



#623 How to Do Coffee Enemas for Fatty Liver, Constipation Relief, Anxiety, and Emotional Detox

Chelsea Gaul

Dr. Wendy Myers

Hello, welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical detox and the health issues caused by toxins. We also talk about bioenergetics, anti-aging, and more advanced topics in health than you'll hear on other podcasts. Today, we have Chelsea Gaul on the show, and she's gonna be talking about frequency-imprinted coffee enemas and the liver as the anger detox pathway. We'll talk about how the liver processes the emotions, hormones, toxins, medications, and supplements that we are exposed to every day, and all the chemicals in our air, food, water, and beauty products that we are slathering on our bodies every day.

The liver has a big job. The liver does over 500 different tasks in the body. So it's really important to be doing something to care for your liver on an almost daily basis. Coffee enemas are one of the best things that you can do to care for your liver to address illness, digestive issues, trauma issues, constipation, nausea, and detox symptoms. If you're doing a lot of different detoxes, if you're even on a GLP-1, you're dealing with constipation. Ozempic or Tite or tirzepatide, mounjaro, whatever you're taking, a lot of women deal with constipation and really suffer because of that. So coffee enemas are a great way to deal with that side effect.

They have so many other benefits for emotional anxiety, depression, or if you're just overthinking too much, you can really relax and ground your body, and get a lot of

healing with coffee enemas. So we're gonna talk about all that on the show today. Our guest, Chelsea Gaul, and her husband, Frank, as well, are a couple who went from attending cancer galas for Chelsea's career in the hospital system to managing a large organic pasture-based dairy farm to being inside the hospital as newlyweds with a chronic health crisis. It was there that they decided this system had major gaps. So they set out to study and have made a lifelong mission to figure out how this miraculous body works. They've finally landed on a couple of simple ideas that detox is the key, and it's not just done through supplements. You have to focus on detoxing your thoughts as a foundation.

Chelsea owns a natural health membership for family medicine, doing bioresonance work to reset the body's pathways. Bioresonance is a frequency-based software program. Frank decided to study coffee and how to make coffee as a product once it became a large part of their family's health journey. Her husband Frank wanted to create a product that was really high-quality coffee to break the deceptive marketing, since the body responds better to what's closest to its purest form. They have six kids and live in Missouri. You can learn more about their frequency-based coffee to optimize coffee enemas at innerbrewcoffee.com. Chelsea, thank you so much for coming on the show.

Chelsea Gaul

I'm so excited. Thank you for having me.

Dr. Wendy Myers

I'm a huge fan of coffee enemas. I've talked about them a lot on the show. Why don't you just tell people, for anyone who isn't familiar with them, why on earth would anyone wanna do a coffee enema? What are the benefits?

Chelsea Gaul

I talk about a different benefit. I talk about the bit from a traditional Chinese medicine lens, which is different from what's out there. A coffee enema detoxes the body. I think we all understand that by this point, we have detox pathways. We've got the lymphatics. We've got the liver as a huge one. We've got the skin. I got into coffee

enema, and I got into them. Actually, I won't lie. I originally got into coffee enemas to get space for myself as a mom because I swear to God, unless there was something up my butt on the bathroom floor, no one in my house would leave me alone.

It's a true story, not even my husband. And now he owns a coffee enema company, and he's all into it as well. But I was working with a mutual friend of ours, Dr. Rankin. He's been on your show. He had suggested that as his client, and said, Try a coffee enema. It took me eight months to get on board with even trying one, and now I swear that's a part of my routine. I started studying traditional Chinese medicine and how the liver is the anger center of the body. And so when I was going through postpartum depression, I coincidentally at the same time hit an autoimmune disease, which is very common. We can talk about my belief system on why that is, and what I teach the women that I work with now in my practice.

I started noticing that it might not heal. When you put a supplement in your body or when you put something in your body, you're actually just telling your body at the time, like, pay attention to this. If you put a supplement in your body, if you study frequency medicine, when you put a coffee enema in your body, you're actually just telling the liver, Hey, it's time to focus on you. That's the initial thing that happens. So people go, well, how do they work and how does that work? It's like, yes, the hepatic vein drops down into the colon, and that stimulates through the caffeine, and that's actually how they work. But if you wanna go a step further into the type of medicine I do, which is where you embody the actual healing, then you get a release in the anger pathway of the body.

If you are very clear and calm and you're not using any distractions like your cell phone or you're not having a TV playing, or you're suddenly just there and sort of meditative on the bathroom floor, then you will start to actually feel emotions or have memories come up or have certain things happen. Coffee enemas can be very powerful in doing forgiveness work. And that was where I shifted my practice into the emotional side of release with a coffee enema. Now, will you see parasites leave the body and things leave the body? Absolutely. But I have a belief system that that's because you suddenly can let the parasite go. If your body's vibrating at a higher level, the parasite quite literally does not need to feed off you anymore. It'll just leave. It's so amazing. I can't say enough about why.

Dr. Wendy Myers

I know people listening are like, what is the mechanism of the coffee enema? When people think of enema, they think of releasing the matter in the colon. And that's certainly a benefit of that. Can you talk about maybe the mechanism, like how the coffee enemas work to stimulate the liver?

Chelsea Gaul

Basically, and I'm not an in-depth scientist, but here's what my understanding is. You put it in the colon and yes, whatever's in the colon is gonna come out. So if you have not had a bowel movement or you have something in the colon and you put an enema in, that will also leave the body. But what happens is that the liver gets a signal. You send a signal to the liver to release, and then suddenly the bile in the liver dumps pretty rapidly. At some points in a really good coffee enema, there's a lot of schools of thought out there on how long to hold and hold times, and the holistic community loves to argue about all their nuance. But I have found the sweet spot to be 12 to 15 minutes. Your entirety of your blood cycles through the body every three minutes.

If you can get a few cycles of that blood to go and obviously to carry that message through the body, and then your body releases it. If you have a really good detox, your stool can be yellow or you can have mucus in there. You can have bile actually in there, or you might feel a little bit of a burning or an acidic sensation. Or if you're laying down and you're really quiet, you can actually hear the gallbladder release. You can hear it, almost like a gurgle, but more like air pressure. You can actually hear things come out of the gallbladder, which is so wild to witness, but that's what happens. It stimulates the liver, gallbladder and all that to release bile and to actually just dump at that point in time, which I think a lot of us aren't doing ever on a daily basis. It's an autonomic function of the body, so the body does it itself, but we're sort of hanging on to things that block the mechanisms and interfere with our own selves.

Ads 09:26

And now a word from one of our sponsors. Two of the most powerful supplements for women's health are whey protein and creatine. Studies show that women have about 70 to 80% lower natural creatine stores than men, which impacts our muscle function, muscle recovery, our brain functioning, and even our mood. Pouri Creatine Plus combines pure creatine monohydrate with trine to support muscle strength, performance, muscle recovery, faster workout recovery, and cognitive health as well.

I love the results of taking creatine. I honestly had never taken creatine in my life before I started taking the Pouri Creatine, and I absolutely love its effect on my mental clarity. It's also especially beneficial for both pre and postmenopausal women as well. It's shown in research to support bone health, improve cortisol response, support thyroid function, and so much more.

And like everything that Pouri makes sure each batch of Creatine Plus is third-party tested for over 200 harmful contaminants. It's clean and certified by the Clean Label Project as well, so you're only getting clean, safe ingredients and the test results are published online for complete transparency. All you have to do is scan the QR code on the bottle.

Now let's talk about whey protein. Protein is essential for women. A lot of people are not getting enough protein and many protein powders on the market are loaded with toxins and heavy metals and harmful contaminants, but the Clean Label Project reviewed over 160 top selling protein powders in the US and found that 47% exceeded California Prop 65 safety limits for lead with 21 containing double the acceptable. That's horrifying when you think about it. How many people are drinking protein shakes daily, believing that they're doing something healthy?

That's why I use and trust Pouri's PW1 Whey Protein. I absolutely love the vanilla flavor. It tastes incredible. I love dark chocolate also. It tastes like fancy chocolate milk, but it's clean and safe, not like a lot of other cacao and chocolate products on the market. My daughter Winter loves the vanilla flavor. She loves making smoothies. And recently, Vogue also named Pouri PW1 Whey Protein, the best whey protein powder and for all the right reasons if you ask me. Like I said, my daughter's making smoothies daily and I have peace of mind knowing that she's using this protein powder that's clean, pure, and safe. It's been tested for purity.

Here's how I use the PW1 and creatine. Every morning I make a shake with coconut water, a scoop of the PW1 protein and the Creatine Plus. I add berries, maybe a banana, some dates, a little pinch of salt and that helps me stay strong, focused and energized throughout the day. I know that I feel good knowing that I'm fueling my body with truly clean supplements. So go feel the difference for yourself. Taste the difference. Go to puori.com/wendy and use code Wendy at checkout for 20% off. That code even works on your already discounted subscriptions, giving you almost a third off of the regular price. So don't wait. Go try the PW1 and the Creatine Plus today. Clean science backed supplements that you can actually trust. Again, go to puori.com/wendy and use coupon code Wendy.

Dr. Wendy Myers

I've been doing coffee enemas for probably over 15 years now, and I could not live without them. I do two a week. If I had to pick any detox protocol to do that and I can only pick one, it would be coffee enemas. I don't see myself being able to live without them. Let's talk about how coffee enemas relieve detox symptoms 'cause that's really one of the big reasons to do them if you are going through a detox, you're doing a lot of intense stuff, you're doing a lot of infrared sonar taking detox supplements or whatever you're doing, you know, you have symptoms sometimes. Can you talk about those benefits and what symptoms they relieve?

Chelsea Gaul

You're exactly right. If I am sick, if I'm having a viral expression or anything, if I'm feeling run down, if I'm feeling really angry at my ex-husband, like several things, if my body's out of whack, my first order of business is a coffee enema. If I'm traveling, no doubt, like I take my coffee enema stuff to the hotel room with me. I'm so obsessed. I have now Amazoned myself, two enema bags on the same day to a hotel just this year. So everybody knows like, that's where I'm at with coffee. If I had to pick one therapy, I'm with you. I would also only pick that one, and probably really good quality water, to be honest. But basically, it's my understanding that at least from a traditional Chinese medicine lens, and I don't think we look at it in western medicine enough, is that the liver is the mother of the heart and it's sort of your supercomputer for the body.

So when I break it down for my clients and I'm not a doctor, I just like things in layman's terms, the deal is that the liver controls all your processing functions. And so if you're putting something in the digestive system, that's amazing, but it's still gonna go to be processed in the liver. Or if you're having an emotion, your liver's still gonna do all the processing and the reconciliation. So overnight, your gallbladder, your liver, your lungs, your bowels, all that kicks in to process. It's so interesting how a coffee enema and that's once you have your liver functioning properly I believe that your body will just sort itself out, almost like a computer that has a million tabs open. If you do a coffee in a month, it's like you shut all the tabs. It's like suddenly there's this order out of the chaos of what happened during the day or the week or the month.

If you're doing a detox and I can see this on the virus and scans that I do, I have never seen if someone comes to me and says they're having a flu or they're having something, when I scan them, what actually shows up is all the things, a lot of things. So over 50 different vibrations of, let's say it'll be flu, cat scratch, fever, malaria, you just name whatever you can think of, Lyme disease, all of it, and I have sort of read that as if the body is this amazing container that has it all there, like it's all there. We were downloaded with all of it. You guys could study germ theory. I don't think we have to have that discussion. But basically when you do the coffee enema, you process better. And so if you're going through something, you reset your liver, you reset your body, you can move through it faster.

I can bear witness to that. If I am sick, I move through something so fast after doing the coffee enema. It is my go-to if I have a migraine or headache or if I can't sleep over coffee just because, and you could probably speak more to that for your audience, but I just feel like the clarity is amazing. Even if I need a breakthrough at work, if I need an idea, I'm like, just coffee enemas. I call it nature's Adderall

Dr. Wendy Myers

I'm the same way. I feel too stimulated sometimes, like I'm just thinking, thinking, and thinking. And it pulls that chi coffee and it pulls that Q down out from your head to your lower body and you just feel more relaxed. Or if you feel anxious, depressed, I don't really feel those anymore. But, when I did, coffee enema solved the problem. I have also had an allergic reaction to a peptide. I was having a really bad allergic

reaction that scared me. I'm like, coffee enema right away. And it brought it all down because your liver's processing that.

Chelsea Gaul

That's so amazing.

Dr. Wendy Myers

There's so many different reasons to use them. You feel brain fogged, fatigued, whatever's going on, or if you're sick, your liver is your first line of your immunity and you've gotta break down all these viral bodies or whatever's going on with you and your liver has to deal with all that. It just helps your body work through it. I totally agree.

Chelsea Gaul

When I had my fourth baby, I hit postpartum depression pretty significantly. I never had it before, but it was just obviously the time for me to process the loss of my mom and a divorce. And so there was a lot going on and I swear I was in the bathroom or like every single day doing coffee enema. A friend of mine was like, you cannot do too many. We're under so much environmental toxin. We're under so much environmental stress. She's actually a renowned physician as well, named Marian. She was like, you will be fine. You could do one every single day. You could do one twice a day.

So I started studying Gerstman and how that's perfectly safe. And for me it was the welcome meditative time that I needed, the alone time as well as the detox. I think it's the combination of both. It was like embodying the change and then prompting the body to be like, okay, we can process something that's happened for 30 years, something that's been a pattern for so long. It's just a wild phenomenon. I also had a radical experience with coffee enemas in lowering my heart rate. My resting heart rate, I had open heart surgery and have a pacemaker, so that got me into my health journey, and that's a long story, but I had that happen to me and for me. I always had a very high resting heart rate, like seventies, eighties, like a trauma autonomic resting heart rate that was super high.

I was shocked by one of the byproducts, and again this is like not medical advice, but through that journey I had encountered natural medicine and then started doing coffee enemas. And when I went back a year later for my pacemaker evaluation, they were like, wow, we need to pace you lower. This is initially when it first happened, they're like, we need to pace you lower because your resting heart rate is down like 18 beats per minute. I am certain that because the liver's the mother of the heart and because it relieved so much stress that that was responsible for that. So I can't help but think about cholesterol processing and all the things that, it's just the absolute of all therapies.

Dr. Wendy Myers

Also with so many people having liver issues, it's so important to use this therapy to take care of your liver, even as a preventative. So if you're overweight, if you are diabetic, pre-diabetic or what have you, you eat a lot of sugar and carbs. You have your whole life. A hundred million people in the US alone have non-alcoholic fatty liver disease. This has to be addressed. They're not addressing it in medicine. There's no pill you can take for that. You can do Retatrutide, and that's a peptide, like a GLP-1 that will get rid of fatty liver in 85% of people in four months. That's great, but not everyone's gonna do that. But coffee enemas are a great way to work on fatty liver, not to mention just improving its function. Its 500 different functions overall.

Chelsea Gaul

I don't even have anything to add to that. That's so true. I do women's health for the most part now, and I'm obsessed with helping women. We see a lot of liver stuff come up during pregnancies a lot. I believe that we're going into pregnancies quite deficient in minerals and quite in a fatty liver state. That was my background before I got into natural medicine as I was a surgery tech in women in labor and delivery. I wasn't on the doctor's side, but I was privy to so many instances of things. Then I got into hospital marketing and that makes me laugh. And I'm like, we sell these women that they're just broken and their hormones are destroyed and all this stuff, when the truth is they just have really congested livers.

Dr. Wendy Myer

Your liver processes your hormones. Hello? No hormones if your liver's not working correctly

Chelsea Gaul

I know, I'm like that rabid dog friend. When people are like that, I have infertility. I'm like, you don't have infertility, you just have liver issues. And people are like, I know you keep saying that, but I'm like, I'm not saying you pro, there is nuance, there are other things, but for the most part, no doctor that I know saw or worked for ever mentioned the liver in western medicine ever, unless it was a gastroenterologist and there was a clear cut diagnosis of fatty liver or a gallbladder that was taken out and then there was like secondary issues, which I'm like at that point. You've already hit another stressor.

Dr. Wendy Myers

You wanna prevent all your gallbladder being removed 'cause that's what the western medicine is like, oh, let's just cut it out. You don't need that. You can live without that. You're gonna have a lot of problems downstream. Many women just need to thin that bile out, get the bile juices flowing. You can do that with coffee enemas. A lot of women in their fifties end up having their gallbladder removed and it's completely preventable.

Chelsea Gaul

So true. That's interesting. I did not know that about their fifties. I feel like it's like younger and younger 'cause I'm 40, so I'm like younger and younger. I hear my friends who are in their late twenties and thirties and they've already had one or two surgeries, or they don't have an appendix or gallbladder and I'm like, that's so sad. Or they're a candidate for hysterectomy already. It's so tragic. It's insane. And you're not really fixing the issue. You're just creating more anger in the body because usually when you remove an organ and you're a whole person under God, that's just how we are divinely made. God still sees you as whole, but you don't. So you mount a response for yourself to try to reconcile.

That's actually what happens. You have all this anger, this rage, you go through the stages of grief and then more problems with the liver. I'm super into that preventable medicine. We saw a gap in the market, my husband and I, when we started our intimate company. There's some great intimate stuff on the market. There's all this debate about brown coffee, green coffee. I tend to lean more towards having the most natural form of a plant or a thing that you can get in your body. I'm even away from capsules for the most part, and I understand everyone can't do that. Again, I'm not saying forever. Currently I'm traveling around with a huge mineral powder in my bag because it's just easy. So I get it. But the green coffee has all the plant and integrity still there. It has most of the oil still there. And so if you want a really nice detox, really nice results, you would use that. We saw an opportunity to add a frequency component to that because plants retain some natural water so they can hold frequencies, which is just another wild layer

Ads 25:01

And now a word from one of our sponsors at the Myers Detox Podcast. I wanna tell you about a lip peptide treatment that I've been using and I've gotten amazing results. It was created to help you restore smoothness, fullness, and lasting hydration to your lips while protecting against visible signs of aging and environmental stress. And what I love most about this lip peptide treatment is that it contains true energies and signature proprietary bio photon frequencies to enhance cellular communication, optimize ingredient absorption, support collagen production, and helps lips maintain their smooth, fuller appearance over time. It's something I'm really into right now at age 53, and honestly, I can't ever see myself using any kind of skincare unless it has frequencies in it that enhance its effectiveness and sends new information to your skin into your lips to improve their appearance.

This Tru Energy peptide contains plant-based botanical oils, vegan moisture, ceiling waxes, and a collagen boosting clinically studied peptide infuses the Tru Energy signature frequencies to condition, smooth and energized lips for a healthier, more youthful appearance. Each ingredient is also sourced to meet high purity standards and doesn't contain any synthetic fragrances, parabens, toxic ingredients, or harsh petrochemicals. So if you're ready to smooth away the look of fine lines around your lips, maintain lasting softness and hydration without stickiness, enhance natural lip

volume and contour, protect against dryness, flaking, and environmental damage, and energize your own lips, repair and renewal cycles, Tru Energy is offering a BOGO special so you can get buy one get one free for a limited time for my listeners only.

Go to trytruenergy.com/wendy³ to buy one, get one offer. This is something that I use every single night. I absolutely love this product. I highly recommend it.

Dr. Wendy Myers

Let's talk about that 'cause I love your coffee. You have a coffee enema coffee that you can use for your coffee enemas. I thought this was so brilliant when my friend introduced us that they're to imprint frequencies onto coffee enema coffee to make them more effective. Well, that's so brilliant 'cause I love everything bio energetics. I use frequency-imprinted skincare, frequency-imprinted towel ball, and just everything I do is frequency. So, talk about that.

Chelsea Gaul

Speaking of skincare, I got into it because I brought a line into my practice by a company called Veda. They were big into the frequency side of it. They had a component to their line that was talking about playing the Spanish olive trees through your phone and then through all their facilities when they make their cosmetics and they package everything up, they play the frequencies. They have these midi sprouts or these frequency transmitters that convert the sound that the plants are making to music. And then that's how you get the delivery, so interesting. You all can look that up and you can watch those MIDI sprout up on YouTube. Plants actually vibrate. They have a vibration and that can be turned into harmonic music.

And so I was so in because I've always been so into music and into the arts. My daughter's a highly competitive dancer. We've just always loved that. So that resonated with me so hard. And then I was going through an education piece of theirs and I was learning because they call themselves waterless, but then they have water as an ingredient listed. I was learning that you can't just get a hundred percent of the water out of something. There is water that's still in a different phase of itself. The fourth phase of water in a different phase retains inside an actual plant because they take water to survive.

My husband is a farmer. He was obsessed with all things microbiome, water, all this stuff, and he was already into that. And so we were using our bio resonance device and he said, what if we could imprint our coffee with a release frequency or the love vibration, like the harmony point, 432 hertz, or a 528 hertz or something. He said, what if we could just imprint the coffee? And we just thought, yeah, nothing is like that on the market. We were so into the belief system. The number one thing that I was seeing in the holistic space was, I've tried all the therapies, I do the coffee enemas, I do this stuff, but it doesn't work. Or it'll work for a little while and then you'll hit a plateau where suddenly it's not working anymore and then that's usually the point where someone is either trying a new thing, jumping to a new doctor, going to a new supplement. That's where you hit.

It's so interesting because the therapies are giving you something at a time. I think sometimes we're all just chasing that not good enough, need more vibration because we're so wired in the masculine just to keep seeking. But I was working with our mutual friend too, and he was like, yeah, a therapy cannot do the whole work. You have to then embody health. You have to be healthy. Meaning if I'm gonna go do a coffee enema, I have to decide that I'm safe in my body to be a person who does coffee enemas or to be a person into holistic health, be a healed person. So a lot of unpacking your diagnosis is like, I'm just not that diagnosis anymore.

Dr. Wendy Myers

I'm a different person today and think my body is healing. My body is whole. I'm a healthy person. Yes, you are your thoughts.

Chelsea Gaul

It used to drive me so crazy, the dangling care in health. I would tell my clients, what if you just arrived there? What if you just decided that last week's lab work is not today's lab work? We don't have enough data points. That's where the whole thought process came from. And my husband said, well, I wonder if we could really do it. It turns out there's some rife technology out there. There's several technologies out there that you can actually put your product on and imprint. And so we have infused our coffee with two specific frequencies. One is the forgiveness, the frequency at which a body can reach forgiveness, which is the love harmony point. And the other

one is a release frequency. We've identified a frequency that parasites no longer resonate in a body. And we looked at our device to identify that, and that was also widely out there. So we imprint it with those things.

That way your body gets it. Your body's like, okay. I also have my clients neuro prompt themselves to have a video on our website where you just hold the coffee in my bag up to your heart chakra and just take a few deep breaths. You're just saying like, here I am. I'm here for this. I'm stopping, and you're not in all the chaos. I feel like you get a better result doing that. We thought we just wanted to get it better than your average. Just buy an \$80 bag of coffee and see what happens.

Dr. Wendy Myers

I think that it's really interesting. You have high quality coffee, it's pre-ground because you don't have the whole beans. It's already ground.

Chelsea Gaul

Our enema coffee is pre-ground and now we're selling roasting, drinking coffee as well. So, we'll sell enema coffee, but roasted into a dark roast if you wanna drink it as well. My husband buys all the same coffee and roast it to whatever level we want for either enema or drinking. That's like his passion. And yes, to answer your question, we source everything specifically from Papua New Guinea because it's hand picked, so the beans are hand done, it's not done with machinery.

So it has another layer of intention there. Coffee naturally grows in certain regions. And so if you're getting a hydroponic coffee from Colorado, that's not necessarily super bad, but it's not as potent integrity wise that it could be. So my husband, being a farmer, was very passionate about sourcing and he wanted the highest quality. He wanted it all mold tested. He wanted to see how it was flown over and all these things. We wanted as close to the natural integrity as possible. The only processing is roasting, grinding and it's put into a bag and it's fresh. So it has a shelf life. We suggest you keep it in the freezer.

Dr. Wendy Myers

That's interesting. So the coffee you're getting is from Papua New Guinea. They have amazing coffee over there. I've spent time in Indonesia, not just in Bali, but in other islands. And coffee is a whole other animal.

It's so different. Right. The coffee is very different there. It's unbelievable. That makes sense that it's grown in its natural environment with all the inputs and the soil, and it's gonna be much different than, like you said, other coffees.

Chelsea Gaul

And intentionally wise too. If you geek out on frequencies like us, then you like an intention behind something. My husband's from New Zealand, and you're right, the coffee in the South Pacific and the entity is unmatched. I've been there. It tastes different, it smells different. It's just so different. I think obviously a lot of that is geographical and climate driven. In the Asian corner of the world or all the Asia, south Pacific, they have a real push for a divine reverence. So I guess reverence is the word I wanna say for nature for the natural. We don't have that here all the time. People have that, but we don't have that as a culture. We just wanted that layer in our coffee. There's several good coffees on the market, but I do hear when people use ours, they're like, for some reason I get a really amazing release when I use yours.

I think it's similar to if your grandmother cooks you a meal and you cook the same one and it tastes better when she makes it. You know what I mean? Like the intention behind it is just different and we're bioelectrical beings. We resonate with that. We feel it.

Ads 35:42

Let me ask you something a little bit personal. How do you get yourself out of a bad mood? It can be hard, really, really hard, and it only gets harder the longer that you're in that space. That's why I'm a big fan of today's podcast sponsor Organifi. They made an amazing product called Happy Drops, and they're little gummies that are super tasty and they can help make your bad moods better and your good moods great. I'm sure I'm not telling you anything new when I say the world is really stressed out right now. You can see it everywhere. Stress and mood related visits to the doctor's office are skyrocketing along with various prescriptions to match. And so if

you are anything like me, you're looking for a safe, natural approach to rebalancing your happiness and your stress chemicals without worrying about the side effects.

Well, Organifi has given us exactly that. They're called Happy Drops, and they're my favorite new supplement. These yummy little lemon gummies are made with ginger, with gouda cola, and passion flour, all of which are shown to have positive effects on mood and emotional wellbeing. Plus, they have a real powerhouse ingredient, which is saffron. So why is that so cool? The compounds in saffron are shown to help your brain modulate its levels of serotonin. Serotonin's one of your happy chemicals and saffron helps your brain enjoy it longer. Saffron also relaxes you. There's many cultures around the world that drink saffron tea before they go to bed 'cause it helps relax them and helps 'em go to sleep. Saffron also contains antioxidant properties, which can help you protect your brain from oxidative stress. That's great for detox. Best of all, there aren't any nasty side effects. There aren't any bad ingredients and it's safe to use every single day.

Saffron's traditionally very challenging to find in the supplement world. It's difficult to plant and to farm. It's even harder to harvest, and it's one of the most expensive ingredients on the planet. But now thanks to the super food geniuses at Organifi, we can all enjoy a real dose of real mood lifting organic saffron for less than a dollar a day. I'm excited for you to try them. I think that everyone should. I love their happy drops. Just go to organifi.com/myersdetox and get your happy drops today. When you use my discount code Myers Detox at checkout, you're gonna save an extra 20% off. Again, that's organifi.com/myersdetox.

I want you to go out and try Happy Drops today. Like I said, I love them. I've been taking them on a regular basis to help me to go to sleep at night, to help me kind of relax and get in the mood. You've got nothing to lose but your frown.

Dr. Wendy Myers

Can you talk about your kids and how you overcame some health issues with them doing coffee enema? Can you talk about that?

Chelsea Gaul

I only have one child that's ever done a coffee enema. A couple things on that. She's older, so I wouldn't necessarily administer an enema to a child. I would not either, unless they could consent to that. It's funny that you brought this up because we had some verbiage on our website that seemed like that was suggested and we've since looked at that and changed it. But yes, our oldest daughter who's gonna be 17 in January, was diagnosed at 12 with Crohn's disease and then we let that diagnosis go. She doesn't have it, but she's always had this digestive distress and it's very environmentally driven. There's a lot of factors with her family and things. I have had to overcome things, lots of stuff as far as trauma and emotional manipulation. And so that played a large role. I had said to her. One, she was getting injured frequently through cheer. She was getting knee and tendon injuries and shoulder injuries. I had said to her, clearly the body is depleted.

Then she would complain to me about very significant PMS, very significant. And now she has no PMS and this girl was missing school. She was flu-like if she would get a fever, she just would not feel well around the time right before starting her cycle. Her cycles were perfectly normal, so there was no worry there, but it was more like, Why are your body cycles hitting you so hard? And so this particular child was a preemie baby. She was in the nicu, she was fully vaccinated, she was not breastfed. Every disconnect in the world that I could have chosen, that was her. And so I knew that there would need to be a big restoration and I knew it was coffee enema.

When she was about 15, I just put it out there. I said to her, "You could do coffee enema. Now keep in mind I was already doing them. Sometimes I think when you're gonna also get your kids to do something, leadership is top down. So you wanna be embodying it yourself.

Dr. Wendy Myers

Yeah, I'm doing that for my daughter. But she's not sold yet. Not sold.

Chelsea Gaul

I'll add she's only done like three. But lemme tell you how crazy kids are 'cause they haven't had all the environmental challenges and they haven't had all the emotional turmoil and all this stuff. They respond so fast to like therapy. It's insane. When I work

on babies now with the bio residents, they need two scans compared to an adult needing 29. You know what I mean? So she had three coffee enemas and I had said to her, she's back and forth between me and dad. I said to her, just on my time, occasionally you should do one or do one before your next cycle. And she's like, okay.

So she ended up choosing to do one, choosing that herself. I am telling you, the child has no PMS, and doesn't miss school for PMS anymore. She feels amazing. It only took two or three. I think there was probably some trauma shock there. There was one other component that we brought in. As she got old enough, I asked her for forgiveness, for vaccinating 'cause I just thought it was really relevant that she felt she had some learning disabilities and through a lot of our work and then her just stepping in and finally embodying that choice.

I think that all the pieces just came together. That would be my go-to for teenagers with PMS. Absolute go-to if you did it, 'cause you wouldn't want birth control. That's gonna be a whole nother element of stress and in teenagers they don't typically eat amazing. So their digestive system, like my teenager, whatever she wanted to eat, she was eating. And so I knew if we did something capsule based or a big supplement protocol based off her lab work, we did have that option. I knew that her digestive system wasn't in the place where it was gonna process properly. And so I just thought, listen, it's the quicker result. I told her I like it, we don't have to tell anybody, but now I'm saying it on a podcast, so she's fine. But I'm like, one of those things where she was not sold, but then she got so miserable and I kept throwing it out there. I'm like, you could do a coffee enema. And she's like, I'm not you. You can do coffee enema, all that stuff. How old's your daughter?

Dr. Wendy Myers

She's 15. How's your daughter?

Chelsea Gaul

15.

Dr. Wendy Myers

Oh, okay. So the same age. I get the resistance to anyone listening to this about coffee, especially men. They're like, yeah, no, I don't care. I'll be on my deathbed before I do that. And I understand. I've coached thousands of people about doing coffee enemas and, and how great they are. For some people, it takes them a while to get their head around it and they try it. A lot of 'em just take off running. They just do them and they never stop. The ones that do it and maybe get past the first one or two, which can be a little messy and they gotta figure out how to do it. So once they get past that and get a rhythm, they're off to the races because the benefits are just monumental. And not to mention digestive issues like your daughter had.

So many people have digestive issues, they have constipation. Or for me, sometimes, I'll just eat too much and I just feel miserable. It's relieved immediately with coffee enema. If you have gas relieved immediately with a coffee enema. Constipation is really, really problematic. It takes years off of your life. I don't think people realize how bad constipation is for you in so many ways. It's easier to do a coffee enema than constantly taking different laxatives or even stool softeners and things laxative people can get addicted to and have problems there. It's just better to do a coffee enema.

Chelsea Gaul

It's so cheap as well. I'm not just me preaching to the choir, but it's such an affordable, accessible thing I think sometimes. And as somebody who was not going to be convicted without functional medicine, that is not me shaming that. But I'm saying we all know that it's gonna be expensive, it's gonna be time consuming. It's gonna be 3 to \$10,000 to get all that lab work and get your supplement protocols and get yourself in order. And that's fine. But, a coffee enema and getting started with really nice therapy is something more like 70, 80 bucks.

That was one of my initial attractions to it as well after just having a new baby and having a lot of expenses. The other thing is just the ease. I know people hear it and they go, Ugh. But I mean, it's just like you said, one or two, and you get past that control issue and suddenly you're feeling how you feel and you're seriously like. Wow, that's night and day.

Ads 45:34

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used in most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS, that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel, or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

Dr. Wendy Myers

Plus, you just feel so much better after you do one. You feel better in your digestion. Your stomach is flatter. You have amazing mental clarity. You have benefits as long as you're in a good mood, you have more energy. There's so many different benefits, like you said, if you have a headache, you can do that. You just have so much better functioning in your body overall when you are doing something on a regular basis to take care of your liver and people are just not doing anything for their liver. They're not thinking about it. It's not on their radar. You need to be doing something for your liver. It does so many jobs in your body.

Chelsea Gaul

I know. It is. It is between constipation and liver congestion, probably the way you fail, probably the root cause of most of our stuff that we're seeing head into ERs and all that stuff. It's because we are so geared towards not the preventative side. And then I think what people don't understand too is 'cause I empathize with a lot of people and

support a lot of people who just can't let allopathy go. I think I had that perspective for a while, so I'm okay there. I'm not one of those holistic people that's like, you're doing terrible if you're still in an allopathic journey.

I couldn't be out there preaching that and having a pacemaker in my body. Last year we had that turned off for remote monitoring. So we had it reset to where my heart rate restored and literally between bio residents and coffee enemas, I give almost all the credit because it's the only two things I was consistent with. As a mom, I'm just not consistent with taking pills or really some days drinking water. I drink a lot of water, but you know what I mean? So I just relished that time so much. And the byproduct was all this healing. It was so interesting, just that alone time. I have six kids, time wise, and we were not in a financial place where I could just hit the spa or go on a trip. That just wasn't the thing. It's interesting how I got into it and then now how it's rounded out for us.

If you're in an allopathic journey and you're taking all of this medication that's all being processed in the liver as well, or you're having all these experiences, it's all being processed through the liver and so bare minimum, you are just piling on at some point. In my opinion, the side effects of stress are codes of the body saying, wow, I just can't deal with all this all the time. Because we are pretty resilient. On one hand we shouldn't be taking medication and yet be fine eating McDonald's every day and we're okay. I don't think it's about that. I think it's because the liver can't process as efficiently and kick things out or put things where it needs to go. And that's just my personal belief, knowing how the body works.

Dr. Wendy Myers

Our liver is dealing with so many different toxins with the pesticides and the plastics and the xenoestrogens and the stuff in our beauty products and the stuff in our food and the water. And then add that on supplements that might not be so good for you, like the capsules and in addition to the medications and people take what seven medications on average once they get past a certain age. Those medications are very stressful on the liver. Albeit they might have benefits or they're alleviating symptoms for people, they're extremely hard on the liver. And so what you've gotta be thinking about is what you're doing to support your liver on a daily basis. Whether

it's lemon water in the morning, whether it's supplements to support the liver, foods to support the liver. But the coffee enemas are the king daddy. Nothing is going to support your liver more than regular coffee enemas and liver flush is also on doing a periodic month or twice a year

Chelsea Gaul

I've yet to do a full liver flush, but I really would like to explore that. It's so funny that you say that about coffee enemas 'cause I swear I am that friend that somebody comes to me with something and I'm like, you probably just need coffee enemas. It's like, yeah, it's no big deal. I do the same thing with all my friends. It's like literally we were standing at a dance competition two days ago and my friends were talking about I have a headache and I don't feel well, and oh my gosh, how are you so calm? One's like, how are you so calm? You can calmly just tell me that this big meltdown is happening in your family and you're just enjoying the moment and living the dream. And I was like, girl, coffee.

Dr. Wendy Myers

And people are like, yeah, I'm okay. A lot of people are like, I'll deal with the headache. They just don't want to.

Chelsea Gaul

I know. What's weird is once you get past the initial, I don't understand because I'm a ballsy tried all person, but there's no pain associated at all. So, it's not one of those milk and molasses where you're having an explosive reaction or anything like that. I think people don't understand that it's a very calm, gentle thing. It's very easy. And the delivery system, I think it's funny that we'll readily do that for babies, but we won't do it for ourselves.

Dr. Wendy Myers

I forgot to mention nausea. A lot of people experience frequent nausea, whether it's from medication or whatever, or food or something they're sensitive to or whatever's going on with them. Nothing relieves nausea like a coffee enema. I also think with GLP-1s, which a lot of people are taking right now, including myself, I take Vert Tru

Tide. I love it. It's helped me in many, many ways. For those people, nausea and constipation are a big side effect of those that have to be addressed.

It cannot go unaddressed. I don't know how people do ozempic or the other GLP-1 peptides, like Tirzepatide or Manjaro ide, et cetera. I don't know how they survive without doing some sort of enema or something to relieve the constipation. That's an extremely common side effect.

Chelsea Gaul

It's interesting 'cause I was just talking to a friend and neighbor who said the same thing. I said something about it 'cause I'm currently on a bit of a weight loss journey. I said it's, it's about to be ozempic level and my best friend works for Ozempic and she said the constipation was terrible. I was a little bit hesitant or reluctant to do that and I'm not sure why. It's so interesting. I think you're right. So much of the world is seeking that, but they're not addressing the side effects. If you address 'em with something that's more stressful, it's gonna be rough on the body.

Whereas you could take that and address it with something natural that the body is okay with and that the colon receives more gently. It needs special, tender loving care by us

Dr. Wendy Myers

That's so interesting for people taking GLP-1s. Another thing I do is I eat prunes. I'll eat about six prunes a night. That's also healthy and naturally supports your bones, blah, blah, blah, but if that doesn't work, then you need to buy a coffee and a bucket. That's the solution.

Chelsea Gaul

Yes, for sure.

Dr. Wendy Myers

Why don't you tell us a little bit more about what your website is and where people can get the Inner Brew Enema Coffee?

Chelsea Gaul

If you wanna get it from us, it is innerbrewcoffee.com. When we were coming up with a name, we wanted something that actually put an emphasis on the inner work as well, because both me and my husband were so passionate about the holistic health side of things where you actually look at the emotional resonances that you're on.

And so, like I said, on our website, I have two YouTube videos, one that I did on the anger and release pathway, and then another on just basic how to do the best coffee enema. It just has my tips for things like not holding your phone. Believe it or not, if you hold your phone, you will not have as good of a hold time or a release because the wifi or the stress of scrolling will just create not a good release. You won't be able to hold as long. So, I have little tips like that on there. Our website, innerbrewcoffee.com, and you can buy it in one pound, two pound, or five pounds at the moment. We are putting our drinking coffee up there. We're also introducing another layer, which is several color therapy products.

My husband and I are into basically the science of the body that is light, photons, water, and sound. We found a company that has some very nice colored glass bottles, and we do color therapy. My husband likes to experiment with some of that imprinting enemas as well. There's some signs behind the color yellow being very exciting for the digestive system and stimulating. That would make sense because bile is yellow, so that makes total sense. He will even sometimes put his coffee in a colored vessel and set it in the sun and imprint it. You're your best experiment, right? These aren't things that I would say, you put your thing in a yellow vessel and you feel it today.

I think just the acknowledgement and the reverence that there is a divine system that is for you and not against you, and it's here to help you. We laid out that plan. A lot of people, at least in my audience and network, they're more in the line of the Christian thinking, which I'm personally, I'm very spiritual, but I say to them all the time, I'm like, if you look at this earthly realm, we have everything we need, every answer that we need. So we have all the colors, we have the rainbow, we have water. Our coffee has that there. We're introducing a new line of products coming up over the next coming months through the winter. But you can buy it there. I suggest if

you're gonna get started by two pounds, because usually you wanna kick off, if you've never done a coffee before in your life, you wanna kick off about 15 days straight.

And then do one or two a week like you do, like go on a maintenance type thing. If you're emotionally processing something like, your ex-husband pisses you off or whatever happens, then you might be doing more to process. You might wanna do one a night or something and that's okay. We had that on there. We have a couple courses there. I have all my contact information on there. If somebody wants specific support, like with a virus and evaluation, and then a designed protocol for something like pregnancy or prenatal or if you're dealing with anything that comes up during pregnancy. I support a lot of women in pregnancy. They say coffee enema is not ideal for pregnancy, but there are ways I personally think coffee enemas aren't causing the herx reactions. I think they're helping them. So that's just my school of thought. Yes, you will have some expression.

If you haven't ever done a coffee enema and you come, you're tired or you're extra exhausted or something, you don't need to be afraid of that. You just need to lean in and keep going the majority of the time. And then you can get into taking some binders or some color or something like that if you need to. But yeah, we already work clay into our diets. So that's all on our website as well. If you wanna introduce coffee enemas into your life, it's there. We have a little bit of the science behind our frequencies and where we source.

Dr. Wendy Myers

Okay, great. I think pregnant women should be doing enemas. I mean, that last month is brutal. It is so brutal with constipation. Coffees were not on my radar when I was pregnant with my daughter, and I was just so bummed. Looking back, it was just, it's absolute torture. I would've been so helped and I would've been so helped by doing coffee enemas on a regular basis, but you don't have to put a ton of coffee in the enema. So if you're sensitive to coffee or you're pregnant, maybe you don't want all that caffeine.

You can dramatically reduce the amount of coffee just to the amount that works for you, or it's appropriate for your situation at the time, or just a tiny bit if it's at night,

that caffeine can be stimulating. So, you could do a lot less of the coffee at that time or none. You could even do water. Can you talk about that, about why you need to use coffee versus water? Because I think a lot of people ask like, why can't I just use water for an enema?

Chelsea Gaul

The short answer is I'm getting ready to put up an enema book on our website that has a bunch of different enemas, like garlic. One of my favorite overall enemas to use, especially if you're pregnant, is chamomile enemas. It is amazing. If you want a good relaxing enema, a chamomile enema can be very great and there's a lot of medicinal enemas. You want coffee if you're specifically trying to stimulate a liver dump. So if you're specifically, and the caffeine that you get or I find it as more of a clarity. So when I drink a cold brew coffee, 'cause I drink coffee, I get more of a jittery. I feel my heart rate go up. It's fine. But when I have a coffee enema, it's more of an awakeness, like a clarity. It's not jittery, but it's more clarity. And to your point, if you're doing it at night, you may get that awakeness and not be able to sleep.

Dr. Wendy Myers

They feel grounding to me also. It's very, very different from drinking coffee.

Chelsea Gaul

Oh, absolutely. I just drank a cold brew this morning and I thought, oh, I forgot why I don't really do this all the time. You know what I mean? But I never feel that way after a coffee enema. You always feel released. You feel less heavy. It's interesting, and I attribute that to that anger pathway, that forgiveness pathway. What's very simple is a lot of people used to ask me like, how can you even back that up? And I would say, well, if you stimulate the liver to dump and the liver does the processing properly, and the body calms down, you've actually made space to think properly. You've calculated it.

You said to the body, I'm calmer now. I can think. And so then the pathway's open for you to be able to have that clarity. It's the magic button for anger. It's not like, oh, I'm gonna do a coffee enema and suddenly I'm gonna forgive my dad. It's not like that.

You calm down, your distractions are gone, and suddenly you can be in your body a bit more and then something can come up like that. What is so interesting when you're pregnant and this is just specifically my body of work, I think when you're pregnant, it's a portal for things to come up in relation to generational sin or passing it to your next generation, right? No one can argue that you're super close to the veil of creation because you're actually creating.

So when you're pregnant and you're in that process, it's a very sacred place. And then birth is a whole another thing. People often see in pregnancy, autoimmune flare up, thyroid labs go crazy. Liver enzymes elevate all natural processes by the body, by the way. So all processes that the body is supposed to be doing, because you're here in this space where now you have another human, the body needs to kick it into high gear and get that human raised and grown and all the cells put together and all that thing. I see so much of this correlation and when I was dealing with that with my fourth baby and I've gone on to have six babies and we're done. But I remember my OB/GYN, just saying to me, you're just gonna be anxious. You need to read less than 1%. You're like 1% happier or something like that. It was one of these books by this self-help guru and I said, surely my life is not Lexapro. Surely there's something else.

I realized that it was my first baby without my mom. It was my first baby after open heart surgery. There were so many things that needed to be processed that hadn't been, I had just carried on and worked and picked up my life and thought, okay, and I'd just been running at 90 miles per hour going back to school, building a practice, and traveling. When you have a near death experience, you just suddenly get really chaotic into like, here's what all the things we're gonna do. I didn't die obviously. It was interesting to me just studying all that. And then my mamas now that I have the blessing of supporting can't really sit down into that process well, or they're trying to process something and they're told in the pregnancy, by your traditional OB/GYN, everything's dangerous.

You don't need to do anything while you're pregnant. You don't need to do anything. And now they're even saying that about all the medication, Tylenol, all that stuff. So, it's such chaos. It's just ordered chaos all the time and they're already stressed out. By far and large, if you can get really quiet and do a natural therapy, completely

natural, won't do anything else besides maybe make you a little bit clearer or a little bit of a detox response, which isn't dangerous for a baby.

The baby has its own enclosed ecosystem that is very beautifully designed. You do it with the intention that you're fully aware and embodying it. What's really fascinating is how good it can be. We see a lot of women who go into that preeclampsia state or I think it's colostasis or I might be saying that wrong, and it's ultimately just liver congestion. That's it. I tell them, don't be afraid. Just like do a cup coffee in you. I had some success with nausea. The nausea is terrible because your hormones are all crazy. I was very nauseous with a couple of my babies and under mineralized and overworked, that's where I feel like if you're gonna do something in pregnancy, you should stick to as natural as possible. And other than maybe our nuanced ideas about the insertion, that is the most natural thing you can do for your body.

Ads 1:05:47

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com

Dr. Wendy Myers

In Europe, enemas are very commonplace. Everyone has an enema bag. They're doing them. It's an absolutely routine thing. Maybe not coffee enemas, but just regular enemas. Also for those maybe listening to this and wanting to do their own research, if you go to Wikipedia, that info about coffee enemas is complete nonsense. That's totally taken over by pharma. So don't listen to that. This is something like people die doing coffee and was like one person died of something else when they were in a study on coffee and I was like, coffees are not gonna kill you.

Or your doctors are like, no, don't do that. They don't do anything. They don't know anything about natural medicine or much less coffee enema. Have never thought about it. Never read about it. So you wanna take advice from people that at least

know something about this to advise you, yay or nay. Either way, you don't wanna take advice from people who don't know anything about this particular topic.

Chelsea Gaul

Since you said it, I'll second that. It's so funny. I'm like, I don't know how deep I wanna go on her podcast 'cause it's yours, you know? But it's so funny. There's also a lot of stuff gets taken over by pharma or gets influenced by pay to play realms of Google. You're so right about coffee enema is certain reputable coffee enema companies I've seen change their stuff over the years and say, oh, green coffee's dangerous. You need only brown because you gotta slow down that detox, that reaction, the body, so much of that is so interesting.

Our body is firing on all cylinders, every millisecond. We have this very smart brain and it's just doing autonomic things that we are not in control of. Like, you don't tell your heart to beat, you don't tell yourself to breathe, you don't tell yourself to do these things. You don't really tell yourself to digest. Like you don't do any of that. There's so much micro happening that I feel like so much of that is built in that doubt for people to have that belief system of doubt. That if you put something in your body exactly like you say, I was so scared for eight months, I was like, I will die doing this on.

My physician friend who just cuts straight to the point. He is like, you have control issues, lady love. You're gonna be fine. And so it was so funny. In your first one, let's not focus on perfection. I tell all my clients, I'm like, just put the thing up your booty and just get over that hump and like make and figure out your positioning and then let a little bit in and because all these enema apparatuses have a clamp and all that stuff. I'm like, figure out, oh, I can control the flow, I can do this, I can do that. Then you can do perfect enemas 5, 6, 7, down the road.

Dr. Wendy Myers

You're not taking the whole enema bucket or bag, filling up with the whole thing. We're not doing that. I'm gonna put a link below to specific directions on how to make the coffee, how to do a coffee, and very detailed instructions and tips. What I do, and it just seems logical, you need to maybe first do water or a little bit of coffee and take some in and you've gotta get rid of all the stuff that's in your colon a couple of times,

maybe three times before you can hold the coffee. It needs to go somewhere so it can't compete with all this other stuff that's in there. So you need to release a couple of times so it's okay to fill up and then release it and fill up and release. I'll do that five times in one sitting. You don't have to hold it for 15 minutes. I've never been able to do that. Just do what you can. You just do what feels good. You're not gonna screw it up or do it wrong.

Chelsea Gaul

No, that's so true. I don't always hold mine. It's like that some days you have a bitter hold. Some days you're super rushed and you can't get in the mindset. It's like more of a to-do list thing. And I'm like, I have a quick mom method on our website as well. I'm sure you're super in depth and so is mine. I'm a mom, so I have perfected this 10 minute enema and I'm like her, what I'll do is I'll just do the six or seven cups of water versus the four, the 32 ounces or 1.2 liters, whatever system you're working on. I'll just double up.

I'll just cleanse the colon first and then put the next one in and because you have to, if something's in the bowels and you haven't timed it properly or you don't have the magic time for me, I can do 'em at all times of the day. But my ideal time is at night, so I'm usually doing my coffee enema alongside my bath time two days a week. I shower one day a week, but every night is two days a week. Anything other than that, I need a quick method. S

Dr. Wendy Myers

Well, that's great. 10 minutes, that's real quick. I do an hour, I'm like Barry White taking my time and doing it right.

Chelsea Gaul

Well, I have a lot of kids and a lot of things going on, so I totally get it. I don't stress about preparation anymore. There is something to be said for, okay, these medicines interact with whatever, so we need to take 'em apart. Like we need to give the body time to process. I was such a perfectionist and such a control freak and all the things that I ironically needed the enemas for because that all kept me so constipated and

stirred up that I ended up just being like, how can I let some of that go? My audience is all these moms and toddlers and they're like, how do I get it into my end during the day?

I'm like, you know what? You just pop them on their iPads, or you just break that perfectionism around screen time or whatever you wanna do, and you just boil it up. I have a real quick method where you just boil it all in a pot and then top it up with the distilled water and bring it to the perfect body temperature. I'm like you, I'm doing multiples at a time, usually two days a week. So a definite bowel cleansing needs to happen or else you're just not gonna get a good file dump there.

Dr. Wendy Myers

There are lots of different ways you can do this, and as I said, I'll post the links below the video on the website so you guys can get good instructions there. Your website's innerbrewcoffee.com. Again, thanks so much for coming on the show. I'm sure that was a lot of info and everything you ever wanted to know about coffee enemas. But you need to know this. I want everyone to do coffee enemas. I want everyone to do them 'cause they're so helpful. I want you to love your liver today. And so go buy the coffee enema coffee, go get your buckets. And as I said, I'll put links in the video below to get all the equipment that you need.

Chelsea Gaul

Wendy, you have your link. Thank you so much for having us. If y'all have any questions about our specific stuff, you can always reach out to the sales email that we have on the website, and then I know Wendy has her link for her audience, so it'll be so fun. I'm excited. I wanna hear all the things about people's coffee and experience.

Dr. Wendy Myers:

Well, Chelsea, thanks so much for coming on the show. Everyone, thank you so much for joining me for the Myers Detox Podcast. I'm Dr. Wendy Myers, and I love doing this show. Thanks so much for taking your really valuable time to tune in and do this show. I'm just hoping to give you some distinctions, give you some tips and tricks,

and clues that you can add to your healthy lifestyles because you deserve to feel good. I want you to feel good. So thanks for tuning in.

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