of **SA Wilson's coffee**.

I use SA Wilson's coffee, which is a "special blend" of organic, gold roast coffee approved by the Gerson Institute for the Gerson Therapy. It is lightly roasted for maximum healing properties. You can get free shipping by buying 40 pounds at once, that's how I order mine! 😊

I use/buy plastic disposable buckets from **Medical Supply Depot**.

INSTRUCTIONS FOR ENEMAS...

To prepare, rapidly boil 10 cups of water with 2 cups of coffee grounds for 5 minutes or until most of the foam has boiled off, then lower the heat and simmer for 20 minutes. Then strain the coffee and store in a glass container in the fridge.

When you're ready for an enema, add one cup of the concentrate and 3 cups of spring water to a small pot and heat it on the stove until it's just above body temperature. Test the temperature with your finger, it shouldn't feel too hot, but should be very warm. You don't want to burn yourself but remember that it will cool down slightly when you transfer it to the bucket and while it is being administered. Pour the coffee into your bucket and bring it into the bathroom. Then let the coffee flow into the tubing and stop it once it gets to

the tip or flows out a little bit. Then you can lie down on the bathroom floor with a memory foam mat underneath, put a little lubricant (such as coconut oil or Aquagel) on the tip and insert the tubing about 2-5 inches (5-13cm). Open the stopper, hold the bucket about 18" above the ground (like it were on the side of a bathtub) and allow gravity to draw the coffee into your body. If it gets too uncomfortable stop the stopper and just wait, or let it flow back in a little bit (though I try not to let that happen because it can be pretty gross). Once all the coffee's flowed in, start timing and try to hold it for 15 minutes (12 minutes minimum). Then remove the tubing (I use a paper towel when doing so), wash the bucket and tubing with castille soap and hydrogen peroxide and go to the bathroom (or wash the bucket after you go).

If you'd like more information please visit my blog post on coffee enemas. Feel free to leave a comment on the blog post or send me an email at contact@baileyobrien.com if you have any questions!

Blessings,
Bailey

