

**Q. “I’m not able to hold coffee enemas.”**

**A.**

- Re-read the proper coffee enema recipe & procedure to ensure that you are doing it right. (See References below)
- Check the height of the bucket—make sure it is less than 18” high, or else the coffee will flow too fast.
- 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.  
For feces or gas, 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, 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.

**References:**

- Gerson Therapy Handbook, p. 1, 18-20
- Healing the Gerson Way, pp. 23, 104, 125, 162-170, 188, 236
- Little Enema Book, pp 14, 20.