

Reboot Elimination Strength & Speed with Salt Flushes

You can think of a Salt flush as a “25 cent colonic” and more. Where colonics only clean the colon, Salt Flushes clean stomach, small intestine and colon. In general, most people have suffered considerable damage to the lining of the entire intestinal tract – from mouth to anus. Poor dietary choices, gallstones, lack of bile, overeating, etc. all contribute to the deterioration of this precious “internal skin.” As a result of this “tissue damage syndrome,” cells are challenged by poison, oxygen deprivation, malnutrition or a physical trauma, and they lose potassium, take on sodium and chloride, and swell up with excess water. The presence of high quality salt will begin to reverse this damage as cells take on water. The presence of high quality salt will begin to reverse this damage as cells take on more sodium. It also promotes a healthy internal PH which will neutralize the harmful effects of parasites and pathogens. The salt will literally “flush” the toxins away.

Directions

A Salt flush should only be taken first thing in the morning on an empty stomach. Add 1 tablespoon of **Premier Pink Salt** to 1 Quart (4 cups) warm water. Make sure the water is warm to hot; otherwise your results may be disappointing. Hold you nose and down it goes. Try to drink it within 5 minutes. Then drink another quart (4 cups) 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. It is best just to drink water.

High Quality Pink Salt

Choosing high quality salt is difficult. Please do not use grey salt or any other type of salt. These salts are full of petroleum or have been grinded with a nickel grinder. See the information for our Pink Salt to understand the importance of high quality salt.

Can I Add Less Salt to the Flush?

Some people feel comfortable using 2 teaspoons of salt. This is OK as long as you flush. If you do not flush from 2 teaspoons, this is not enough. Add another teaspoon the next time you do a Flush. Using anymore than 1 tablespoon most likely will create nausea.

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. You are usually safe to leave the house within 2 hours of the first flush. 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. In this case, drink another quart of water and go on with your day.

Again, if there is salt deficiency or toxic body burden your body will hold on to the salt as much as it can. In this case, water retention may occur-which is good. Water retention arises to accelerate removing toxins from tissue. When a body with stored toxins registers the availability of high quality salt and water, it will retain both. The water is held in contact with tissue to leech out toxins. When the water saturates, toxins begin to precipitate out and the water will be expelled.

As a body comes upscale this process can progress into ‘rapid cycling’, where salt and water are retained for a few hours then expelled. This process continues until mineral quarantined toxins are completely expelled. This may create rapid weight swings during regular salt flushing, with the final swing to optimal weight.

How Often Do I Need To Do a Salt Flush?

Traditional Ayurveda recommends the following sequence:

- Salt Flush once a day for the first week
- The second week, flush 3 times.
- Third week, flush 2 times
- Fourth week, flush one time.
- Then once a week indefinitely

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.

See **Coffee Enema** for further instructions.