

Enemas

the guide

流

ryū · flow

Step by step
and calmly

Why a cleanse starts from below, the three options that work well, the step by step, the coffee recipe and when not to do one.

Lukewarm, slow and never forced.

FIVE PARTS AND A SHEET TO PRINT

letter from Dani

Simpler *than it looks*

You've asked me for this many times, and I'd rather explain it properly than have you look it up just anywhere.

If this is your first time with bionobo, welcome: to begin, all you need is warm water, a bag and some time for yourself. And if you've come from the re:set, be:liver or ikigen guides, this is the guide they promised: the whole protocol, how often, and the questions I'm asked most.

Enemas are optional: re:set and be:liver work without them. But re:set and be:liver mobilise, and an enema helps that leave rather than stay in the colon. It's what most changes what people see when they release.

If you've never done one, it's normal to feel a bit wary. And you will feel some discomfort: that's normal with enemas. Slowly, without forcing, without doing it perfectly; little by little you learn, and it goes better each time.

You'll see it's simpler than it looks.



ONE RULE FOR THE WHOLE GUIDE

“Calmly, without trying to get it perfect the first time, allowing yourself to learn through experience.”

A big hug, Dani CO-FOUNDER OF bionobo®

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at your own pace

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You don't need to read it in one go. Open it wherever you are. *On your phone, tap any line in the contents and it takes you to its page.*

WHERE DO I START?



First of all

Is it for you? · p. 7



Never done one?

At a glance · p. 15 · the detail, on pp. 8-14



On re:set, be:liver or ikigen?

Where it fits · p. 20



Looking for the coffee recipe?

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Would you rather a professional did it?

Colon hydrotherapy · p. 8

THE ICONS IN THIS GUIDE



warm water



time



with fulvic acid



caution



with fulvic and coffee

GUIDES LIBRARY



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our guides

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[eu.bionobo.com · guides library](https://eu.bionobo.com/guides-library)

PART I · CHAPTERS 01-03

Understand

unhurried

Before the bag, the why: what an enema does, why a cleanse starts from below and which option to choose.

What an enema is 04
01 · A VERY OLD PRACTICE

The funnel 05
02 · WHY START FROM BELOW

Three options 06
03 · WHICH ONE, AND WHEN

chapter 01 · what an enema is

What an enema is *and what it isn't*

An enema works on the last part of the large intestine: it helps empty the exit, so that what your body has already moved has somewhere to go.

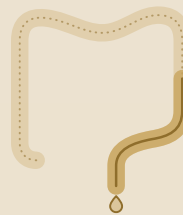
A VERY OLD PRACTICE

three days in a row, every month



Enemas aren't a fad: they are one of the oldest forms of self-care we know of. **Herodotus wrote that the Egyptians cleansed themselves for three days in a row every month**, with emetics and enemas, to look after their health.

WHERE IT WORKS



*the last part of the
large intestine*

With less than half a litre, an enema mostly reaches **the lower part of the colon**: right at the exit.

WHAT IT IS

Self-care, nothing complicated

- ✓ A simple **self-care tool**.
- ✓ **Supports the way out** at the end of each cleanse and usually leaves a feeling of lightness.
- ✓ **Something you learn** calmly, little by little.

WHAT IT ISN'T

Neither a cure nor an obligation

- ✗ **A treatment** or a cure.
- ✗ **Something to depend on**.
- ✗ **An obligation**: the protocols work without them.

IN ALL HONESTY



There are no published trials of fulvic acid given rectally yet. What we share here is practice and tradition, not a treatment.

SOURCES Herodotus, *Histories* II.77 · Cleveland Clinic, *Enema* (under 500 ml: the lower colon) · PubMed, search for fulvic or humic acid by the rectal route, October 2026: no published trials.

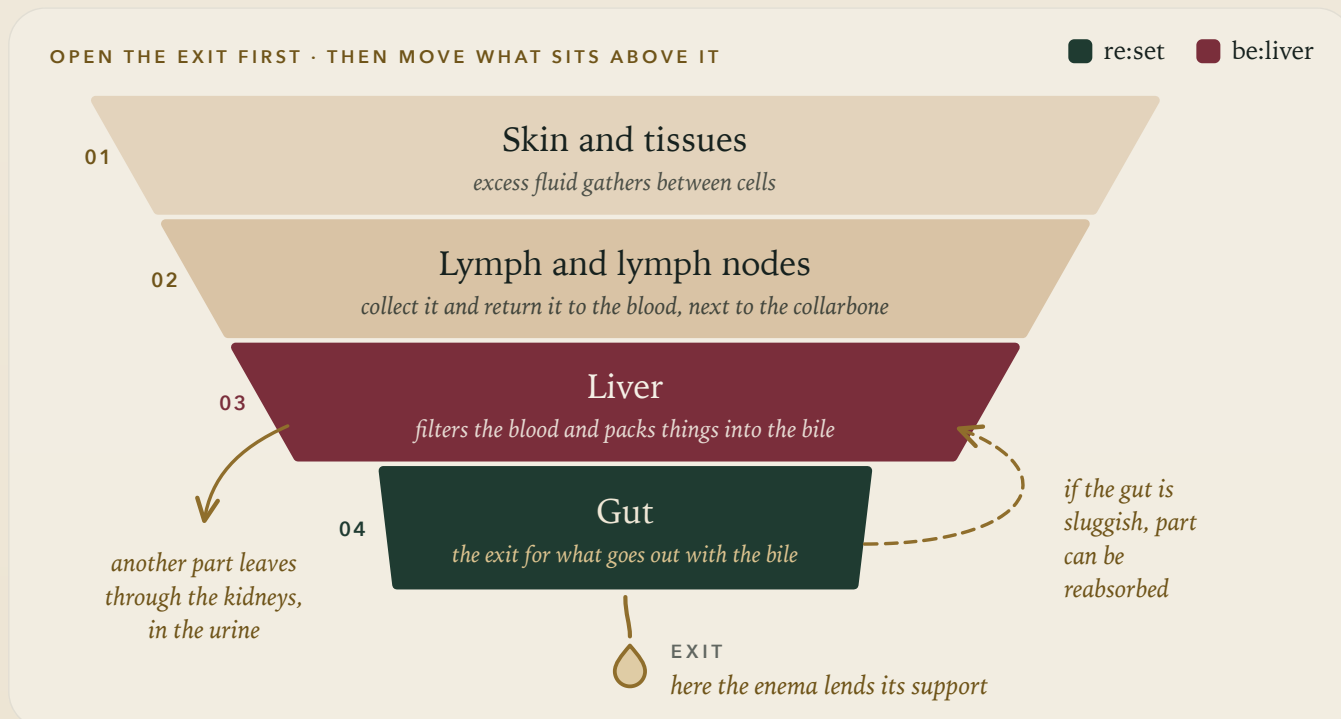
◆ **PAUSE** *What's holding you back from trying it? Write it down; it's almost always answered in the next few pages.*

chapter 02 · the funnel

The drainage funnel

why start from below

The main way out for what the liver packs into the bile is the gut. That's why the gut matters: there is a funnel. *If we want to drain, we have to start from below.*



First the way out, then the liver.

WHY START FROM BELOW

First, give whatever is moving a way out.

What the liver packs into the bile leaves mainly through the gut; another part leaves through the kidneys, in the urine. And if the gut is sluggish, part of what arrives with the bile can be reabsorbed: this is called **enterohepatic circulation**.

That's why, in our way of cleansing, **first the gut and then the liver**. It is the naturopathic tradition **ikigen** follows.

IN PRACTICE · FROM THE BOTTOM UP

- 1** Your habits
going to the toilet well, with water, real food and movement
- 2** re:set
the gut
- 3** be:liver
the liver and gallbladder

ikigen = the three steps in a single protocol. And the enema, on release days, supports the way out (**p. 20**).

StatPearls, *Physiology, Bile Secretion and Lymphatic System*. The gut → liver order is our way of doing it, not a proven clinical sequence.

◆ **PAUSE** *How is your way out these days? Observe it, without judging.*

chapter 03 · three options

Three options *that work well*

Warm water; with fulvic acid (5 to 10 drops of alcalina per bag if you're starting out; 10 to 20 or more once you have experience); or with fulvic acid and organic coffee.

 OPTION 1	 OPTION 2	 OPTION 3
Warm water Just warm, filtered water. The one for your first enemas, and the one for ikigen day 2 if you have not evacuated yet.	With fulvic acid 5 to 10 drops of alcalina per bag if you're starting out; 10 to 20 or more once you have experience. Our basic standard.	With fulvic and organic coffee The same drops of alcalina, in a litre of lukewarm organic coffee. The classic after be:liver , on its release day.
 HOLDING TIME 10 min is the aim; less, if you need to	 HOLDING TIME 10 min is the aim; less, if you need to	 HOLDING TIME 12-15 min, if you can; if not, let it go sooner
 POSITION left side or feet against the wall	 POSITION left side or feet against the wall	 POSITION left side, like the other two
At a glance · p. 15	With fulvic acid · p. 16	The coffee enema and recipe · pp. 17-19

The coffee one is the classic for the liver days; the fulvic one or plain water work just as well.

First let the water clear the way; then the fulvic acid.

And you don't have to go all in the first time: build up to it, in three enemas (**p. 14**).

	WHICH ONE, AND WHEN?		
	 WARM WATER	 WITH FULVIC	 FULVIC AND COFFEE
Your first enemas	✓ to start with	once the water goes in easily	once the warm-water ones already feel comfortable
ikigen · day 2 not evacuated by the end of the day? warm water (p. 20)	✓	✓	✓
ikigen · day 4	✓	✓	✓ <i>the classic</i>
re:set or be:liver, separately	✓	✓	✓ after be:liver
At home, now and then	✓	✓	✓ better not before bed

 And at home, as maintenance, also with shila:jit (**p. 21**).

PART II · CHAPTERS 04-07

III Prepare

all in place

04	Is it for you?	07
05	What you need	08
06	The water	09
07	Your space	10

chapter 04 · before anything else

Is it for you?

before you start

WHEN NOT



Not today, or talk to your healthcare professional first, if:

- you're **pregnant**, trying to conceive or breastfeeding (not recommended);
- you have **inflammatory bowel disease** (Crohn's, ulcerative colitis) in a flare, **diverticulitis** or undiagnosed diarrhoea;
- you have **bleeding haemorrhoids**, a fissure or rectal bleeding;
- you've recently had **abdominal or rectal surgery**;
- you have **heart or kidney disease**, high blood pressure or a fast heart rate;
- you have **strong or unexplained tummy pain**;
- you have a **stoma**;
- your **immunity is low** or you're under medical treatment.
- For children, only if their paediatrician says so.*
- i** No alcalina or shila:jit during pregnancy or breastfeeding.



IF YOU'VE NEVER DONE ONE

Your first time

It's better not to do your first one alone at home without having checked with your healthcare professional. A **colon hydrotherapy** session with a professional is also a good first step (p. 8).



SIGNS TO STOP

Stop if you notice...

strong pain

blood
more than a spot

dizziness

cold sweat

Lie down until it passes.

If the bleeding continues, or comes with a fever or with pain in your tummy or back, **get medical help**.

Lukewarm, slow and never forced. Some discomfort is normal; strong pain is not: stop.

If in doubt, check with your healthcare professional.

Sources: NHS SATH, *Rectal irrigation* · NHS UHB and NHS Gloucestershire, *self-administered enema* · Cleveland Clinic, *Enema*.

chapter 05 · the equipment

What you need

your own bag

Ideally, have your own enema bag, so you can learn to use this tool and always have it with you.

WHAT AN ENEMA BAG LOOKS LIKE



- 1 The bag
2 L, with volume markings
- 2 The tube
the water runs down it
- 3 The clamp
opens and closes the flow of water
- 4 The cannula
the tip that goes in

WHAT YOU NEED · EIGHT THINGS



01

A 2 L enema bag

Good quality, with a **clamp** to open and close the flow of water.



02

The cannula

It comes with the bag. It goes in only about 5 cm, never forced (p. 12).



03

A liquid thermometer

To keep the water between **36 and 38 °C** (p. 9).



04

A lubricant

Coconut oil, olive oil, tallow or ghee: whatever fat you prefer (p. 11).



05

A mat and a towel

Without a mat, just a towel, or two (p. 10).



06

A pillow

Or a soft surface, to lie on your side.



07

A stable support

A hook or a door handle, to hang the bag from.



08

Filtered water

And, depending on the option, alkaline (p. 16) and organic coffee (pp. 18-19).

⌚ And time to spare, near a bathroom (p. 10).

🏪 You'll find the bag in pharmacies and health shops.



NO BAG, OR PREFER TO HAVE COMPANY?

Colon hydrotherapy

*Find a practitioner near you:
it will do you a lot of good.*

- ✓ A centre with **trained staff**.
- ✓ **Single-use equipment**.
- ✓ Tell them **your history and what you take**.

The same precautions as on p. 7 apply.

Source: Cleveland Clinic, *Enema* (towel, near the bathroom).

chapter 06 · the water

The water

lukewarm and filtered

Two things matter: which water you use and what temperature you bring it to.



WHICH WATER

Filtered: the water from your filter

Use filtered water: the same as from the filter you drink from. If your filter also removes the minerals, a few drops of alkaline give them back.

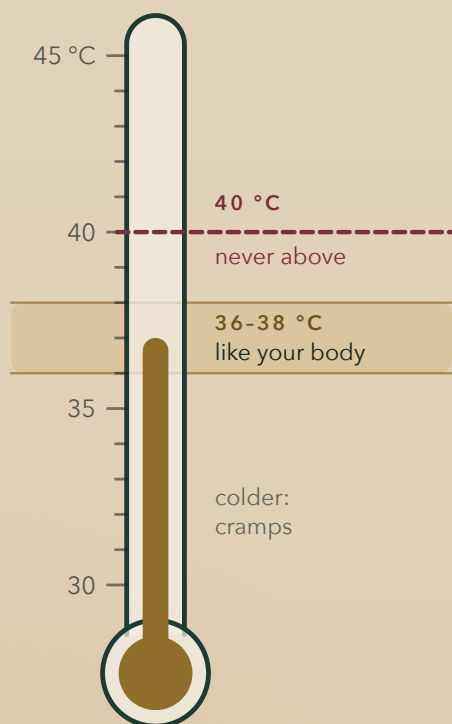
 **No filter yet?** It's the first change we suggest: one for the water you drink and another for the shower.

"If there's something you can invest in, your first investment is taking time to understand water. Nobody is going to understand it for you."

DANI, CO-FOUNDER OF bionobo

 To understand it: the guides library

WHAT TEMPERATURE



36–38 °C

and never above 40 °C

Lukewarm, at body temperature: between 36 and 38 °C, and never above 40 °C. **Check it with the thermometer, not your hand.** If in doubt, wait.

Neither cold nor hot: that way it flows in better and without cramps.



1

Mix

Hot and cold filtered water, until it reaches the right temperature.



2

Check

With the thermometer: between 36 and 38 °C.



3

Fill the bag

With the clamp closed; then hang it (p. 10).

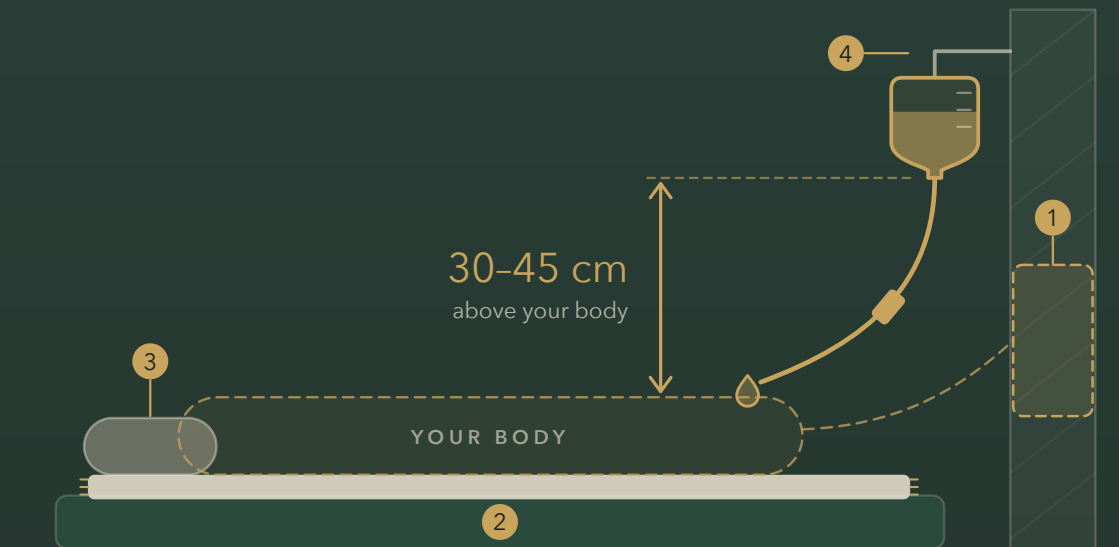
Sources: Teekachunhatean S et al., *ISRN Pharmacol* 2013 (enema at 37 °C) · NHS SATH, *Rectal irrigation* (water that is too hot or too cold causes cramps).

chapter 07 · your space

Your space and the height of the bag

Do it *on the floor, on a mat covered with a towel*; if you don't have a mat, just a towel, or two. And near a wall where you can *rest your feet up high*: it helps to relax the abdomen and to hold the liquid in.

YOUR SPACE · ON THE FLOOR, BESIDE A WALL



1 Wall, to rest your feet up high

2 Mat covered with a towel (or just a towel, or two)

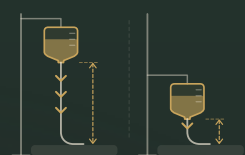
3 Pillow or soft surface to lie on your side

4 2 L bag, hanging

HEIGHT SETS THE PRESSURE

Hang it at 30–45 cm

Find a **stable support** to hang the bag from. The higher you hang it, the more pressure the water will have and the faster it will flow in; lower, more slowly. To begin, hang it about **30–45 cm** above your body. If you feel cramps, lower it or close the clamp for a moment.



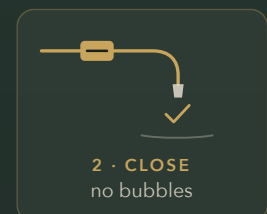
Higher
more pressure, faster

Lower
less pressure, more slowly

BEFORE YOU START

Let the air out of the tube

With the bag full and hanging, open the clamp for a moment over the sink or the toilet, until the water runs without bubbles, and close it. That way no air gets in, which causes gas and cramps.



Do it calmly, with time to spare and near a bathroom.

Sources: Son H et al., *Medicine* 2020 (the bag, less than 45 cm above the body) · NHS SATH, *Rectal irrigation* (letting the air out of the tube prevents cramps) · Healthline, *Homemade Enema* (air in the tube causes gas).

Dani's tips · before you start

How to prepare it

seven tips from Dani

Seven details that make it easier, just as Dani tells them. Keep the ones that work for you.



If you're in a rush

01

"Keep ice cubes made with good, filtered water in the freezer, so you can cool the liquid down faster."

And always the thermometer: 36-38 °C (p. 9).



Let the air out first

02

"Before you start, let a little liquid run through the tube until the air is out, and close the clamp."

How to do it, on p. 10.



Lubricate

03

"Use coconut oil, olive oil, tallow or ghee: whatever fat you prefer."

A little, on the tip of the cannula (p. 12).



The dose, little by little

04

"Start slow with the coffee and the alcalina or shila:jit, and build up with time."

alcalina: 5-10 drops; with experience, 10-20 or more (p. 16) · the coffee, on p. 19 · shila:jit, once alcalina already suits you (p. 21).



Hold it for 10 minutes

05

"It's important to keep it in for 10 minutes; otherwise you don't get the effect."

That's the aim. If one day you don't get there, that's fine: every day is different (p. 14).



Hydrate very well first

06

"Drink a litre of water with shila:jit and alcalina beforehand. It's going to pull a lot more out."

Filtered water: the water from your filter (p. 9).



AND THE SEVENTH

07

Make it a ritual

"Don't rush it. Put on a good, calm playlist, light some candles, make a ritual out of it and relax into it."

DANI, CO-FOUNDER OF bionobo

i No alcalina or shila:jit during pregnancy or breastfeeding (p. 7).

PART III · CHAPTERS 08-10

III

Step by step
— one at a time

08	Before and during	12
09	Hold, release, repeat	13
10	At a glance	15

chapter 08 · before and during

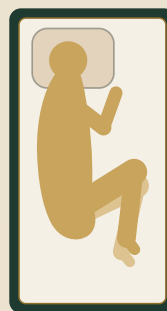
Step by step · 1
before and during

-  **Prepare the water**
Lukewarm, between 36 and 38 °C, in one of the three options (p. 6). With fulvic acid: 5-10 drops per bag; advanced, 10-20 or more. Fill the bag with the clamp closed. How much water: p. 15.
-  **Let the air out**
Open the clamp for a moment until the water comes out without bubbles, and close it again (p. 10).
-  **Lubricate**
A little coconut oil, olive oil, tallow or ghee on the tip of the cannula (p. 11).
-  **Find your position**
Lie on your left side with your knees drawn up, or on your back with your feet against the wall. With all three options: the coffee one, on your left side too (p. 19).
-  **Insert slowly**
Only about 5 cm, never forcing it. If you feel resistance, breathe, change the angle slightly and, if it continues, stop.
-  **Open the clamp**
Let the water in slowly. If you feel cramps, close the clamp, breathe and carry on when it passes.

Before you start, read all eleven steps from start to finish and have your equipment to hand (p. 8). The first time takes a little longer; with practice, it becomes simple.

STEP 4 · YOUR POSITION

The ones that work best



On your left side
knees drawn up
all three options

Why the left?

The last stretch of the colon runs down the left side of the abdomen: lying on that side, the liquid goes in with gravity.

The coffee one too (p. 19).



On your back
feet against the wall



IF THE WATER STOPS FLOWING

Breathe deeply

Sometimes the flow stops. This is usually due to gas. A deep, relaxed breath helps the bowel move and the water keep flowing in.

◆ **PAUSE** *Before you open the clamp, three slow breaths. There is no rush.*

Position: NHS Gloucestershire and NHS Kingston and Richmond, patient leaflets · NHS Grampian, *Bowel Management* 2017 · OpenStax, *Anatomy and Physiology* 2e. Cannula and cramps: Cleveland Clinic · NHS UHB · NHS SATH · Teekachunhatean S et al., *ISRN Pharmacol* 2013.

Step by step · 2

hold, release, repeat

HOW TIME PASSES

with water or with fulvic; with coffee, the hold is longer

MINUTE 0

The water goes in

slowly; if there are cramps, a pause



10 MIN · COFFEE 12-15

You hold

without forcing, changing position



AFTERWARDS

You release

usually within 15 min of closing the clamp



THE FOLLOWING HOUR

Near the toilet

in case you need to go back

7 Close and withdraw

When the amount you wanted has gone in, or you feel your tummy is full, close the clamp and gently withdraw the cannula.

8 Hold without forcing

With water or fulvic, 10 minutes is the aim; if one day you don't get there, that's fine (p. 14). With coffee, 12 to 15 if you can.

While you hold it, you can slowly change position (onto your right side, back onto your left, onto your back) and gently massage your tummy, following the large intestine: up the right side, across, and down the left. And if you need to let go sooner, let go: *it isn't an endurance test.*

9 Release

To the toilet, no rush. It is normal to evacuate within about 15 minutes of closing the clamp, counting the time you held it, but stay near the toilet for the next hour. Look at what comes out, without obsessing.

10 Repeat if you need to

You can repeat it once or twice in the same session, to keep letting go of what is left. The coffee one, one a day at most: if you repeat, make it with warm water.

More isn't better (p. 19).

11 Afterwards

Drink filtered water. If you are on liquids or fasting, a strained vegetable broth. Wash the bag and hang it up to dry (p. 21).

STEP 8 · WHILE YOU HOLD

Change position and massage



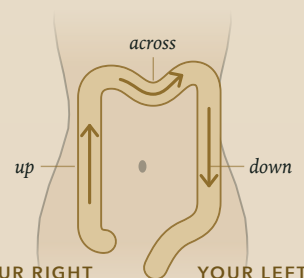
1
onto your
right side



2
back onto
your left



3
onto your
back



With your palm, in gentle circles, following the large intestine.

STEP 9 · WHEN YOU RELEASE

How to read what comes out

Inspection and colours of the mucus: in the re:set guide, in the guides library.

eu.bionobo.com/pages/guide-library

in practice · from less to more

Build up to it

three enemas, one session

“You don’t have to go all in with the first enema. You can do a tester enema and clear out, then a second one to clear out again, and then go with the full-power one.”

DANI, CO-FOUNDER OF bionobo

THREE ENEMAS · FROM LESS TO MORE



1

FIRST

The tester

- 💧 Warm water, a small amount.
- 🕒 No holding.

↓ You clear out



2

SECOND

The clear-out

- 💧 Warm water again, a small amount.
- 🕒 No holding: to clear out again.

↓ You clear out



3

THIRD

The full one

- 💧 With fulvic acid, or with fulvic and organic coffee (pp. 16-19).
- 🕒 This is the one you hold: 10 minutes is the aim; with coffee, 12 to 15 if you can (p. 13).

↓ You release, no rush



AND LISTEN

“Every day is different with enemas.”

Some days it goes in and holds easily; other days it doesn’t. Listen and adjust.

TO GET YOUR BEARINGS

- ✓ It all fits in one session: you can refill the bag once or twice (p. 13).
- ✓ The coffee one, one a day at most: make it the third (p. 19).
- ✓ If these are your first enemas, stay with warm water: the fulvic and the coffee come later (p. 6).

◆ PAUSE How far do you feel like going today? Decide as you go.

Your first enema at a glance

“We know enemas can look complicated, but they are an incredible tool.”

DANI, CO-FOUNDER OF bionobo

1 Have to hand



- ☐ 2 L bag with clamp and cannula
- ☐ Thermometer
- ☐ Coconut oil, olive oil, tallow or ghee
- ☐ Mat with a towel (or just a towel, or two) and pillow
- ☐ A hook or a door handle to hang the bag from
- ☐ Filtered water

2 Prepare



- ☐ Water at **36-38 °C**, never above 40 °C
- ☐ Start with **300-700 ml**
- ☐ Bag **30-45 cm** above you
- ☐ Let the air out of the tube
- ☐ Lubricate the tip of the cannula

3 Do it



- ☐ Left side, knees drawn up
- ☐ Cannula about **5 cm**, never forced
- ☐ Open the clamp slowly
- ☐ If it stops, breathe
- ☐ Close and withdraw
- ☐ Hold for **10 min**, if you can
- ☐ To the toilet, no rush

4 Stop if you notice



- ◆ Strong pain
- ◆ Blood
- ◆ Dizziness or a cold sweat

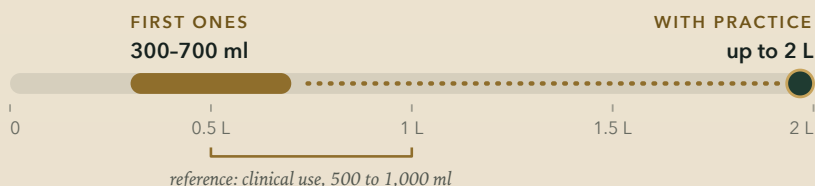
Lie down until it passes. All the signs, on **p. 7**.

HOW MUCH WATER

Little by little

With practice you can build up, as long as your body takes it comfortably.

Never force it.



◆ **MY NOTES** *After your first enema, write down how you felt. The second time, compare.*

✓ Print this page and keep it to hand on the first day. To save ink, print just this page, in black and white or in draft mode.

Clinical reference: Cleveland Clinic, *Enema* · NHS SATH, *Rectal irrigation*.

PART IV · CHAPTERS 11-13

IV Options

with fulvic and coffee

11	With fulvic acid	16
12	The coffee enema	17
13	The recipe	19

chapter 11 · option 2

With fulvic acid

the drops, little by little

THE HOUSE MEASURE

5–10 → 10–20 *or more*

BEGINNERS

ADVANCED

🔑 drops of alcalina per enema bag

Go little by little: you can build it up (p. 11).

HOW AND WHEN

- ◆ Add the drops **once the water is lukewarm**, at 36–38 °C (p. 9).
- ◆ **When:** when the water on its own already goes in well (p. 6).
- ◆ It's the **basic standard** on the release days in ikigen (p. 20).

It's prepared just like the warm-water one: the only difference is that, once the water is lukewarm, you add a few drops of alcalina. The rest is as always (pp. 12–13).



THE WHY

Why do we add fulvic acid?

It's our way of doing it: at bionobo it's our standard, in the coffee one too. A few drops of alcalina go into the enema water: they add minerals to the water.

“Fulvic acid is known as a natural chelator: it forms chelates with other compounds. What we do know is that it penetrates cells very well: because of its tiny size, it is credited with the ability to cross barriers other compounds cannot, such as cell barriers or the blood–brain barrier.”

— DANI, CO-FOUNDER OF bionobo

WHERE TO FIND IT



alcalina · FULVIC BIOMINERALS, IN DROPS

Fulvic and humic acid minerals

If you already take it in water, it's the same bottle.

[View alcalina](#)

SCAN OR TAP

SIZES

30 ml

100 ml

chapter 12 · option 3

The coffee enema

a classic, taken calmly

The coffee enema isn't an internet fad. It became popular in the 1930s and has been used for decades in the naturopathic tradition to support the liver on its release days.



WHAT THE TRADITION SAYS

It's credited with stimulating bile: that's what the tradition says. *That's why it's the classic for the liver days.*

The 1930s: Son H et al., *Medicine* 2020.

WHICH COFFEE

Organic coffee, ground, unflavoured and not decaffeinated. How to choose it, on [p. 18](#). And always with its drops of alcalina ([p. 19](#)).

organic

ground

not decaffeinated

WHAT ABOUT THE CAFFEINE?

≈ 3.5 times less
IN THAT STUDY

Some of the caffeine passes into the blood, although quite a lot less than when you drink it: in a study of 11 healthy men (a 500 ml enema held for 10 minutes), about 3.5 times less. If you're sensitive to caffeine, better not to do the coffee one before bed.

As a drink
180 ML



As an enema
500 ML · 10 MIN



CAFFEINE THAT REACHES THE BLOOD

Teekachunhatean S et al., *ISRN Pharmacol* 2013.

AND GLUTATHIONE?

It is also credited with stimulating glutathione. The idea comes from studies in mice in the 1980s: when they were given green coffee beans with their food, the activity of an enzyme, glutathione S-transferase, went up, because of two compounds in coffee: kahweol and cafestol. That was coffee eaten, not an enema.

In people, the little that has been measured: a crossover trial in 11 healthy men compared, over 12 days, the coffee enema with coffee as a drink. Neither of them raised glutathione in the blood, and the antioxidant capacity of the serum, instead of going up, went down.

Lam LKT, Sparnins VL, Wattenberg LW, *Cancer Res* 1982;42:1193-8 · Teekachunhatean S et al., *Hum Exp Toxicol* 2012;31:643-51.

"We see it as a ritual of care, without making health claims. But we know the results: energetically, the way you feel afterwards is incredible." — DANI



When

1

The classic after be:liver, on its release day: in ikigen, day 4 ([p. 20](#)).

2

Better once you already feel comfortable with the water ones.

3

One to three times a week, on alternate days.

◆ **PAUSE** The tradition gives you a starting point; how it feels to you, only you can tell.

option 3 · before the recipe

How to choose your coffee

clean, really clean

We know it's sometimes hard to find a coffee that is 100% organic, pesticide-free, free of heavy metals and free of mould. Those are the three things it must have.

1



Organic, pesticide-free

WHAT TO LOOK FOR

The EU organic logo and the control body's code on the pack. Grown without synthetic chemical pesticides.

2



Free of heavy metals

WHAT TO LOOK FOR

A laboratory analysis of the batch (lead, cadmium, arsenic, mercury), published or sent to you if you ask.

3



Free of mould

WHAT TO LOOK FOR

A mycotoxin analysis (ochratoxin A and aflatoxins), published or available if you ask.



“If you can't, at least look for organic, which you will always find.”

— DANI

i The organic logo (Regulation (EU) 2018/848) is about how it is grown; it doesn't test for mould or heavy metals: only an analysis tells you that. It should come from an independent laboratory and be for the batch you are buying.

A DELICATE CROP

“Coffee is one of the crops with the most pesticides and mould. That is why it is so important to choose a quality one.”

— DANI

Pesticides: they are used at different stages of conventional coffee growing; once it is roasted, tests find residues in a minority of samples, most of them below the legal limits. **Mould:** what is measured is the toxins it leaves behind (mycotoxins such as ochratoxin A). Coffee is frequently contaminated with the fungi that produce it: in worldwide reviews it is detected in just over half of the samples, usually below the EU limits (3 µg/kg in roasted coffee; 5 in instant). And the label doesn't tell you.

Merhi A et al., *Front Public Health* 2022 · Gamal A et al., *Food Chem* 2025 · Massahi T et al., *Food Addit Contam Part A* 2024 · EFSA, *EFSA Journal* 2020 · Regulation (EU) 2023/915.

THE WHY

“Don't do it with ordinary coffee, because it goes straight to the liver: there is no filter before it. If the coffee is clean, really clean, it will go very well.”

— DANI, CO-FOUNDER OF bionobo



COLON AND UPPER RECTUM

PORTAL VEIN



LIVER

What is absorbed in the colon and the upper part of the rectum passes into the portal vein, which carries that blood to the liver: it is the first organ it passes through. The lowest part of the rectum drains, in part, into the general circulation.

That is why, in an enema, what the coffee carries matters as much as the coffee.

Harkins JM and Ahmad B, *StatPearls* 2023 · Hua S, *Front Pharmacol* 2019.



ABOUT BRANDS

We don't recommend brands

We are working on a formula to have it in our shop in the future. For now, this is what we recommend: the three criteria. And with the coffee chosen, the recipe (p. 19).

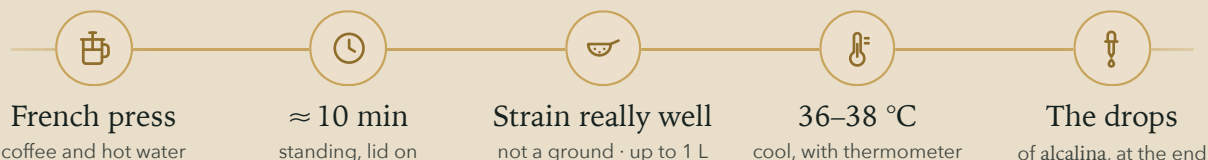
chapter 13 · option 3, in the kitchen

The recipe

with fulvic and organic coffee

It's Dani's recipe: simple and gentle, for one litre. Coffee enemas can be a little dehydrating, so we hydrate well beforehand. And we always add biominerals.

THE RECIPE AT A GLANCE



Ingredients

FOR 1 LITRE

-  **2 tablespoons**
of ground organic coffee (how to choose it: [p. 18](#))
-  **1 litre of filtered water**
500 ml to boil; the rest, cold ([p. 9](#))
-  **5 to 10 drops of alcalina**
per bag if you're starting out; 10 to 20 or more with experience. Always: **they're part of the recipe**
-  **French press and fine sieve**
"Strain it really well. If a single grain or bit of coffee gets through, it can block the tube and spoil your session." — DANI

Method

10 MIN STANDING, PLUS COOLING

- 1** Put the ground coffee in the French press and pour over 500 ml of filtered water, just boiled.
- 2** Put the lid on and let it stand for about 10 minutes. Then press the plunger down slowly.
- 3** Strain it as well through a fine sieve (or a paper or cloth filter), until not a single ground is left, and top up to one litre with cold filtered water.
- 4** Let it come down to 36–38 °C and check it with the thermometer. If in doubt, wait.
- 5** **Now add the drops of alcalina**, once the water is lukewarm.



HOW TO DO IT

On your left side,
slowly

Lie on your left side, with your knees drawn up. Let the liquid in slowly. The whole litre doesn't need to go in: the amount that feels comfortable for you ([p. 15](#)). Hold it for 12 to 15 minutes if you can; if not, let it go sooner. The rest is as in the step by step ([pp. 12–13](#)).

The last stretch of the colon runs down the left side, and what is absorbed there reaches the liver through the portal vein ([p. 18](#)).

GOOD TO KNOW

What has been described, calmly



With the coffee enema, rectal burns from using the liquid too hot, and irritation of the colon (colitis) in some people, have been described. And with any enema, if it's overused and done very often, salt (electrolyte) imbalances have also been described. **So: well hydrated, always lukewarm, one a day at most, and stop if you feel pain.** If in doubt, check with your healthcare professional.

Risks: Son H et al., *Medicine* 2020 (review of cases) · Sashiyama H et al., *Gastrointest Endosc* 2008 · Jones LE and Norris WE, *Endoscopy* 2010 · Kim S et al., *Endoscopy* 2012 · Lee AH et al., *ACG Case Rep J* 2020 · Eisele JW and Reay DT, *JAMA* 1980 · Chertow GM and Brady HR, *Lancet* 1994. Position: sources on [p. 12](#).

PART V · CHAPTERS 14-15

V Support

in the protocols and at home

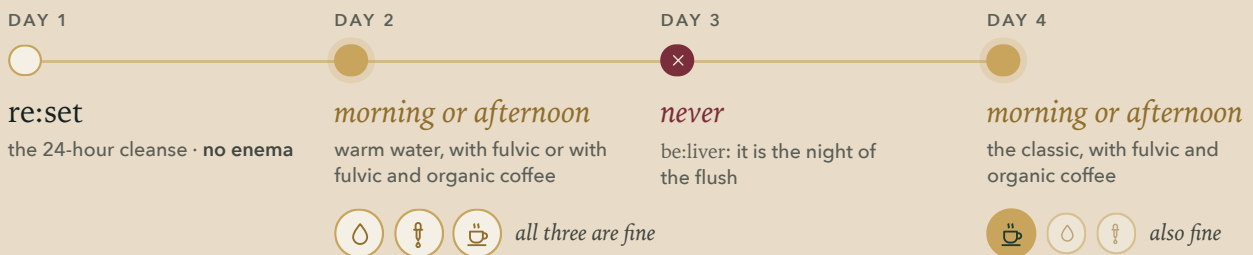
14	In the protocols	20
15	At home	21

chapter 14 · in the protocols

In re:set, be:liver and ikigen where it fits

In the protocols, the enema goes on the *release days*: when what re:set and be:liver have mobilised has to come out.

ikigen · WHEN TO DO IT · RHYTHM A



On release days, **one session a day**, in the morning or in the afternoon: it doesn't have to be at night. **The morning works very well if you haven't evacuated yet.** You can refill the bag once or twice. **Never on be:liver day.**



AT THE END OF DAY 2

Haven't you evacuated?



A **warm-water** enema that night and **be:liver a day later**: you move to rhythm B, with an extra day of fasting with ki:wami.

IF YOU DO THEM ON THEIR OWN

re:set or be:liver separately

The next day, in the morning or in the afternoon, or 2-3 days later, staying on the liquid diet. If you stay on liquids or keep fasting after the last release, you can repeat it **2-3 days later**.



● re:set

The 24-hour protocol with fermented kōso enzymes.

[View re:set](#)


● be:liver

The liver and gallbladder protocol.

[View be:liver](#)


● ikigen

The three steps in a single protocol · 48 h of kit, over 4 days.

[View ikigen](#)

Each protocol's guide, in the **guides library**.

chapter 15 · at home

At home as maintenance

HOW OFTEN

Now and then, when your body asks for it. *You'll know better than anyone when.*

The idea isn't to depend on them, but to support your body at specific moments. The coffee one, one to three times a week, on alternate days (p. 17).

📖 The everyday basics, in the Beginner's Guide to Gentle Detox, in the guides library.

After the protocols, you can keep your bag to hand and carry on with them: not only with fulvic acid, but also with shila:jit and with organic coffee (p. 18).

EVERY DAY

What keeps your gut moving



water



real food



movement



shila:jit · GOLDEN GRADE · HIMALAYA

With shila:jit

You can also do it with shila:jit, as maintenance. Fully dissolve a piece the size of a **small pea** in a little warm water **for each litre** of enema water, and strain it so no particles are left.

It's a traditional practice; there are no studies of it by this route.

⚠️ No alcalina or shila:jit during pregnancy or breastfeeding.



HIMALAYAN MINERAL RESIN

shila:jit

[View shila:jit](#)

LOOK AFTER YOUR BAG

Your bag, for you alone

After each use, wash it with warm water and mild soap, rinse it well, hang it open to dry and replace the cannula from time to time.



warm water



mild soap



hung open



only yours

Cleveland Clinic, *Enema* (overuse; clean equipment) · Healthline, *Homemade Enema* (cleaning the equipment) · shila:jit: house practice (PubMed search, October 2026).

Frequently asked questions

the ones we hear most

01 Does it hurt?

It's normal to feel some pressure or a cramp at the start. Close the clamp, breathe and carry on once it passes. **Strong pain is not normal: stop (p. 7).**

02 What if nothing comes out?

That's fine. Your body may have absorbed some of the water, especially if you're a little short of fluids. Drink, move around a bit and **don't keep repeating enemas to force it.**

03 Why coffee, if you don't drink coffee during the cleanse?

By the rectal route, considerably less caffeine reaches your blood than when you drink it: about 3.5 times less in one study (p. 17). If you're sensitive to caffeine, better not before bed.

04 Can I use tap water?

Better filtered: the water from your drinking filter (p. 9).

05 How many drops if I only half-fill the bag?

5 to 10 drops of alcalina per bag; with little water, start with 5. Go up to **10 to 20 or more** only with a full bag and with experience.

06 How often, at home?

Now and then: you'll know when (p. 21).

07 Does it affect my gut flora?

If you do it now and then, as this guide suggests, there's no need to worry. What looks after your flora every day is real food: when you go back to eating, **include live fermented foods**, as the re:set and ikigen guides suggest.

08 Enema or colon hydrotherapy?

You do an enema yourself at home, and it works on the final part of the intestine. In hydrotherapy, a professional passes more water through special equipment. If you'd rather have someone with you, it's a good option (p. 8).

✓ THE GUIDE'S FIGURES, AT A GLANCE



36–38 °C

the water; never above 40 °C

P. 9



30–45 cm

the bag, above you

P. 10



300–700 ml

in the first enemas

P. 15



10 min

to hold; with coffee, 12–15

P. 13



5–10 drops

or 10–20 or more, with experience

P. 16



1 a day

on release days

P. 20



Another question? Write to us: hola@bionobo.com.

NHS SATH, *Rectal irrigation* · Cleveland Clinic, *Enema*
Teekachunhatean S et al., *ISRN Pharmacol* 2013

closing · letting go

Letting go *you choose*

An enema is a small gesture:
warm water, some time with
yourself, and letting go.

Letting go is hard, and at times it will feel like you're having a rough time, but your future self will thank you. Cleansing isn't only physical, it isn't only what comes out: it's everything that has been stuck for a long time. Habits, emotions... all of it.

Letting go of control, rather than taking control. Little by little, nothing perfect: learning to feel yourself.

Dani



BEFORE CLOSING

Set an intention

Write it here, before your next enema.

What do you want to let go of?

*What are you going to
stop giving your energy to?*

*You choose: one day or day one.
Your moment starts today.*

contact

Enemas



ryū · flow

the guide

Thank you for making it this far. Start with warm water, little by little, and come back to this guide whenever you need it. It doesn't have to be perfect: all it takes is starting.



GUIDES LIBRARY

All our guides, free

This one, the guides to re:set, be:liver and ikigen, and the beginner's guide, always in their latest version.

eu.bionobo.com/pages/guide-library

WHERE TO COME BACK TO

Is it for you?	Step by step	At a glance	With fulvic acid	The recipe	In the protocols
BEFORE YOU START	BEFORE AND DURING	YOUR FIRST ENEMA	5-10 DROPS · 10-20 OR MORE	FOR THE COFFEE	WHERE IT FITS
P. 7	P. 12	P. 15	P. 16	P. 19	P. 20

NOTICE

This guide is inspiration, not health advice, and it is not meant to diagnose, treat or cure anything. We are not a medical team, and this guide does not replace your healthcare professional. Enemas are not recommended during pregnancy or breastfeeding. No alcalina or shila:jit during pregnancy or breastfeeding. **If you have any medical condition or take medication, always, always consult your specialist.**

**hola@bionobo.com**

Any question about the guide or where to start.

**eu.bionobo.com**

The guides library and the product pages.

SOURCES

Herodotus, *Histories* II.77 · Cleveland Clinic, *Enema* · NHS SATH, *Rectal irrigation* · NHS Grampian, *Bowel Management* 2017 · NHS UHB, NHS Gloucestershire and NHS Kingston and Richmond, *self-administered enema* · OpenStax, *Anatomy and Physiology 2e* · StatPearls, *Physiology, Bile Secretion and Lymphatic System* · Son H et al., *Medicine* 2020 · Lam LKT et al., *Cancer Res* 1982 · Teekachunhatean S et al., *Hum Exp Toxicol* 2012 and *ISRN Pharmacol* 2013 · Regulations (EU) 2018/848 and 2023/915 · Merhi A et al., *Front Public Health* 2022 · Gamal A et al., *Food Chem* 2025 · Massahi T et al., *Food Addit Contam Part A* 2024 · EFSA, *EFSA Journal* 2020 · Harkins JM and Ahmad B, *StatPearls* 2023 · Hua S, *Front Pharmacol* 2019 · Healthline, *Homemade Enema* · Sashiyama H et al., *Gastrointest Endosc* 2008 · Jones LE and Norris WE, *Endoscopy* 2010 · Kim S et al., *Endoscopy* 2012 · Lee AH et al., *ACG Case Rep J* 2020 · Eisele JW and Reay DT, *JAMA* 1980 · Chertow GM and Brady HR, *Lancet* 1994.

alcalina, shila:jit, ki:wami, re:set, be:liver and ikigen are food supplements. They are not intended to diagnose, treat, cure or prevent any disease, and do not replace a varied, balanced diet or professional medical judgement. Do not exceed the recommended daily dose. Keep out of the reach of children.

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