



## Coffee Enemas & Salt Flushes

### Why Use Coffee Enemas and Salt Flushes?

Coffee enemas and salt flushes are extremely helpful tools that can help make the detoxification process easier during the Pathogen Purge.

Schedule your enemas and flushes on mornings when you will be at home (and near a bathroom) until you know how you react and how long the process takes. (Some individuals have additional bowel movements after the initial flush when doing saltwater flushes).

**Recommendation:** Make sure to increase your intake of purified water and replace minerals and electrolytes on the days that you do enemas and flushes. You can do this by adding [Trace Minerals](#) to your water, drinking green drinks and/or coconut water (up to 8 ounces per day).

**Note:** If you are pregnant or nursing or are currently experiencing rectal bleeding you should NOT use either of these cleansing techniques.

### The Coffee Enema

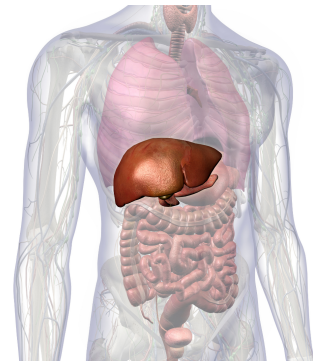


When surveyed, Gut Thrivers voted coffee enemas the most effective way to ward off constipation and maintain energy up during the program. If Triphala is not producing a daily bowel movement, coffee enemas may be a good option for you. This may sound extreme at first, but after you try them a few times, we think you'll be pleasantly surprised.

Originally brought to the forefront by late cancer physician Dr. Max Gerson, coffee enemas have been safely used in healing practices for decades, dating all the way back to World War I.

## Benefits of Coffee Enemas

Caffeine and other beneficial compounds found specifically in coffee can stimulate the liver to produce its own master antioxidant called glutathione S-transferase (GST) which will in turn allow the liver to detoxify itself. This GST is known as the “**master detoxifier**” and is a powerful enzyme that binds with toxins and flushes them out during the enema process.



The more toxins you eliminate on GT5, the better you will feel and the faster you'll get results.

Even though coffee enemas are not required in GT5, they are strongly encouraged because they can:

- Reduce systemic toxicity levels by up 700%
- Cleanse and heal the colon and digestive tract
- Improve peristalsis to alleviate chronic, long-term constipation
- Boost energy levels, mood, and mental clarity
- Assist greatly in the elimination of pathogens
- Detoxify and repair the liver
- Help relieve chronic pain and ease "die-off" symptoms

### When and How Often Should You Do Them?

Coffee enemas are recommended first thing in the morning, **2-3 times per week during all four weeks of the Pathogen Purge.**

**Note:** If you are also doing a salt flush, the flush should be done first, before the coffee enema.



## How to Perform a Coffee Enema

### STEP 1:

Bring 2 tablespoons of coffee and 4 cups of purified water to a boil for 5 minutes. (We like upgraded Bulletproof coffee, but any organic coffee will work.) Reduce heat and simmer for an additional 12-15 minutes.

**Note:** It is important to use regular coffee and NOT decaffeinated coffee for the coffee enemas because the caffeine helps stimulate the liver so that it releases bile. You can try using a weak solution of the regular coffee if you are concerned that you will overreact to the caffeine. You can also buy coffee that is roasted specifically for this purpose, [such as this one](#).

### STEP 2:

Remove from heat and add 2 cups of purified water to the mixture. **Allow the entire mixture to cool to room or body temperature before using.** This is very important! If you are short on time, you can use cold water or ice cubes to get it to the correct temperature.

### STEP 3:

Strain out the grinds by either passing them through a coffee filter or very fine sieve.

### STEP 4:

Pour the strained coffee into an enema bucket. If you don't have an enema bucket, you can pick one up at your local drugstore or you can find a higher quality stainless steel one online [here](#). Leftover coffee that has NOT been poured into the enema bucket can be stored in a glass jar in the refrigerator for up to 2 days.

**Note:** Begin with 1-2 cups of coffee the first time you do the enema. After that, you can increase the amount to 4 cups.



### STEP 5:

Hang the bag or set the bucket about 16-20 inches above you (if you raise it too high, this creates higher pressure which can contribute to cramping). Let the coffee flow out the end of the nozzle to remove air from the tube and then close the clamp to stop the flow.

### STEP 6:

Create a relaxing atmosphere by Inhaling your favorite essential oils or add them to a diffuser (we like Young Living's Release).

### STEP 7:

Make yourself a nice, cushioned pad on the floor near the toilet, so you are comfortable.

### STEP 8:

Add a small amount coconut oil, olive oil, or lubricant of your choice to the tip (too much can cause the nozzle to slip out). Lie on your right side (liver side down) and insert the first 2-3 inches of the tip into the rectum. Take a deep breath!

### STEP 9:

Slowly release the liquid and stop the flow if you begin to cramp. Massage your abdomen and take a few deep breaths. After the cramping passes, you should be able to take in more. Applying a hot water bottle or heating pad during the process also helps with cramping.

### STEP 10:

Using acupressure points, you can rub and slightly twist the right pinky toe and the right calf area while doing your enema to promote the release of toxins (doing this in the last 5 minutes to help produce a bowel movement).

### STEP 11:

**Hold for 15-20 minutes.** If you've never done a coffee enema before you may only be able to hold it for 5 minutes or so because the sensation is new and



strange. The more enemas you do, the easier it will be to hold the coffee for longer.

### STEP 12:

Use this time to: meditate, listen to your favorite music or podcast, and just relax. Lightly rub your lower abdomen in circles to encourage further elimination.

### STEP 13:

When it is time to eliminate, gently remove the nozzle and get up slowly. Expel and let go of all the toxins. Using a squatting position when you have a bowel movement will help you eliminate deeper. We recommend putting a foot stool or a Squatty Potty by the toilet to help.

You should feel symptom relief after the enema. If not, consider a second one OR the next time (if you are especially constipated), consider doing a regular enema with distilled water FIRST to clear out the colon and THEN do a coffee enema.

It is completely normal to get a bit nauseous or to get chills during or right after a coffee enema, as a large amount of toxins are being eliminated.

#### Special Note on Probiotic Implant Enemas:

If you find you react to taking the probiotics Probiotic Colonizer 100 or Terraflora orally during Step 3, you may wish to instead do an implant enema, which will bypass the GI tract and implant the probiotics directly into the intestines.

To do an implant enema, open the capsule of either Probiotic Colonizer 100 or Terraflora and mix into 2 cups of water right before you're ready to do the enema. Then pour the mixture into your enema bag. The water should be lukewarm or at room temperature for comfort.

Start with 1/4 capsule and work up to the full dose over time. Some Plan S participants will be more sensitive and need to add probiotics even later in the process.

Christa recommends holding the enema for 15 minutes. So if you are having trouble holding the enema, you could try starting off with 8 oz. of water and reducing the dosage accordingly, or you may want to try doing a plain water enema just prior to your MBC enema, as it can help to hold the second enema longer. This should improve the more you do it.

Do them once a week. Week 1 use 1/4 capsule of Terraflora. Weeks 2-4 use 1/2 capsule of Terraflora. Weeks 5-6 use 1 capsule of Terraflora.

## The Saltwater Flush

This is an old Chinese Medicine technique that flushes out the intestines. It was popularized by Stanley Burrows back in the 1980's as part of a master cleansing routine. It's great for most people, but please read the cautions below:

**Individuals with weak kidneys, kidney problems or high blood pressure should use alternative detoxification techniques during Gut Thrive.**



Once you learn this process and customize it for your body, you'll have a helpful tool that not only cleanses the bowels but helps the small intestines flush unwanted bacteria from the body.



Salt flushes are particularly helpful for [SIBO](#) (Small Intestinal Bacterial Overgrowth) sufferers with

sluggish motility issues that contribute to an overgrowth of unwanted species in the small intestines.

This technique needs to be tailored to the individual. Matching the sodium concentration in the flush to

the sodium concentration of your blood, ensures that the salt water will exit through the intestines without being absorbed into the body.

60% of people get it right on the first try and have a flush that passes the entire quart of salt water right through. The remaining 40% need to try again and address the amount of salt used for the flush, along with the amount of food that is in their intestines, which can interfere with a successful flush. **It is best to do salt flushes on an EMPTY STOMACH.**

This technique can be done by everyone, if done correctly and at the right time.



## Things You Should Know

---

1. **Salt water flushes DO NOT kill off your beneficial bacteria.** Salt and ingesting salt water (ocean swimming) is and has been part of the human adaptation to life on earth. Neti pot irrigation of sinus passages with saline water is a well-established, beneficial tradition for thousands of years for millions of people. It does not destroy the nasal microbiome.

2. Drinking a very strong saltwater can cause vomiting. But this is NOT a strong solution of salt water! It's barely brackish, meaning not strong at all. However, some people are highly sensitive.

If doing a salt water flush causes vomiting, it might be your body saying, "This technique is not right for me at this time" and that's okay as there are other cleansing methods in GT5 to choose from.

3. If you do not use the right amount of salt, it can be absorbed (which we do not want) and thus you will experience a rise in blood pressure and swelling (edema).

### When and How Often Should You Do Them?

Salt flushes are optional, but highly recommended for **Plan S** during **all four weeks of the Pathogen Purge**. We recommend that you do one 3 times per week.

**Note:** If you are also doing a coffee enema, the salt flush should be done first before the coffee enema.

### How to Perform a Salt Flush

The best time to drink the salt water is early in the morning while your intestines have extra room at the top and are not all filled up with food. **Salt flushes work particularly well before coffee enemas.** Eating a light



dinner the evening before will ensure less food volume in the intestines in the morning.

### STEP 1:

Put one quart of purified warm water in a glass container. A quart Mason or Bell jar works well.

### STEP 2:

Add between 2/3 tablespoon to 1 tablespoon of salt (Celtic or Himalayan Pink Salt) to the water. If you have really soft water, try 1 tablespoon of salt. If hard-mineral water is used, then you might try 2/3 tablespoon of salt. **Finding just the right amount of salt may take a little trial and error.**

### STEP 3:

Stir or shake the jar to dissolve all the salt into the water.

### STEP 4:

Chug down the entire quart of salt water. It can be a little distasteful and may cause some slight nausea, but this will pass soon when you have a bowel movement and expel all the toxins.

#### **Suggestions for squeamish people who find it difficult to drink a brackish liquid:**

- Add small squeeze of lemon into the water to add flavor.
- Warm the liquid so it is more like broth.
- Lick a tiny bit of maple syrup off a spoon between gulps.

Within 25-40 minutes after drinking the saltwater, you should experience a bowel movement that is similar to diarrhea. When the entire quart of saltwater exits your body, it will take bowel contents, bacteria, and toxins along with it.





## Understanding the Variables

The key is getting the saltwater to match your blood's specific gravity.

Some people:

1. Have weak adrenals that do not make adequate aldosterone hormone, which helps the kidneys retain minerals in the blood, and they may have thinner blood. These individuals usually do better with a lower salt-dose.
2. Are mentally and emotionally “retentive” and will have “bio-energetic resistance” to this process. They tend to struggle with “trusting” and “letting go.” If this resonates, this is a good time to review your healing affirmations because physical and emotional cleansing go hand-in-hand. Breathe and let go. You must address this to be successful on Gut Thrive in 5.
3. Have thick blood and are full of congestion and therefore need a slightly stronger salt amount.
4. Are on synthetic drug blood thinners that impact the quality of their blood.
5. Are vital, dynamic, and have great blood-specific gravity. They can use 1 full tablespoon and a quart or a liter and everything will work just fine.

If you master this technique, it will be a huge blessing; and if you don't, not to worry. We've got coffee enemas, colonics, infrared saunas, oil pulling, and many other cleansing methods that will work for you.

Keep in mind that most “manipulations” of the body are not fun, and yes, they can be a little scary not knowing what to expect, but the results should be well worth it. After all, it's all about you and your biochemical individuality.

**Happy Salt Flushing!**