Detoxification Symptoms

·         Nausea

·         Headache

·         Muscle Aches

·         Upset stomach

·         Diarrhea

·         Skin eruptions

·         Fevers

It is best to be in the comfort of your home while doing a detox or cleanse. This way if discomfort presents itself, you can take care of it or relax in bed. To alleviate any discomfort or pain during a liver cleanse, a coffee enema is strongly recommended. The coffee will stimulate the liver to release bile and encourages deep cleansing of the colon by stimulating peristaltic activity.

**Coffee Enema- extremely important for detoxing the system!!**

Items needed:

Ground Coffee

Distilled Water

Enema Bag or Bucket

Hanger

Towels

Lubricant (KY Jelly or Coconut Oil)

Music is nice to have

A bathtub us the ideal spot for an enema. Towels can be used for comfort under you and over you as a draping. First, be sure the filled enema bag/bucket is hanging above you so that the liquid can flow with gravity. Be sure to close the clamp before pouring in the coffee. Next, get comfortable by laying on your left side (this is very important as the bowels start on the left and wrap around in a u-shape to the right). Coat the end of the enema tip with KY Jelly or Coconut Oil. The enema tip should not be inserted more than 3 inches, yet it should be inserted past the two sphincters. You will be able to feel this. Once the tip is inserted, the coffee can be released in the body as quickly or slowly as feels comfortable. I tend to take my time till it is all gone. It may take me 2-4 minutes to complete this process. Once all the coffee is in the bowels, keep the tube open and not clamped so that gas can flow freely. Try to turn onto stomach and massage the bowels with your hands or a tennis ball to relieve cramping. The cramping is very temporary and comes and goes for some people. Once you have retained it for 10-15 minutes, either pull the tube out of the anus and go straight to the toilet or carry the bag with you and pull the tube out while on the toilet. Allow for plenty of time for the bowels to release.

Place 3 T. ground organic coffee into 1 quart of distilled water that has just been brought to a boil. Continue boiling for 3 minutes, then simmer on very low heat for 20 minutes. Let cool to 99-100 degrees. Wash the bowel first with 1 or 2 plain water enemas. Cool, strain and inject the coffee when it reaches body temperature.

I suggest watching a few YouTube videos as well as Google imaging mucoid placque to see what can be released during coffee enemas.

This can be done every morning of the liver cleanse. The coffee enema is not recommended at night as it may be stimulating.

**Epsom Salt Bath**

Relieves headaches, muscle aches and fatigue during a cleanse. It also pulls out toxins. Mix 4 T. of almond or olive oil with one or more cups of Epsom salts and then rub the mixture over the body (while standing in the tub). This removes old skin, leaving the skin soft and smooth. The Epsom salts will fall into the bath tub. Pour the bath as hot as tolerable, and add one cup apple cider vinegar and stir. Soak for at least ½ an hour. Keep adding hot water. Place a cold washcloth on the forehead and neck.

**Castor Oil Pack**

Castor oil packs assist enemas in cleansing and clearing the bowels. The absorption of the Castor oil through the skin pores into the lymph system softens, relaxing and nourishes the bowels, as well as balancing the sympathetic and parasympathetic nervous system. It also disperses congestion, relieves tension and helps to release any blockages or bowel pockets.

1.       To prevent stains, place towel over plastic (garbage bag works well) to protect chair or bed

2.       Preheat the oven to 200 degrees.

3.       Turn on heating pad to high.

4.       Cover a cookie sheet, or similar flat surface, with a piece of flannel or muslin. At Natural Grocers you can buy a piece of cloth meant for this purpose. It is next to the Castor oil in the vitamin section.

5.       Pour warmed castor oil over the cloth, soaking it thoroughly without making it too wet. Fold the cloth to spread the oil evenly and then unfold it fully onto the plastic which has been placed on the cookie sheet.

6.       Warm the cloth in the over for a couple of minutes. Check often for appropriate temperature.

7.       Place a bath towel folded lengthwise over the plastic.

8.       Lay down on the bath towel with it under your torso area.

9.       Place the castor oil soaked cloth over the bowels and liver area.

10.    Place heating over cloth and wrap bath towel over heating pad.

11.    Relax for 1 ½ - 2 hours with the pack on while relaxing, meditating or watch tv.

Castor oil pack can be reused many times. Hand wash if needed.