



# Salt Flush

## Salt Flush Directions

A Salt Flush should only be taken first thing in the morning on an empty stomach. Add 1 tablespoon of Pink Salt to 1 L warm water. Make sure the water is warm to hot, otherwise your results may be disappointing. Hold your nose and down it goes. Try to drink it within 5 minutes. Then drink another quart of water within a half an hour. Do not eat for at least 2 hours and avoid coffee, tea, or anything that may be dehydrating.

## High Quality Pink Salt (PRL brand)

Choosing high quality salt is difficult. Please do not use grey sea salt or any other type of salt. These salts are full of petroleum or have been ground with a nickel grinder.

## What Kind of Water Is Best?

It's very important to only use acid pH water for the Salt Flush, otherwise energy will go to detoxing minerals out of the water if alkaline pH or mineral enhanced water is used. R/O (reverse osmosis) is our recommendation. Do not use distilled water.

## What Can I Expect?

Salt Flushes give most people rapid, full elimination within 1 to 2 hours. This may continue for up to 2 hours or more. If no flush occurs, this may indicate a person is extremely salt deficient, has internal damage to the lining of the intestines, or has a great deal of toxic body burden. Healthy cells have a preference for potassium over sodium, but when cells are damaged they begin to prefer sodium. So, do not be alarmed if no "flushing" action occurs the first time. Your cells have simply sopped up the much needed sodium.

## How Often Do I Need To Do A Salt Flush?

Traditional Ayurveda recommends the following sequence:

Since Salt Flushing is safe it can be taken any time. It is especially beneficial for those who suffer Irritable Bowel Syndrome, Digestive Disorders, and constipation. After a week or two of continuous Flushing, people report remarkable improvement.

## Special Considerations

It is common for some individuals to do salt flushes several times and experience little or no flushing action. Although this can be discouraging, especially if water retention occurs, it is recommended to continue doing them until a complete flush takes place. Many benefits will come from the intake of high amounts of quality salt. The small bowel neutralizes most common tissue toxins, and prolonged use of high quality salt will encourage rapid cell detoxification- thus improving overall health.

If you have done a few Flushes with little results, you also may consider waiting one month to do your next Flush. In the meantime, add pink salt to your daily dietary intake (at least 1 tsp.) When your salt reserves are high, flushing will occur automatically.

## Coffee Enema

The most beneficial Internal Cleanse is to do a Salt Flush followed with a Coffee Enema.