

THE DOCOFDETOX

ULTIMATE COFFEE ENEMA

What You Need:

- DOCOFDETOX Organic Enema Coffee
- Stainless Steel Enema Bucket
- Structured Water
- Black Gold
- Black Diamond Crystals
- Tummy Love
- Olive Oil or Organic Coconut Oil (*available at natural food grocers*)

Cleaning Supplies Needed:

- Hydrogen Peroxide (*available at a pharmacy*)
- Dr. Bronner's Liquid Soap (*available at natural food grocers*)



The Ultimate Coffee Enema is 500% more effective than any other enema. As the world changes, we must change with it, in the past 20 years the world has become more toxic than in the past 5 centuries. The DOCOFDETOX Ultimate Coffee Enema not only detoxifies more effectively than any other coffee enema but also removes 500% more toxins, heavy metals and chemicals. The Ultimate Coffee Enema also delivers 70+ essential micronutrients to the large intestine & liver. Take massive personal action for massive healing.

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STEP 1. Always perform Belly button therapy thoroughly on yourself before any coffee enema, this ensures total relaxation, otherwise a parasympathetic state for easier elimination and rejuvenation.

STEP 2. Add 1 teaspoon to 3 tablespoons of DOCOFDETOX Organic Green Coffee grounds and 1 teaspoon to 1 tablespoon of Black Gold to 16oz/500ml of Structured Water in a glass, ceramic or stainless steel pot. Aluminum is not recommended as aluminum can leach into the coffee. The reason why the patient/client would reduce the normal amount of 3 tablespoons of green coffee to 1 teaspoon and gradually work up is when someone is or feels they are hypersensitive to coffee. But understand this, coffee is much more accepted rectally than orally by the body, if you have trouble sleeping, it is best to do your coffee enema earlier in the day until you feel comfortable with its results. The patient/client should use more Black Gold in their Ultimate Coffee Enema when there is increased toxicity, inflammation and/or lack of tone in the liver and/or large intestine.

When doing the Ultimate Coffee Enema, Black Gold will nourish the cells with 70 micronutrients in the large intestine & the liver via the portal vein. After unloading 70 micronutrients in the tissue cells it will then magnetize, otherwise, absorb and lock-down heavy metals, chemicals, GMOs, and toxins with up to 400% of its weight. What this means is the most powerful detoxification without ANY negative side effects.



STEP 3. Bring the DOCOFDETOX coffee, black gold, and structured water mixture to a boil for 5 minutes then simmer for 15 minutes.

STEP 4. Make sure the tubing on the enema bucket is clamped closed before pouring any liquid into your stainless steel DOCOFDETOX bucket.

STEP 5. After simmering for 15 minutes, strain your Ultimate Coffee Enema mixture using a fine-mesh strainer into another pot, then pour the Ultimate Coffee Enema mixture through the Structured Water unit into the Enema Bucket.

NOTE: *If short on time, the Ultimate Coffee Enema mixture can be made the night before, though it is better fresh. Add warm to hot water to the Ultimate Coffee Enema mixture to bring it up to a comfortable internal body temperature before administering. What I do is take a few drops on the inside of my wrist, this tells me if the temperature is appropriate.*

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*“The Best Place For Coffee
Is In The 'Other' End”*

— Dr. Darrell Wolfe —

STEP 6. Add 1 to 3 teaspoons of Tummy Love or 1/8th to 3/8th of a teaspoon (1 to 3 stick packs) of Black Diamond Crystals. The amount that you add to the enema bucket will depend on the severity of the problem.

NOTE: Black Diamond and Tummy Love are both made up of 70% Humic and 30% Fulvic. Black Diamond will be absorbed deeper in the tissues. Tummy Love will help to restore hormonal balance along with purging toxic waste from the liver which prevents the reabsorption of these toxins when doing the Ultimate Coffee Enema. This is essential due to the majority of the population having leaky gut syndrome but can be more accurately called a gut-brain disconnection.

STEP 7. Add Structured Water to bring the total amount of liquid to 1 quart/1 liter (32oz). You can now do your Belly Button Therapy to release tension and relax the colon.

STEP 8. Bathroom protocol - place a thick towel and a pillow on the floor, close to the toilet for your comfort. Some people will utilize the shower or the bathtub if it is a large enough space. Waterproof pads will protect the floor in the event of an accidental spill or leak.

STEP 9. Hang your enema bucket on a door-knob, towel rod or shower curtain with a strap, belt or an S hook. Elevate the bucket at least 2 feet above the floor, but know that the higher it is, the more powerful the flow. For those who have inflammation, hang the Coffee Enema Bucket only 10-12 inches high until the enemas bring down the infection or inflammation.

STEP 10. Slightly tilt the enema bucket towards the out-spout so that the liquid slowly fills the tube to the clamp. Then release the clamp so the liquid goes to the end of the enema tubing, use a clean container to catch any spill to pour back into the enema bucket. This is to ensure no air is trapped in the system.

STEP 11. Lubricate both the tip of the shorter colon insert and your anus, using organic olive oil or coconut oil.

STEP 12. Lie on your left side and slowly insert the tip of the enema tube into the rectum only to the length of the insert.

NOTE: Avoid kinks in your tubing; kinking will block the flow.

STEP 13. Release the clamp while pinching the tube, gradually allowing the liquid to flow in until you feel slight pressure. Re-clamp. Stay connected to the Lion Heart Breathing and gently roll onto your back. Allow another portion of the coffee enema mixture to flow in until you feel slight pressure. Re-clamp and continue the Lion Heart Breath. Now, gently roll to your right side and release the clamp and continue to fill the large intestine until you feel the warm liquid is above the right hip in the lower quadrant of your abdomen which is known as the Cecum Area.

STEP 14. Hold the Coffee Enema for 12–15 minutes. During this period for additional support and to encourage the detoxification process, use a Hand Thumper, Massage gun or slight finger pressure to massage and loosen/stimulate the large intestine. Start at the sigmoid (left hip) and continue up the descending part of the large intestine and then across the transverse colon, which is 2-3 inches above the belly button. Work your way down the ascending part of the large intestine to the cecum area which is just above the right hip. Massaging this area will trigger the liver-cecum pump. Now repeat these steps in reverse order while staying connected to your Lion Heart Breathing. Just know this, repetition is the art of perfection, your first enema may be awkward and a little difficult but it is well worth the effort; so be patient and become your own practitioner!



NOTE: Holding the DOCOFDETOX Ultimate Coffee enema longer than 15 minutes is counterproductive. Longer than this, you may reabsorb the toxins you were wishing to expel. But just know this, because of the additional Black Gold and Tummy Love, you have just detoxified and eliminated 500% more toxins thanks to the DOCOFDETOX Ultimate Coffee enema.

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STEP 15. When you feel the urge to expel the enema, no matter whether it was 15 minutes or shorter, please answer the call of nature. After expelling the enema, wait for 5 minutes on the toilet gently massaging your abdomen, to ensure complete elimination. If you have an approximately 10-inch high bench, please put your feet on the bench so that it can help make the elimination coffee enema most effective. If there is enema coffee remaining in your bucket, repeat Steps 11 to 14. If you still feel that there is more to be eliminated, administer a structured warm water enema to completely flush the large intestine. You can also perform Belly Button Therapy even while on the toilet which helps to ensure full elimination.

STEP 16. After each use, clean the bucket and tubing with hot water and soap. Rinse with hydrogen peroxide and hang to dry.

Listen to your body. Select the time of day that works best to do an Ultimate Coffee Enema according to your schedule – a time that is peaceful and calm. Keep in mind that if the Coffee Enema was completed in the evening, you could have a feeling of restlessness and difficulty sleeping, chances are elimination was not complete. In this case, administer a structured warm water enema to flush the colon fully.

“Take Action, Not Reaction”

— *Dr. Darrell Wolfe* —

ADDITIONAL TIPS:

Though most people find Coffee Enemas relaxing, some individuals may feel slightly jittery due to the caffeine in the coffee. Absorption of caffeine is very low when doing Coffee Enemas. Jitteriness should lessen after the third session. If not, make the coffee weaker.

Store open bags of coffee in the refrigerator or freezer.

Experiencing difficulty holding the coffee enemas for 12 – 15 minutes? This may be due to compacted feces in the descending colon. **Try the following:**

Use the Thumper on the abdomen for 5-10 minutes prior to doing a coffee enema as well as on the liver and cecum area to trigger the liver-cecum pump for the last 3-5 minutes of the coffee enema.

Start with one cup of warm structured water to do a water flush before the coffee enema. Take in water and hold until the urge to release is felt. Release completely and then administer the coffee enema(s).

Drinking two cups of warm water with fresh lemon juice upon rising, prior to enemas, will often initiate a bowel movement.

Take additional magnesium prior to bedtime, such as 1-3 scoops of MagIn-fusion. This will increase the likelihood of having a good bowel movement first thing in the morning.

