

## Scientific Basis of Coffee Enemas

We would like to briefly reiterate the purpose of coffee enemas because many people new to the therapy ask about this, and also as a reminder to “veterans” for how we can explain this to others.

Coffee enemas are a vital part of the detoxification process of the Gerson Therapy. The purpose of the enemas is to remove toxins accumulated in the liver and to remove free radicals from the bloodstream. In the 1920s, two German professors tested the effects of infused caffeine on rats. They found that the caffeine travels via the hemorrhoidal vein and the portal system to the liver, opens up the bile ducts and allows the liver to release bile, which contains toxins. The theobromine, theophylline, and the caffeine in coffee dilate blood vessels and bile ducts, relax smooth muscles, and increase the bile flow.

Doctors at the University of Minnesota showed that coffee administered rectally also stimulates an enzyme system in the liver called glutathione S-transferase by 600%-700% above normal activity levels. This enzyme reacts with free radicals (which cause cell damage) in the bloodstream and makes them inert. These neutralized substances become dissolved in the bile, are released through the bile flow from the liver and gallbladder, and are excreted through the intestinal tract. A Gerson patient holds the coffee enema in the colon for 12-15 minutes. During this time, the body’s entire blood supply passes through the liver 4-5 times, carrying poisons picked up from the tissues. So the enema acts as a form of dialysis of the blood across the gut wall.

The purpose of the coffee enema is not to clear out the intestines, but the quart of water in the enema stimulates peristalsis 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.

A patient coping with a chronic degenerative disease or an acute illness can achieve the following benefits from the lowering of blood serum toxin levels achieved by regular administration of coffee enemas:

- 1) increased cell energy production
- 2) enhanced tissue health
- 3) improved blood circulation
- 4) better immunity and tissue repair and
- 5) cellular regeneration

Additionally, coffee enemas can help to relieve pain, nausea, general nervous tension and depression.

References: *A Cancer Therapy: Results of Fifty Cases* by Dr. Gerson, *Healing the Gerson Way* by Charlotte Gerson, and *Liver Detoxification with Coffee Enemas* by Morton Walker, DPM excerpted from July 2001 edition of Townsend Newsletter.