

## Coffee Enema For Liver Detoxification

The very last part of the colon, before reaching the rectum, is in an "S" shape and called the sigmoid colon. By the time stool gets to this part of the colon, most nutrients have been absorbed back into the bloodstream. Because the stool contains products of putrefaction at this point, there exists a special circulatory system between the sigmoid colon and the liver.

There is a direct communication of veins called the enterohepatic circulation. Have you ever felt sick just before having a bowel movement, when stool material has just moved into the rectum for elimination? As soon as the material is evacuated, you no longer feel sick. This is due of the toxic quality of the material and the enterohepatic circulation coming into play. Because of this, it is important to evacuate when you have the urge. The rectum should usually be empty.

This circulatory system enables toxins to be sent directly to the liver for detoxification, rather than circulating them through the rest of the body and all of its vital organs including the brain. This system of veins carries rectal/sigmoid toxins directly to the liver for detoxification.

When a coffee enema is used, the caffeine from the coffee is preferentially absorbed into this system and goes directly to the liver where it becomes a very strong detoxicant. It causes the liver to produce more bile (which contains processed toxins) and moves bile out toward the small intestine for elimination. This process seems to free up the liver to process more incoming toxic materials that have accumulated in the organs, tissues and bloodstream. The coffee does not go into the systemic circulation, unless the enema procedure is done improperly.

The coffee contains some alkaloids which also stimulate the production of glutathione-S-transferase, an enzyme used by the liver to make the detoxification pathways run. It is pivotal in the formation of more glutathione, one of the main conjugation chemicals, enabling toxins to be eliminated via the bile into the small intestine. So in other words, a coffee enema speeds up the detoxification process and minimizes the backlog of yet to be detoxified substances.