

Biological Basis for Coffee Enemas

Excerpted from "How the Gerson Therapy Heals" a lecture by Gar Hildenbrand, 1990.

The coffee enema is capable of removing circulating toxins and partial metabolites for one specific reason, and that is that the coffee enema not only dilates bile ducts – which Gerson knew – we now know, from the work of Wattenberg, Sparnins, and Lam at the University of Minnesota, Department of Pathology, Minneapolis, that coffee stimulates an enzyme system in the liver, glutathione-S-transferase, that is capable of removing a vast variety of electrophiles from the bloodstream. Electrophiles are referred to in popular literature as free radicals.

Electrophiles are atomic particles with one or more electrons in unpaired spins. They have an affinity for electrons and they want to get involved where they should not get involved. They are charged particles, and they will damage membranes of cells and they will inflict disturbances in cellular metabolism.

Under the influence of a coffee enema the glutathione-S-transferase enzyme system – part of the ligandine enzyme system that accounts for about 3% of all enzymes in the liver, responsible for removing electrophiles from the blood stream – will be increased in activity from 600%-700% above normal. No materials other than coffee are known to stimulate it a much. That's why people are known to get a buzz off of a cup of coffee in the morning, and why some people are too grouchy to do anything but read the newspaper until they've had their coffee, and why coffee is so effective in clearing heads.

Glutathione-S-transferase

From Lechner, Aktuelle Ernährungsmedizin, 1990.

1. Binds bilirubin and its glucoronides so that they can be eliminated from the hepatocytes,
2. Blocks and detoxifies carcinogens which require oxidation or reduction to be activated. Its catalytic function produces a protective effect against many chemical carcinogens.
3. Forms a covalent bond with nearly all highly electrophilic substances, the so-called free radicals, which is the precondition of their elimination. The intermediate products of potentially hepatotoxic cytostatics also belong to this category.

The coffee enema stimulates the glutathione-S-transferase system by 700%. During the time that the coffee enema is being held in the gut, all the blood in the body passes through the liver at least five times. Every three minutes all the blood in your body passes through your liver. In addition to stimulating that enzyme system, the theobromine, theophylline, and the caffeine in coffee all have physiological effects. Among these are the dilation of blood vessels and bile ducts, the relaxation of smooth muscles, and the increase of bile flow. The palmitates, compounds in the coffee that actually stimulate glutathione-S-transferase, also cause increased bile flow.

In addition to that, the quart of water in your gut stimulates what is called the visceral nervous system. The viscera are the guts. The visceral nervous system is the nervous system that orchestrates what is called peristalsis, the weak force that moves materials through the intestines. The visceral nervous system is stimulated by a quart of water in the gut. A portion of the water also dilutes the bile and increases the bile flow, thereby flushing toxic bile (loaded with toxins by the glutathione S-transferase enzyme system) out of the intestines. Also, the net effect of the coffee enema is to cause a flushing of toxic bile, or bile that has been loaded with toxins by the glutathione-S-transferase system, out of the intestines.