



Transcript: #398 Easy Coffee Enemas and The Science Behind Them with Eileen Durfee

**Wendy Myers:** Hello everyone. How are you doing? I'm Wendy Myers of [Myersdetox.com](http://Myersdetox.com). Welcome to the *Myers Detox Podcast*, where we talk about everything related to heavy metal detoxification, anti-aging and health, in general. Today I have Eileen Durfee on the show. She's the founder of [creatixsolutions.com](http://creatixsolutions.com). She is a nuclear engineer and an expert in bioenergetics.

**Wendy Myers:** Today, we're going to be talking about why on earth you'd want to do a coffee enema. We'll talk about the research behind researchers putting coffee up rats asses, the results they found and other really exciting research. We're also going to discuss the best type of coffee to use for coffee enemas and why both Eileen and I switched from light coffee to dark coffee. We'll talk about how to prepare the enema coffee. We'll talk about other things that you can use to do an enema like ozonated water as well. There are lots of really interesting tips.

**Wendy Myers:** It's a really funny show, too. I always love having Eileen on. She's such an expert in detoxification and has reinvented all the different detox protocols that you can do. She's thought of every little thing to make detoxification easier, simpler and more accessible.

**Wendy Myers:** A little bit about Eileen, she's a former nuclear power engineer auditor and inspector. She became toxic while doing this job and suffered from allergies, chemical sensitivities and thyroid disease. During her journey to heal, detoxify and achieve health, she invented a lot of different and helpful solutions. She's really passionate about taking good ideas and creating better health products to support detoxification, energy production, mineralization and natural health. She's invented exercise devices. She's really brilliant. She's been granted many different patents and has many patents pending. She is writing a self-help book on how to fix the hundred billion dollar a year, low back pain problem.

**Wendy Myers:** You can learn more about Eileen at [creatixsolutions.com](http://creatixsolutions.com).

**Wendy Myers:** Eileen, thank you so much for joining the show.

**Eileen Durfee:** Thanks for having me.

**Wendy Myers:** Tell us why you recommend coffee enemas?

**Eileen Durfee:** Well, they sell themselves.

**Wendy Myers:** Sort of.

**Eileen Durfee:** If people hear the story and if they'll do my two week challenge, then they'll never stop doing them.

**Wendy Myers:** I am doing a 30-day challenge right now. I am doing a 30 day coffee enema challenge. I'm in Bali, Indonesia right now. I'm trying to really focus on helping my liver. I literally have been doing a coffee enema every single day. Look at my skin. It's glowing. I've correlated that the more coffee enemas I do, the more healthy and glowing my skin gets.

**Eileen Durfee:** That's great for you. Oh my gosh. I was challenged years ago to do coffee enemas and I thought, "Oh my gosh." After I read the science, because they'd been around for about 3000 years and I always have to look not at what somebody tells me, but what scientific proof we have of the benefits. Then I can decide whether I want to do something.

**Eileen Durfee:** Hitler's army was cut off from supplies, yet they still had to operate on soldiers. The doctors always gave a plain water enema after surgery. One of the nurses figured, "Hmm, the doctors are drinking coffee and it's keeping them going 24/7," so they started pouring leftover coffee in the enema buckets. A strange thing happened. Pain levels dropped dramatically, so much so that it actually became famous. Three universities in Europe began taking coffee water and putting it up rat's asses and figuring out, "What in the heck is going on? Why is this working?"

**Wendy Myers:** I guess.

**Eileen Durfee:** They used the rats. They literally put it in rat's asses to do those studies.

**Wendy Myers:** Yeah. Yeah.

**Eileen Durfee:** What they figured out is that in 12 minutes, all the caffeine and palmitic acid were no longer in the solution. They tracked it further and found out that what that did is along the colon, from the anus clear up, there's a thing called a portal vein. If you look at an anatomical diagram of that, it looks as if you just pulled up your tomato plant and looked at all the roots, all the tubers and everything like that. It attaches along there. What happens is this thing is in our intestinal tract and then goes up the portal vein to the liver, and it gets filtered.

**Eileen Durfee:** What the caffeine and the palmitic acid does is it goes up the portal vein, and then it dilates the bile ducts in the liver. It causes the liver to make tremendous amounts of bile, which is a good thing because that traps heavy metals. That's like a chelation thing going on right there. It changes the pH of the intestinal tract to make it more conducive to the good bacteria. Additionally, they started measuring other things that were happening in the body. Glutathione production, get this, increased 600%. That's amazing. It's incredible.

**Wendy Myers:** I mean, how many people are taking glutathione supplements and paying for it when they could just ingest the coffee?

**Eileen Durfee:** From drinking it to the other end. That's the selling point. That's how you're going to get them doing coffee enemas.

**Eileen Durfee:** Well, I mean, besides the glutathione, they also noticed that the whole bloodstream was filled with antioxidants.

**Eileen Durfee:** When I was in a car wreck and had knee surgery, I went to a physical therapist. They happen to have that S3 machine that was on Dr. Oz's show that you put your hand on to measure circulating antioxidants. They used it to sell antioxidant supplements. Dr. Oz had a whopping 75,000, and they say if you're 60,000 or more, you're not going to get cancer because you have plenty of circulating antioxidants in your system.

**Eileen Durfee:** Here I am, just off my pain pills and I had gotten all this anesthesia. They're going, "Put your hand on this, Eileen." I think, "Oh gosh, I'm going to just fail." I put my hand on there and it says 80,000 circulating units of antioxidants.

**Wendy Myers:** Sweet.

**Eileen Durfee:** So they're going, "Oh, what antioxidants."

**Wendy Myers:** Yes, from coffee enemas.

**Eileen Durfee:** "What antioxidants do you take?" I do a daily coffee enema. I don't take any antioxidants.

**Eileen Durfee:** The other thing that they noticed from doing coffee enemas is that it turned on enzyme systems in the body. We can't bat our eyelashes without enzymes. Enzymes don't do anything new, really other than digestion, but it helps every cell function.

**Eileen Durfee:** I've had clients that were so decrepit that it was super hard for them to lay down and do a coffee enema. I started encouraging people to buy colema boards to lay down on and they were able to do it. This one lady couldn't even walk down her driveway to the mailbox because of terrible pain. I had always been giving the people the two-week coffee enema challenge. I applaud you for

doing the 30 day. They're really going to feel like Superman or Superwoman, but this lady in her sixties, after two weeks of coffee enemas, could walk down to the mailbox without any pain.

**Eileen Durfee:** Back in the day, if somebody didn't want to buy the \$300 colema board, I tried coaching them on, "Okay, so when you lay down, you want to have something next to you. You can have a catch bucket because when you're doing the coffee enema, you're not going to be able to hold the solution in for 12 minutes." I coach people, "If it's only two minutes, that's fine. Just refill and do it again. Practice makes perfect. By the end of two weeks, you'll be able to hold it in for 12 minutes and things will be fine."

**Eileen Durfee:** I just started thinking, "Man, that's why people don't do coffee enemas. It's a mess." You have got to lay down. For some people it's a problem with their back or they can't get on their knees or it is just the mess of it coming out. After trial and error, I came up with the [Enema Fix](#). It's a standup, no mess, coffee enema kit. Nobody has an excuse anymore.

**Eileen Durfee:** I have two, \$300 colema boards because I bought every one that was on the market and I was going to make a better one. Now I don't even use my colema board. I just use the [Enema Fix](#) in the shower. It's so much easier and there is no clean up. I love cold showers after my sauna. I love hot showers. I love ozone showers. So staying in the shower a little bit longer to have that palmitic acid and that caffeine do its magic, is no big deal for me. Some people, when they lay down, it's easier for the fluid to go in. But with this gentle pump, you can prime out all the air by pumping it vigorously and then you can slowly pump in the coffee solution, however much is comfortable. Then you can rub and massage up the left side, the ascending, and then go over the transfers. You can just relax and enjoy yourself. Then jump out of the shower and sit on the toilet and eliminate it. Then I go back in and refill after that.

**Eileen Durfee:** Before I had a smaller pump gizmo and the tube was too short for somebody with a bigger stature. It was a challenge to even reach the pump and there were only 10 fluid ounces in there. You always had to refill the bottle at least twice or three times, depending on the person.

**Eileen Durfee:** I have a 32-ounce glass because even though it's BPA-free, nobody wants plastic. I came up with a glass jar, it's not all glass, it's toxic free, even though it's approved for food. I got the very best SGS certified glass jar with a handle and then an adaptor pump screws on there. It's pretty simple. It just screws on the jar and then you put the pump on.

**Eileen Durfee:** Then I figured, "What, if I'm traveling?" I travel a lot. Do I have room for the glass jar? Was I going to break it? So I came up with a fingered jar that holds about 700 milliliters, a travel bag and I've got the long hose. I solved all the problems of why anyone could come up with an excuse. It's like, "Oh, I don't want to do coffee enemas."

**Wendy Myers:** Yes, I love mine. I have mine right here. I'm in Bali, Indonesia right now. I'm using this and it's super lightweight and super easy to clean. It solves a lot of the issues where I've had people tell me before that they can't get down on the floor. Before you'd have coffee and a bucket and you'd have to put it up three feet or more above your body so gravity can push the coffee down the tube. A lot of people can't get on the floor, get up off the floor or they're just lazy. With this, you can be anywhere and you can just pump the coffee inside you. I really enjoy it a lot. It makes it super easy to travel.

**Eileen Durfee:** Yes. There's a finger hold. See this right here?

**Wendy Myers:** Yes.

**Eileen Durfee:** That little deal, you can actually hold it like this. I noticed you don't have your little finger adapter on there, but that's what that's for.

**Wendy Myers:** Okay. Great.

**Eileen Durfee:** That makes sense. You can just go like this but just make sure you have got it screwed on all the way. I had my jar like this with my adapter and I didn't quite have the pump all the way screwed on here, and I was pumping it. You have got to make sure that you have that screwed on. I always tell people, don't leave it on a shelf. Hold it with one hand, pump with the other and then set it down when you're done pumping.

**Eileen Durfee:** It's an amazing little gizmo. I mean the enema buckets, you have to get them high for the gravity and you have to lay down. The bags get filthy dirty on the inside. It's impossible to clean. I had a bag designed where you could turn it inside out but you still have to lay down.

**Wendy Myers:** I don't like bags for traveling either. You have to have someone to hang them and just like you said, you can't really clean them very well. I never really liked the bag.

**Eileen Durfee:** Neither did I.

**Wendy Myers:** So, you're a nuclear engineer. I love how you rethought all of these different ways to detox. You problem-solved a lot of things that other people are not thinking about. In your opinion, what kind of coffee should you use? That's a question a lot of people have. Should they use light coffee, the coffee enema type coffee, organic, non-organic, dark or light? What's the deal? What, in your research, have you found to be the ideal coffee?

**Eileen Durfee:** Because of the Gerson therapy, I started off with the light roast coffee because the light roast coffee has more caffeine in it. If you're going to do a daily coffee enema, which I always recommend, not just the 30-day because I know as soon as somebody does it, they're going to realize that it usually gets rid of about 80%

of their problems. It hydrates the body and it reduces pain. It just does so much stuff. You feel so good. It's going to help establish that good gut flora. There's no reason not to do it. Back to that coffee question. I started off with the light roast. It was too much. My skin literally turned green, literally green, like somebody that looks really jaundiced? It was a green tint.

**Wendy Myers:** I can't imagine that.

**Eileen Durfee:** "Oh my gosh." We have the Yin and the Yon. The darker the roast, the more Yon it is. Usually with our lifestyles and what we eat, we're more Yin, really than anything. Usually that's our imbalance.

**Eileen Durfee:** So I started playing around with the different coffees and doing blood work and hair analysis, just checking to see how my body was responding. I found the best coffee which makes more stuff come out too. If you do the light roast and you switch to a dark roast, a medium to a dark roast, then you'll see more stuff come out. Not only through doing the coffee enema where your body will expel more, but you'll see it in hair analysis. You'll see it in other markers.

**Eileen Durfee:** Personally I always use a medium to dark roast and it has plenty of caffeine. There's a lot of people that are super sensitive to caffeine and have to really put very little in there. I always want to source a really good organic coffee, always, because you don't want the chance of any pesticides, herbicides or GMO going on. In the 21st century in America, every town has a custom coffee roaster, right? They have the beans right there. You can put in your order for one day after it's roasted. You can go pick up this awesome, fresh, organic coffee and use it for your coffee enema.

**Eileen Durfee:** That's what I recommend. That's why I don't sell any coffee because if you're just going to go to the grocery store, any coffee is better than none if you're doing a coffee enema. Don't get me wrong. You start there but once you figure out that, "Hey, this is something I want to do," then invest in some freshly roasted coffee, instead of something that's been sitting in the warehouse for nine months or a year. You're going to get more of the nutrition and antioxidants and everything available in the coffee, if you can go for fresh.

**Wendy Myers:** Coffee's a superfood. You're absorbing all those nutrients in your colon and the water as well.

**Eileen Durfee:** Right and that's the other thing I always use is mineral water because everything just absorbs. So many people have digestion issues. If I can get my minerals, absorb them and hydrate my body, it's just so much better to do that. Be really careful about what water you use. Don't put chlorinated tap water in there. If you've got a carbon filter, that's good. I don't recommend using distilled or reverse osmosis water. I would rather just hydrate it with spring water and a good kind of coffee, and a person will get fantastic results.

**Wendy Myers:** Yes, I'm the same. I used to use S.A. Wilson blonde coffees, strictly. Then I switched to doing just the regular and dark roast coffees. I drink Purity coffee and I will use the leftover grinds from that. Just reheat it up again, boil it and just kind of recycle the coffee grinds.

**Wendy Myers:** I actually like your suggestion better, about using super fresh roasted coffee. That sounds much better to make it with. My dad was a freak about roasting his own coffee. Buying his own green coffee beans and roasting them himself. I know all about coffee.

**Wendy Myers:** I think that's a very, very good suggestion right there that I haven't really thought about.

**Wendy Myers:** How do you prepare your coffee solution? I know a lot of people feel it is kind of daunting about doing a coffee enema and the whole procedure. What are your recommendations on just preparing the coffee?

**Eileen Durfee:** Well, whatever you have got, use. If you've got a drip coffee maker, if you've got a French press or whatever, start there. I mean, you're going to get results.

**Eileen Durfee:** I didn't like the boil method just because it was a hassle. I also drank one cup of coffee a day and that's it. I love percolated coffee. My go-to is an all stainless steel, I think it's Farberware, percolator. It is phenomenal as far as being easy to use. You're going to get a good, strong coffee. The bottom line is that's why I have this [Enema Fix](#). The stand up, easy to use, no mess solution. If we don't make it easy for people, they're not going to do it.

**Eileen Durfee:** You can pick up those coffee pots, from six to eight cups or even larger. Even if I were to go out and get a coffee somewhere, I don't like the taste of it. The espresso and Americano, all that kind of stuff, I don't even like. I love the percolated coffee. It seems to extract more of everything out of the coffee, kind of like a boil method. A boil method will extract more of the nutrients out of the coffee, but then you have to filter it. It's just a little messier, is all. My go-to is a percolator.

**Wendy Myers:** Yes and I like making it fresh. I drink my coffee in the morning and then I use those grinds. I boil them, get everything out of them and use that coffee as much as possible. I like to grind my coffee beans fresh and then use them. I'm definitely not into using coffee that's been pre-ground, it's been sitting in a bag for a while cause it's completely oxidized. The oils have gone rancid. That's just not recommended in my book.

**Eileen Durfee:** I agree.

**Wendy Myers:** One of the reasons I like coffee enemas is, like you said, it reduces pain. It's amazing. It's also great to kind of clear your head if you have brain fog. I find it

really, really helps with that. It's indispensable for reducing detoxification symptoms.

**Wendy Myers:** If you are on an intensive detox program and you're really hitting it hard, you're not feeling so hot, it's amazing how coffee enemas will reduce your detox symptoms. If you're having anxiety or depression, it can really relieve that. If you feel like you have a lot going on in your head and your mind just going, going, going, a coffee enema can bring that energy down in your body and kind of ground you a little bit more. It's also great if you have gas. You can take all that fecal matter that the microbes are feeding on to produce gas, and get all of that out of your system.

**Wendy Myers:** Some people eat a meal that gives them gas.

**Wendy Myers:** I would have trouble sleeping at night, especially if my partner's next to me. I just don't want to go to bed like that. That helps me to get a better night's sleep. I also love it if you have a big meal, you can relieve the pressure of that meal. I mean, there's a lot of different uses for coffee enemas. So did I leave anything out?

**Eileen Durfee:** Migraines. I had a client, she was actually a nurse, and she was to the point where she couldn't even work. She had these migraines. The medicine they were giving her wasn't working. She got a hair analysis. This woman was so copper toxic, it was unbelievable and she couldn't take any of the supplements. She would get so sick and was past the point of being so far gone. You'd be shocked at how many people have migraines. I talked her into the two-week coffee enema challenge and with the coffee enemas, she was able to not have migraines for weeks at a time. Then she was able to start getting some nutrition through the correct supplementation.

**Eileen Durfee:** She couldn't take the full recommended amount, but it's like the Titanic and turning the rudder. It takes a while to get that ship turning, but at least you're heading in the right direction. A person can get their life back and not be in that kind of chronic pain. A headache, in Chinese medicine, they'll say it's your liver. The coffee enema is a go-to solution for that so I would add that to the list.

**Wendy Myers:** I have to say that 80 or a hundred million Americans have fatty liver disease. So many people have compromised liver function, elevated liver enzymes or just various ways our liver is compromised. You really need to focus on caring for your liver. I can't stress that enough, whether you're doing a detox and you're trying to get healthy, you're trying to get your skin to look better, you're trying to sleep better, you're trying to get better digestion, you want to poop more or what have you, doing coffee enemas can help all of those tremendously.

**Eileen Durfee:** A lot of people ask me, "Well, if I do a coffee enema then I'm not eliminating, I'm not pooping." For the people that are constipated, the true cause of constipation has to deal with their endocrine system. Their adrenal gland, their



thyroid gland are usually underactive. They're not making enough electrolyte sodium to be converted into hydrochloric acid for their digestion. For those types of people we're obviously recommending getting more fiber. When you really analyze what these people are eating, they are not getting enough fiber, bottom line. They're not getting enough fiber or the right kinds of fiber. Some people need soluble or insoluble. With the coffee enema, I tell people not to worry about it, eat more lightly steamed or cooked vegetables and get more fiber in their diet, while they're doing their coffee enemas. After some time, then supplement with some good enzymes.

**Eileen Durfee:** After time they'll begin having bowel movements, even though they do a daily coffee enema. Back when I was so sick and I started daily coffee enemas, in 2011, that was me. I had that problem. It took years of work because if you've had your whole life being constipated, there's a lot of people out there like that, that didn't eat right and had other health conditions. The coffee enema is a lifeline. You don't want that stuff staying in your colon, autotoxifying and creating more toxins that you're reabsorbing. You want to get your system cleansed regularly until you can rebuild your endocrine system and do things to support healthy digestion so that the gut biome can be restored. This is just imperative, in my opinion.

**Wendy Myers:** That's just a health disaster waiting to happen, remaining constipated and not doing anything about it. You can only take laxatives so often, they're so bad for you.

**Eileen Durfee:** You can't but so many people just rely on those kinds of things. It's just not a good way to go. Some are taking an excess amount of magnesium. People don't realize you take excess amounts of magnesium that lowers sodium and you're going to suppress your Adrenal glands. There's a balance. We need magnesium, but maybe not as much as you're taking to go to the bathroom. People have to look at that.

**Wendy Myers:** A lot of those people were taking the wrong type of magnesium that's not nutritive.

**Wendy Myers:** Let's talk about other things that you can put into the coffee enema besides coffee? What are some of your tips there?

**Eileen Durfee:** Well, there's all kinds of things. You can do yogurt. We've heard the big thing about fecal implants now and the connection between disease and the bacteria that's in your intestinal tract. We pop probiotics all the time, but if it doesn't make it through our digestion or if the environment in the colon doesn't have the right pH or whatever, it's not going to grow. I tell people, if you put Sterling on the ground so that nothing will grow, you can go out and buy the most expensive grass seed, the best wonderful fertilizer and you can throw it out there and what's going to happen? Nothing. The neat thing about doing a probiotic implant, you can first do it with the coffee enema, then I would follow up with a yogurt enema. Besides taking their oral probiotics and eating more of

the fiber because we need the fiber for the good guys to survive down there. It's a multi-pronged approach that is very, very effective. I would recommend that.

**Wendy Myers:** Would we need to stick to a bifidus, yogurts that only have bifidus in them. You know, since that's the primary probiotic that's in the large colon?

**Eileen Durfee:** Well, that would work. There is some research on several other strains that are really helpful. The planetarium strain can help digest that extra fecal matter in there. They've done autopsies on people. Can you believe this? Even though they poop every day, they go in there and there's layers of crust because the intestinal tract is like a membrane and things absorb through it. There's inches of this crust that's hard as a truck tire, all inside that colon. That's harboring the bad bacteria and all that kind of stuff.

**Eileen Durfee:** I can't emphasize enough about colon health and doing things that help. A lot of people will ozonate water and then follow up their coffee enema with ozonated water. Now, some people are teaching, "Put ozonated water in the coffee solution and do one, because it saves time." I'm going, "No." The city of Los Angeles ozonates sewage, when it's clear, it's drinking water. It breaks down everything. Why would you want to break down and eliminate the palmitic acid and the caffeine in the coffee, and then use up the oxidation potential of the ozone water so it's not going to purify your body, and make both therapies less effective? I have got to stress that, you've got to do a follow-up ozonated water enema afterwards, and don't ever do them together.

**Eileen Durfee:** I don't know if people have been familiar with medical insufflation with ozonated gas. Boy, if you've ever done that, it's intensive therapy. You can really go through the detox systems and almost not want to continue. Some people can be so bad. I mean, there's life-threatening situations where it's necessary to do that. A much gentler approach where you actually feel like you just drank 32 ounces of coffee, but without the jitters, is to follow up a coffee enema with ozonated water.

**Eileen Durfee:** Everything on planet earth is either solid, liquid or gas. Obviously, a solid dust doesn't move, that we can see with the naked eye. We know that the molecules are moving. With gas, it is in a very reactive state. We can slow that reaction down and put it in water to where it's more gentle. It ozonates but then because you're putting that water in your body it warms up. It causes oxidation to happen where with the three singlets of oxygen, one will break off. That's like the EPA ozonates contaminated groundwater, and it breaks down toxic metals and all kinds of stuff. It does that, which is phenomenal. But if that's not a miracle enough, the leftover is pure O<sub>2</sub>.

**Eileen Durfee:** What does that do? It goes up the portal vein, gets in the liver and then it runs around your bloodstream for a systemic oxygen boost. Oh my gosh. It's just phenomenal. So that's another popular thing to do other than coffee.

**Wendy Myers:** You have an ozonator, correct?

**Eileen Durfee:** Yes.

**Wendy Myers:** You can bubble ozone? It's a very, very simple device. You can bubble ozone into some water and then pump that also into your rectum to get that boost you talked about.

**Eileen Durfee:** Right. Besides the ozone generator, we have another gizmo that you screw onto the jar. The problem with ozonating water is a lot of people go, "I love the smell of ozone." But it is what it's doing in your lungs. Even though you say, "I'm breathing deeper." It's because your body's going, "Wait a minute." It's occupying all the oxygen receptor sites in your lungs so that your body's going to force you to breathe deeper as an emergency measure. It's not that you're improving your breathing. It's actually destroying lung tissue. It is very dangerous to ozonate water without a property gasser. I have a thing that just screws right on the jar. It's like a filter.

**Wendy Myers:** This is brilliant. I haven't seen this anywhere else. I haven't seen anything like this before.

**Eileen Durfee:** I got the utility patent on it. There's this thing and the filter, the stuff that you put in there lasts 10 years. You screw it on the same jar, which we give you. It's got a little tube and I have some FDA approved diffusers that diffuse ozone gas in the water 10 times faster so it extends the life of your ozone generator.

**Wendy Myers:** And what's the name of your ozone generator?

**Eileen Durfee:** The [Tri-Oxy Fresh](#). I call this the Refresh. There's a bundle where you can get both of them for a little bit less money.

**Wendy Myers:** They'll be links to these down below. If you guys want to get the coffee [enema kit](#) or the ozonating kits, those will be down below.

**Eileen Durfee:** It's just amazing. I've heard of people doing lemon water and putting lemon juice in there. I personally haven't done that. I've done the ozone, the yogurt and the coffee, those are my go-to's.

**Wendy Myers:** I've done salt in the water to try to get more minerals. It kind of burned a little bit.

**Eileen Durfee:** Because it's alkaline.

**Wendy Myers:** I didn't do that again.

**Eileen Durfee:** Yes, It's alkaline. Your intestinal tract is supposed to be acidic. That kind of additive to your solution is counterproductive, in my opinion.

**Wendy Myers:** Yah, yah, yah. Well, I thought, "Hey, I'm going to absorb some more minerals here."

**Eileen Durfee:** Right. Right.

**Wendy Myers:** It's my colon. Hey, I'm absorbing all kinds of other stuff. Yeah, figured that one out real quick.

**Wendy Myers:** You could also add molasses to it. I've heard about molasses because that's very, very mineral rich also, the Blackstrap molasses. I read that it can also help you retain the enema a little bit longer if you're having trouble holding it. That didn't really work out for me but I thought, "Hey, I'm absorbing some minerals. So why not?"

**Eileen Durfee:** Yes. It's like a work-in- progress.

**Wendy Myers:** Yes. There's all kinds of things you can put up your rat's ass.

**Wendy Myers:** Well, Eileen, that was a great show. I always love doing shows about coffee enemas. I absolutely love them. I probably started them when you started them. I think we've been on the coffee enemas since then. I've been doing them for almost 10 years, which would have been 2011. They've been indispensable. I would die without doing coffee enemas. I could not live without them. I highly recommend them.

**Wendy Myers:** I've introduced literally thousands of people to coffee enemas. I found there was resistance at first and I totally got it. Once people start doing them, they feel so good that they continue on. I encourage you to just try one. Sometimes the first one's a little bit messy. Give it two or three times to kind of get the rhythm of it, get the hang of it. I assure you, most people are going to want to continue doing them because they feel fantastic afterwards.

**Wendy Myers:** Any closing words, anything else we left out of this conversation, Eileen?

**Eileen Durfee:** Well, with the [Enema Fix kit](#), your very first standup enema will be no mess and no hassle. After doing coffee enemas for so long and hearing everybody's complaints and oppositions to it, we now have the gizmo. It's just all good.

**Wendy Myers:** I'm sold. I mean, you guys have the best coffee enema equipment out there, and that's why I recommend you. The one-stop shop for all things coffee enema and detoxification.

**Wendy Myers:** Guys, check out the links below. You can get all of her recommended products that we talked about on the show, down below.

**Wendy Myers:** Eileen, thanks again for coming on the show. Everyone, thanks for joining me for the *Myers Detox Podcast*. I just love what I'm doing. I love educating you guys

every week about this stuff. I'm here. It's 11:00 PM at night, Bali time. It's the exact opposite part of the world. I was staying up late to do the show for you guys, but I just enjoyed myself so much.

**Wendy Myers:**

Leave a comment below if you have any questions for Eileen or any burning question that we haven't answered on the show. We will get to that as soon as possible. Thanks for coming on and I'll talk to you guys next week.