

# A Different Kind of Coffee Break

## 一种别样的咖啡时光

Many people find comfort in the familiar aroma and ritual of a warm cup in the morning—a small, soothing pause that signals the start of a new day and helps them ease gently into their routine.

But imagine a coffee break that doesn't just offer comfort...

- It refreshes you.
- It lightens you.
- It leaves you feeling clearer from the inside out.

That's what many adults experience with a simple, gentle wellness ritual: the coffee enema, which people often describe as calming—almost like stepping into a mini-retreat where the body can “reset” from the inside.

Some even joke about their “Coffee Break Down Under” or “Starbutt's Coffee”—little nicknames that bring humour and make the whole idea feel less mysterious.

许多人在清晨通过一杯热咖啡所伴随的熟悉香气与仪式感获得心理上的慰藉。这一短暂而舒缓的时刻，不仅象征着新一天的开始，也帮助他们平稳地进入日常节奏。

但想象一下，如果咖啡时光不仅能提供情绪上的安抚，更进一步带来生理层面的积极影响，例如它能：

- 提升精神状态
- 减轻身体负担
- 促进内在感知的清晰度

这就是许多成年人通过一种简单、温和的养生仪式所体验到的咖啡灌肠，人们常将其描述为具有镇静作用——几乎就像进入了一个小型的静修所，让身体从内部“重置”。

有些人甚至以幽默的方式将其称为“下身咖啡休息”或“星屁股咖啡”，这些小绰号在一定程度上降低了对咖啡灌肠的认知门槛，使其更易于被公众讨论和接受。

## What Is a Coffee Enema?

A coffee enema involves introducing a small amount of specially prepared organic coffee solution into the colon through the rectum, where it's retained for about 12–15 minutes.

This allows caffeine and other beneficial compounds to be absorbed through the colon wall into the portal vein, the main blood vessel that carries substances directly to the liver. Once there, these compounds can:

- Stimulate the liver and gallbladder to flush out toxins
- Increase bile flow (bile is the fluid the liver makes to help with digestion and waste removal)
- Enhance the body's natural detoxification process.

Rather than creating the stimulating buzz associated with drinking coffee, this practice is valued for the gentle, refreshing feeling many people experience afterwards.

## 什么是咖啡灌肠?

咖啡灌肠是一种将少量经特殊配制的有机咖啡溶液通过直肠注入结肠，并在体内保留约12至15分钟的辅助性排毒方式。

在此过程中，咖啡中的活性成分可通过结肠黏膜吸收，经由门静脉（人体主要的肝脏供血血管），直接输送至肝脏。这些成分随后在肝脏中发挥以下生理作用：

- 刺激肝脏和胆囊排出毒素
- 增加胆汁流动（胆汁是肝脏制造、用于消化与排废的液体）
- 增强身体的自然解毒过程

与喝咖啡产生的亢奋感不同，这种方式更因其带来的轻柔、清新感受而受到部分人群喜爱。

### Enema or Espresso? 喝咖啡还是咖啡灌肠?

You might wonder: why not just drink coffee?

您可能会想：为什么不直接喝咖啡呢？

#### Drinking coffee 喝咖啡



Absorbed in the stomach and small intestine, many coffee compounds are metabolised (broken down by the body before reaching the liver). While they provide energy and alertness, only a fraction of liver-targeted compounds actually reaches the liver. In some people, drinking coffee can also overstimulate the digestive system, triggering acidity, bloating or discomfort.

主要在胃和小肠中吸收，许多咖啡中的化合物在到达肝脏之前就被代谢分解掉了。虽然它们能提供能量和清醒感，但实际抵达肝脏并参与解毒过程的有效成分比例较低。对部分人群而言对某些人来说，喝咖啡还会过度刺激消化系统，引发胃酸过多、腹胀或不适。

#### Coffee enema 咖啡灌肠



Delivers coffee directly to the colon, where compounds are absorbed into the portal vein—the highway straight to your liver. Because it bypasses the upper digestive tract, it does not overstimulate digestion and allows a higher local concentration of liver-supporting compounds to stimulate detox enzymes and enhance bile flow.

将咖啡直接送到结肠，让成分直接经由门静脉进入肝脏——就像一条直达肝脏的高速公路。由于绕过了上消化道，所以不会过度刺激消化，同时能以较高的局部浓度促进肝脏酶反应并增强胆汁流动。

Below is a simple side-by-side comparison so you can understand how the two differ in terms of pathways and sensations: 下表对比了两种方式在吸收途径与生理效应方面的关键差异：

Effect 作用	Drinking Coffee 喝咖啡	Coffee Enema 咖啡灌肠
Absorption site 吸收部位	Stomach & small intestine 胃及小肠	Colon 结肠
Pathway to liver 到达肝脏的途径	Enters circulation, partially metabolized en route 经全身循环输送，部分成分在首过效应中被代谢	Directly via portal vein; higher local concentration 直接经门静脉输送，局部有效成分浓度更高
Effect on liver detox 对肝脏解毒的影响	Limited 有限	Enhanced 显著增强
Alertness/energy 神经兴奋性表现	High, stimulating 明显，具刺激性	Moderate (mainly liver-focused) 较为温和，主要体现在肝脏功能
Bile flow stimulation 对胆汁流动的促进作用	Minimal 微弱	Supports smoother bile flow 显著提升胆汁流动性
Effect on digestive system 对消化系统的影响	Can be overstimulating for some people 可能引发胃酸过多、腹胀或胃肠不适	Does not disturb the digestive system; bypasses upper GI tract 不干扰消化系统；绕过上消化道

Unlike drinking coffee, coffee enemas go straight to the liver, boosting detox enzymes and bile flow.

与喝咖啡不同，咖啡灌肠会直接作用于肝脏，能促进解毒酶的生成和胆汁的流动。

## How It Works — The Science Behind the Cleanse

### 咖啡灌肠作用原理的 科学依据解析

Now that you know how coffee reaches the liver more directly via an enema, let's see what happens inside your body.

Your liver filters all the blood in your body every three minutes. When you retain a coffee enema for 10–15 minutes, it gives your liver several full cycles to cleanse and regenerate. The process helps:

- **Dilate bile ducts:** helps the bile pathway open more easily, supporting smoother flow to improve toxin elimination
- **Relax digestive muscles** for better circulation
- **Boost Glutathione S-Transferase (GST) production by up to 700%.** GST enzyme is a powerful liver enzyme that neutralises harmful free radicals

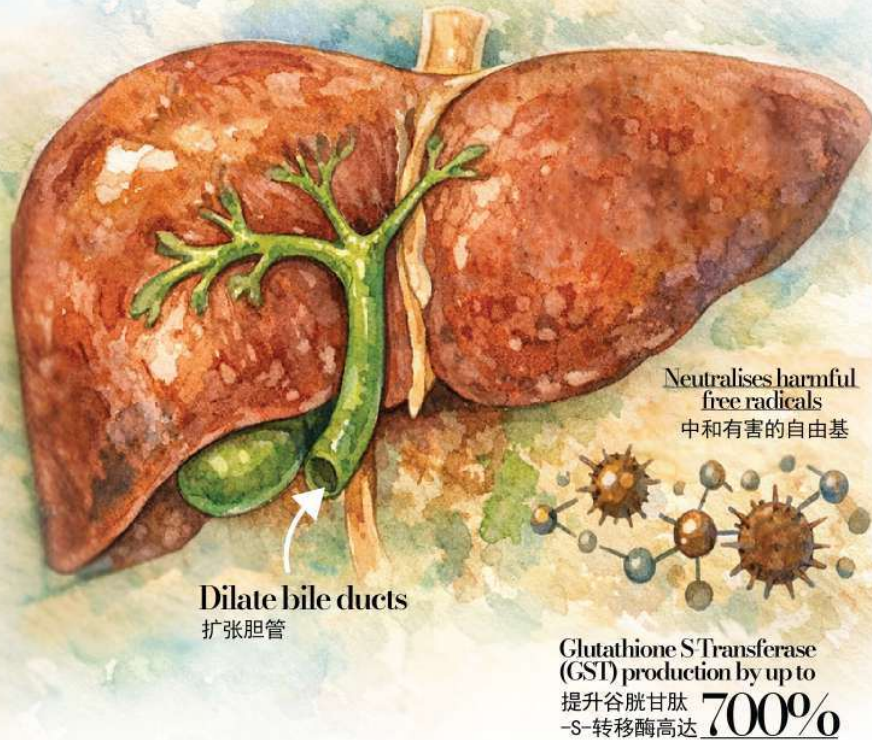
By gently stimulating the nerves that help regulate your abdominal organs, the enema can also encourage natural muscle movements in the bowel—the wave-like motion that helps waste move out comfortably.

既然您已经了解了基于上述吸收路径差异，咖啡灌肠可使咖啡成分更集中地作用于肝脏。那么让我们来看看在您的体内究竟发生了什么变化。

您的肝脏每三分钟就会过滤一次全身的血液。当您保留咖啡灌肠液10至15分钟时，肝脏就有足够的时间进行多次完整的血液净化周期，有助于实现以下生理调节：

- **扩张胆管**，改善胆汁流出通道，促进毒素排出
- **放松消化道肌肉**，改善局部血液循环
- **显著提升谷胱甘肽-S-转移酶的活性**，研究显示其生成量可增加高达700%。

通过温和刺激支配腹腔器官的自主神经系统，咖啡灌肠还可促进肠道节律性蠕动，即协调的推进性收缩运动，有利于粪便残渣的顺利排出。



## Did You Know? 您知道吗？

GST enzymes work like antioxidants inside your body, helping to neutralise harmful molecules (free radicals) and keep your immune system balanced.

谷胱甘肽S转移酶（GST）在体内扮演着重要的抗氧化角色，能够有效中和有害自由基，维持免疫系统的稳态平衡。

## Not Just About the Gut 聚焦肝脏而非肠道

Coffee enemas are not bowel-focused; they're liver-focused. According to wellness traditions, including those inspired by Dr. Max Gerson, this practice is believed to help the liver's cleansing pathways work more smoothly and support the release of waste more naturally.

When held for about 15 minutes, this allows the liver several cycles to refresh the blood flowing through it—an effect many people describe as leaving them lighter, clearer and more energised.

尽管操作途径涉及结肠，但咖啡灌肠的主要生理核心为肝脏，而非用于常规肠道清洁。根据包括马克斯·格森医学理念在内的某些功能性健康管理理论，此方法被认为有助于优化肝脏的代谢清除能力，促进内源性废物的自然释放排泄。

当灌肠液保留约15分钟时，肝脏可经历多次血液净化循环。许多使用者反馈在此之后，身体感到更轻盈、更清晰、更有活力。



## Supportive Practices That Pair Well

### 相辅相成的养生方法

While coffee enemas are an excellent detox tool, they should never be done in isolation. When toxins are flushed out, your body also needs nourishment to rebuild, repair and restore balance. To maximise results, coffee enemas work best as part of a holistic wellness routine that supports both detoxification and rejuvenation:

虽然咖啡灌肠是一种出色的排毒养生计划，但不应单独进行。在加速毒素排出的同时，身体也需要充足的营养支持以完成组织修复、细胞再生与内环境稳定。为实现最佳效果，建议咖啡灌肠最好与整体养生习惯搭配，支持排毒与再生：

**1** Fresh juices such as carrot-apple juice to replenish antioxidants  
摄取富含抗氧化物的新鲜蔬果汁，如胡萝卜苹果汁



**2** Nutrient-rich superfoods like Super Green Food++ and Spirulina  
补充高营养价值的功能性食品，例如特超绿食品++ 和螺旋藻



**3** High-potassium diet or supplements such as K-Salt to help the body maintain healthy mineral balance  
维持高钾饮食或合理使用钾补充剂，如新生命钾质以保障电解质平衡



**4** Probiotics (friendly bacteria that help support gut balance and immune health) such as ImmuFlora®  
使用益生菌制剂（如新生命免疫激菌植），以维护肠道微生态稳定及免疫功能



**5** Gentle colon cleansing using Herbal Klenz / Herbal Matrix Powder before the enema to help clear out waste and enhance detox effectiveness  
在咖啡灌肠前，可配合使用新生命天然净化粉进行温和的肠道准备，以清除积滞废物，提升整体排毒效率



## Curious to Try a New Kind of Coffee Break?

### 想尝试一种新的咖啡方式吗？



Coffee enemas aren't just a trend; they've been used for decades in wellness communities as a gentle way to support the body's natural cleansing and detoxification processes.

If you'd like to explore this gentle wellness ritual for yourself, take a look at NewLife™ Organic Enema Coffee on page 20—specially prepared for a smoother, more comfortable experience.

咖啡灌肠并非一时潮流，数十年来，它在养生圈一直被当作一种温和的方式，来帮助身体自然地进行清洁和排毒。

如果您想亲身体验这种温和的养生仪式，不妨看看第20页的新生命有机灌肠咖啡以了解更多信息。

Your next  
“coffee break”

might just become the most refreshing, renewing one

您的下一次“咖啡时光”或许会成为迄今为止最令您神清气爽的一次！