A black background with several dark brown coffee beans scattered across it, primarily concentrated in the upper and lower portions of the frame. The beans are in various orientations, some showing their characteristic creases.

How to use

COFFEE ENEMAS

**TO SUPPORT THE
GUT-BRAIN AXIS**

Josh Redd, DC, MS, DABFM, DAAIM



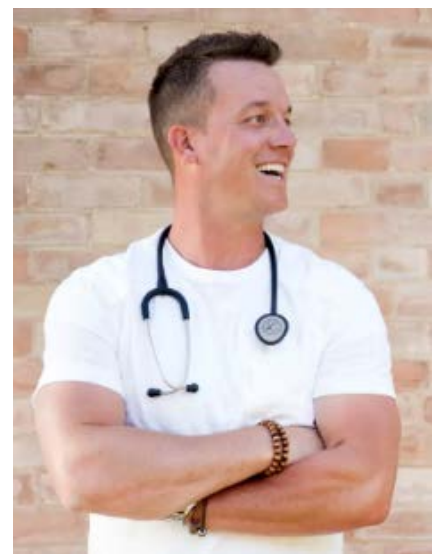
Coffee Enemas to Support the Gut-Brain Axis

By Dr. Josh Redd, Chiropractic Physician

Josh Redd, DC, MS, DABFM, DAAIM, is a chiropractic physician and the founder and owner of RedRiver Health and Wellness, which currently consists of seven functional medicine clinics serving patients from around the world. His clinics focus on using non-pharmaceutical approaches to manage patients with challenging autoimmune, endocrine, and neurological disorders. Between all seven clinics, his practice sees hundreds of patients a day. This allows Dr. Redd to quickly identify patterns and trends among his patient population, as well as which evidence-based clinical strategies are the most successful in managing autoimmunity.

Dr. Redd studied Immunology, Virology, and Bacteriology at Johns Hopkins University where he is currently a MAPHb Candidate. He is the author of the Amazon bestselling book *The Truth About Low Thyroid* and a health consultant for ABC4. He was formerly a co-host on ABC's *The Younger You*, and his colon health and brain health episodes were nominated for an Emmy in 2014. Dr. Redd is a frequent contributor for St. George News, ABC, and other news and TV outlets.

Dr. Redd delivers lectures to health care professionals around the country on functional medicine topics such as neuroendocrine immunology, gastrointestinal disorders, gluten sensitivity and celiac disease, autoimmune management, functional blood chemistry, and clinical strategies for hypothyroidism and Hashimoto's. Dr. Redd led a Covid-19 study in his area in early 2020 to investigate immunity to the virus. The data from that study is on track to be compiled into a research study for publication.



Coffee Enemas to Support the Gut-Brain Axis

By Dr. Josh Redd, Chiropractic Physician

Many Hashimoto's patients have symptoms of both poor brain health and poor gut health. That's because the brain and gut are connected in the brain-gut axis by a large nerve called the vagus nerve. Doing regular coffee enemas is a great way to activate the vagus nerve to support both the gut and the brain.

It's common for patients with brain symptoms of brain fog, fatigue, memory loss, or low motivation to also have gut symptoms such as poor digestion, constipation, acid reflux, bloating, or diarrhea.

For these cases, I suggest the patient perform a coffee enema two or three times a week to help improve communication between the brain and the gut and alleviate symptoms.

The idea of a coffee enema initially puts people off, but once they give it a try, many decide to make it a regular part of life.

Many of my patients report it improves their gut health over time, enhances brain function, and also leaves them feeling more relaxed and clearheaded afterwards. This is likely due to the fact that activating the vagus nerve with a coffee enema stimulates the parasympathetic—or rest and digest—arm of the body's nervous system.

How the vagus nerve affects gut health

The vagus nerve is a communication pathway that travels from the brainstem to the major organs, including the digestive organs.

The brain talks to the gut, and the gut talks to the brain, with brain health determining:

- How well food moves through the intestines
- Release of digestive enzymes and other digestive juices to break down food
- Regulation of blood flow that carries oxygen, nutrients, and immune cells to the gut



Coffee Enemas to Support the Gut-Brain Axis

By Dr. Josh Redd, Chiropractic Physician

How poor brain health leads to poor gut health

Various factors can worsen brain function. These include undiagnosed or poorly managed Hashimoto's hypothyroidism, an inflammatory diet, past brain injury, a brain that is aging too fast, past stroke, estrogen deficiency during perimenopause or menopause, or other factors.

When brain function is poor, the brain's output to the vagus nerve decreases. As a result, the organs do not receive enough input from the brain to function properly. Think of poor water flow through a kinked hose.

This can cause such gut problems such as:

- Digestion difficulties
- Constipation
- Irregular bowel movements
- Bloating, abdominal distention
- Gas
- Discomfort after meals
- Food sensitivities
- Difficulty swallowing supplements
- Sensitive gag reflex



Poor gut health is an early sign of poor brain health

One of the first signs of brain degeneration can actually be poor gut function, with such symptoms as constipation, diarrhea, bloating, gas, and difficulty digesting foods. In fact, Parkinson's disease affects the gut before the brain, causing chronic constipation.

Other symptoms of poor brain function include declining memory, an inability to find words, or difficulty learning new things.

How poor gut health can worsen brain health

On the other hand, poor gut health can worsen brain function, contributing to depression, brain fog, memory loss, and mood disorders.

If eating a certain food has ever given you brain fog or it changes your mood or brain function, this is an example of how your gut affects brain chemistry.

Coffee Enemas to Support the Gut-Brain Axis

By Dr. Josh Redd, Chiropractic Physician

Use coffee enemas to exercise your vagus nerve

The vagus nerve can be exercised into better health like a muscle can. The most effective vagus nerve exercises are:

- Gargling vigorously
- Stimulating the gag reflex with a tongue depressor
- Singing loudly
- Coffee enemas

How coffee enemas stimulate the vagus nerve

Coffee enemas stimulate the vagus nerve by distending the colon and activating cholinergic receptors and nicotinic receptors in the intestines.

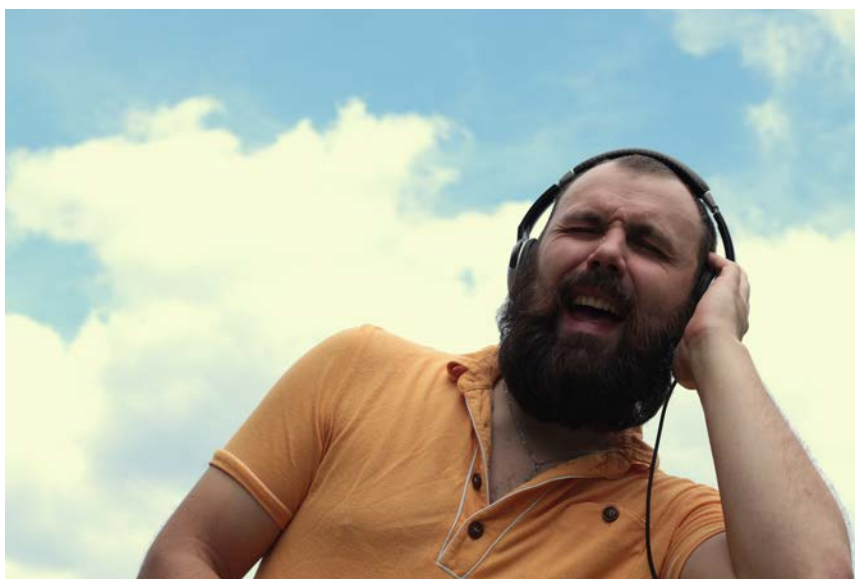
Start with a weak solution of coffee and gradually increase the strength as your able to activate these receptors.

Activating the vagus nerve stimulates the parasympathetic nervous system, also known as the rest-and digest system, which not only improves gut health but also enhances relaxation and focus.

Coffee enemas can improve bowel function over time

Many people with constipation who use coffee enemas to improve vagus function report their bowel function improves to the point they can wean off the coffee enemas.

However, if brain degeneration is advanced enough, you may need to use coffee enemas on an ongoing basis to remedy constipation and lower the risk for bacterial infection, leaky gut, and toxicity.



Coffee Enemas to Support the Gut-Brain Axis

By Dr. Josh Redd, Chiropractic Physician

How to perform a coffee enema

Make one to two cups of organic coffee (non-organic can contain toxic pesticides). You can also purchase coffee beans online that are specifically for coffee enemas. Start with ½ teaspoon per 2 cups of distilled or filtered water (do not use tap water). Over time you will increase this to 2 tbs to more thoroughly activate the vagus as it becomes stronger.

Coffee enemas do not produce the same stimulating effect as drinking coffee, however to be on the safe side, do your enema in the morning and start with a weak solution, especially if you are sensitive to caffeine.

Boil the coffee for about 10 minutes and strain out the grounds, then cool to room temperature. The coffee should be cooled down to the point you can hold your finger in the solution comfortably for five or more seconds. Never use hot coffee!

Lay in the tub or on a spill-proof material

When you're new to coffee enemas, it's best to prevent "spills." Perform your enema in the bathtub or with a towel under you to protect the floor.

Close the hose clamp and fill the enema bag or bucket

With the hose clamp and closed, fill the enema bag or bucket with the cooled coffee.

Release air from the tube

You will see air bubbles in the tube. You can release those by holding the bag over the sink and opening the hose clamp slightly to drain out the air in the tube.

Hang the enema bag or bucket only slightly above you

If you hang the enema too high it will create too much pressure. Therefore, hang it only a few feet above where you will be laying down and so you can easily insert the tube.

Lubricate the enema tip and insert

Lubricate the plastic hose tip with KY jelly, olive oil, or coconut oil, lie on your side, and then insert the tip gently into your rectum.

Coffee Enemas to Support the Gut-Brain Axis

By Dr. Josh Redd, Chiropractic Physician

Slowly release the enema solution

Especially when you're new, open the hose clamp only slightly to release the solution gently. If you start to feel cramping, close the clamp and wait, then resume when it ceases.

Sometimes having gas in your colon can prevent the solution from entering; it's ok to release the gas with the tip still inserted. This will make it easier to complete the enema.

Hold the coffee enema for 5 to 15 minutes

The more challenging it is to hold the more this activates the vagus nerve. You will have the urge to have a bowel movement, but resisting that urge as long as you can is what activates the vagus nerve. When holding the enema starts to become easy, this means it's time to increase the strength of the coffee.

When 15 minutes have passed, or when you are unable to hold it any longer, release the solution into the toilet.

Cleanup

Separate the enema bag and hose, rinse them thoroughly, and wash the plastic tube tip with hot water and soap. Some people choose to flush some hydrogen peroxide through the enema bag and hose, and then rinse again with water. Hang to dry.

Starting with a water enema

Doing a coffee enema can be easier if you start with a water enema using filtered or distilled water or, even better, a saline solution of 1 tsp salt to 2 cups of water. This clears the bowel so the coffee solution is easier to hold for a longer period.

Contact us for help with your Hashimoto's, autoimmunity, or other chronic health condition. If you suspect you have a gut-brain axis issue, Hashimoto's low thyroid, autoimmune symptoms, or other chronic health conditions, contact one of our offices at [RedRiver Health and Wellness](#).



Coffee Enemas to Support the Gut-Brain Axis

By Dr. Josh Redd, Chiropractic Physician



NEXT STEPS?

Visit RedRiver Health and Wellness Center

We have seven clinics in the western United States and specialize in working with Hashimoto's and other autoimmune disorders. Call our offices to learn more about how to feel and function better right away.



**SCHEDULE AN
APPOINTMENT**

— D R —
JOSH REDD
The Autoimmune Revolution



WWW.DRJOSHREDD.COM