

LET'S TALK ABOUT

LIVER DETOX SUPPORT

HOW TO SUPPORT THE LIVER THROUGH COFFEE ENEMAS

BY DR. LEILA DOOLITTLE

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ABOUT THE AUTHOR



Dr. Leila Doolittle

I am Dr. Leila Doolittle, a Functional Medicine and Functional Neurology Practitioner dedicated to optimizing people's health through root-cause healing. I focus on the three pillars of health: body, mind, and soul as none of our systems ever work alone.

Because my approach focuses on healing both the mind and body I specialize in Functional Neurology assessments and passionately help my patients reach their full potential through through cutting-edge diagnostics and tailored therapies, giving mental clarity and resilience to my patients.

People come to me with a wide range of chronic health issues, including brain fog, persistent low energy, a variety of digestive and skin issues, hormonal imbalances, anxiety, food allergies, and chemical sensitivities. Sadly, the list goes on. But together, we find the root cause, addressing toxin exposure, mycotoxin illness, parasites, heavy metals and much more.

I run my own private practice and offer both in-person and virtual sessions, enabling me to connect with and assist people worldwide. I firmly believe that each individual's health journey is unique and should be designed through functional nutrition, testing, and tailored therapy tracks.

Committed to lifelong learning, I stay at the forefront of scientific discoveries, explore longevity techniques, experiment with groundbreaking therapies, and develop nourishing resources and effective detoxification protocols.

Spending time in nature and traveling are among my greatest passions outside of my family and patients. You can find me anywhere in the world, exploring beautiful destinations in nature, learning new cultures, and continuously growing in my own health journey.

Thank you for being here! If you're interested in optimizing your health and brain function check out my website below to schedule a FREE discovery call. I look forward to connecting with you!

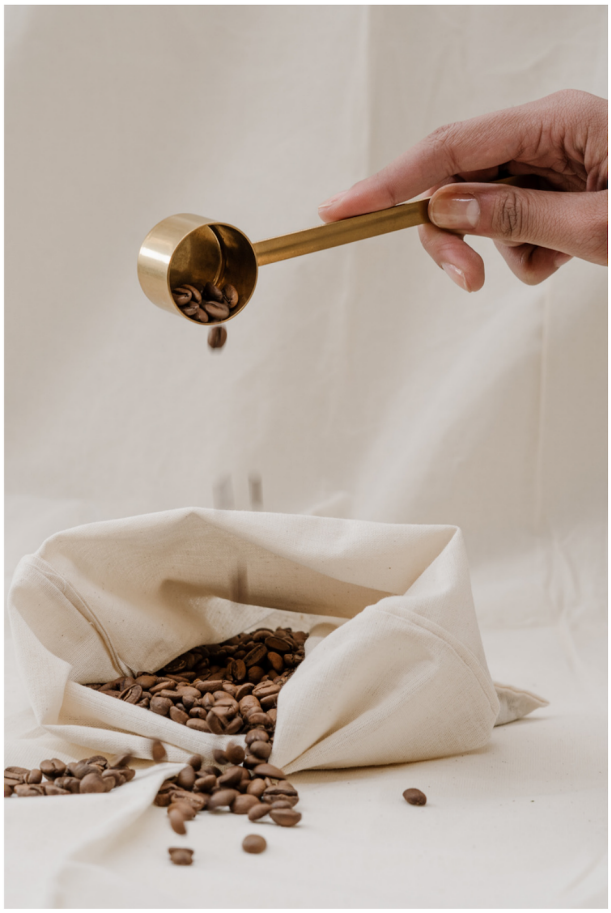
WHERE TO START?

Coffee enemas are designed to enhance gut function by prompting toxin clearing and release from the bloodstream. This process helps in eliminating various toxins and free radicals from the bloodstream. By doing so, coffee enemas support the liver, gallbladder, kidneys, and colon, preventing them from becoming overwhelmed by the influx of toxins released from not consuming clean foods or contaminated water. It especially helps when the liver is already underperforming and overloaded with toxins.

Who should utilize coffee enemas?

Coffee enemas are a powerful tool for most people on their health journey. Sometime they are not the best option for those going through the following health conditions.

- Individuals currently undergoing chemotherapy.
- Individuals with renal, cardiac, or respiratory failure.
- Presence of bleeding and/or ulceration in the colon tract.
- Those diagnosed with Ulcerative Colitis.
- Individuals suffering from Crohn's disease.
- Those with an ileostomy (absence of the colon).
- Individuals experiencing hypertension and/or tachycardia.
- Pregnant women



WHY COFFEE AND HOW DOES THIS BENEFIT THE LIVER?

The coffee solution used in coffee enemas is not retained in the liver but rather held and absorbed in the colon. The liquid travels through the vessels in the lower part of the descending colon and rectum. Here, potent coffee compounds are absorbed by the hemorrhoidal and mesenteric veins that are then directed to the liver. The coffee also flushes fecal matter and debris from the colon, improving peristalsis.

Coffee enemas do not directly produce bile; however, the coffee stimulates the liver to produce bile. This stimulation is enhanced by caffeine, theobromine, and theophylline present in coffee, which dilate blood vessels and bile ducts and relax smooth muscles, thereby increasing bile flow.

Important electrolytes are lost during the evacuation process in coffee enemas, which necessitates balancing with juice intake. The recommended ratio is three 8 oz. juices for each coffee enema. Those not following a specific protocol should ensure adequate hydration by drinking plenty of water.

The body does not become dependent on coffee enemas for bowel movements. Even after discontinuing their use, individuals can resume normal bowel function without dependency on the enemas.

What kind of coffee should be used?

Several types of coffee can be used for enemas especially light and medium roasts. Dark roasts are not helpful with enemas as the essential compounds are diminished during the roasting process. Light to medium roasts are the best options. It is important to use organic coffee as well as to choose fair-trade and to avoid pesticides, herbicides, mold, and fungus. It's also important to note to always use caffeinated coffee, decaf coffee simply will not work.

PREPPING THE COFFEE SOLUTION

- Bring 5 cups of water to a boil.
- Add 2-3tbs of coffee to the boiling water.
- Boil the mixture for 5 minutes, then reduce to a low simmer for 15 min.
- Wait for the coffee to cool then strain it through a fine sieve.
- Add cool, filtered water to the coffee.
- Ensure the coffee and water mixture is at body temperature or below before proceeding. You can place in the refrigerator to cool more quickly.
- Once the mixture reaches the appropriate temperature, you are ready to administer your enema.

Equipment & Materials

- Stainless Steel Enema Bucket Kit
- Rubber/silicon tube, clasp and insertion tip
- Stainless Steel Cooking Pot to make coffee
- Organic Coffee
- Purified or distilled water
- Organic Coconut Oil
- Timer
- Towel
- blanket, pillows (optional)

Helpful Links to add to your wellness toolkit:

- Click for recommended coffee
- Click for recommended Enema Kit

Prepping For Success - Start with a Warm Water Enema

If you are constipated, begin with a warm water enema to cleanse your colon. Water enemas are effective for relieving constipation because they cleanse the colon without activating liver detoxification, unlike coffee enemas, which are used specifically for detoxifying the body. It's crucial to clear any bowel congestion before using a coffee enema to release toxins.

YOU'VE PREPPED EVERYTHING – NOW IT'S ENEMA TIME!

1. I recommend performing your enema while lying on the floor where you have enough space to stretch out by lying on your side or back as you will be rotating positions. You can make the space comfortable and lay a towel down and even grab a pillow for your head. Laying down a yoga mat with a towel on top is one example.
2. The fluid requires gravity to feed it down the tube, so find a place to hang your bucket/bag above you. If you are lacking a reasonable hanging spot then you can set it on top of the bathroom countertop. However a hook, door handle or rail is the preferred option as you can then focus on relaxing.
3. Lubricate the tip of the red tubing with a good amount of organic coconut oil.
4. Test to see if the solution is coming out of the insertion tip before inserting. Allow any bubbles in the tubing to escape the tube and have the coffee or water solution come right to the tip before inserting.
5. Set your timer for 15 minutes. The first five minutes start on your right side, five minutes on your back and the last five minutes laying on your left side.
6. Insert the lubricated tip. It may feel awkward but there should be no pain. If there is pain, coat with more coconut oil.
7. Start by laying on your right side. Use the lever to manage the flow of the solution to the speed that is comfortable for you. Let the solution completely empty into your colon. Turn off the lever and remove the enema tubing.
8. If you feel discomfort or the desire to immediately use the bathroom then take a few deep breaths, massage your abdomen in a clockwise motion and take a few calming breaths. If you are unable to hold it then get up to the toilet and pass as needed. This takes practice and your body learning the more you do them. If you do the warm water enema first this should greatly help this initial urge.
9. Wash the bucket and tubing with hot soapy water, using Castile soap and making sure to properly air dry the tubing so no residue is left behind and the kit will be ready for the next use.