Introduction to Coffee Enemas

So in the world of natural or holistic health, there's probably a ton of modalities and options and things to improve the betterment of your health that you've maybe never heard of.

Dr. Max Gerson and Cancer Treatment Origins

And one of my favorite tools that has been a significant part of improving the quality of My Health, as well as some of the patients that we advise this to, is coffee enemas.

If you do some digging and research on coffee enemas, you're gonna find that a man by the name of Dr. Max Gershon was the creator of The Coffee Enema.

which was more designed for the treatment of cancer, in which he had a 96% rate curing cancer. So there's a tremendous amount of data and information as well as proof that they really work for their body.

But how could this apply for us who aren't cancer cases?

Personal Experience and Visible Results

Well, for me, I didn't have cancer when I started doing them, but when i learned about it I said, how am I ever going to ask somebody to do an enema without the reality of what doing one was like for myself?

And I was very, very impressed at what came out of my body. I had been on a nutrition response testing program for almost five years before I learned And once I started doing them, as no word of a lie, I can tell you I have watched maybe tens of thousands of liver and gallstones come out of my body and upon cleaning enough of the liver in the gallbladder up, a tremendous amount of mucus and liver flukes and other parasites were very visible in what came out.

But the end result was cleaning the most important filter of human body, which is your liver.

Liver Detox and Why It Matters

Everything we eat, drink, put on our skin that we expose our bodies to will inevitably have to get filtered out through the So, one of the best things we can do to maintain complete and total wellness and balance in our body is ensure that our main filter is clean and it's doing its job.

I have never found something quicker or more effective at cleaning and creating a better effective ability for the liver than coffee enemas.

Getting Help and Safe Use

If you're looking for more information on how to do them or what is an appropriate or safe way to them, come check us out at Synergy, Nutrition, and Wellness.