

Salt Flush Detox

Benefits of the Salt Flush

You can think of a Salt Flush as a "25 cent colonic" and more. Where colonics only clean the colon, Salt Flushes clean the 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 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 of room-temperature, purified water. You can slightly warm the water to increase maximum results. Hold your nose as you take it down. Try to drink the entire salt solution within a few 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. It is best just to drink water.

High Quality Pink Salt

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 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, 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 detoxifying 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?

Most people experience rapid, bowel elimination within 1 to 2 hours. You are usually safe to leave the house within 2 hours of the first flush. If no flush occurs (no watery bowel movements), 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 a 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.

How Often Do I Need To Do A Salt Flush?

Preferably one to three times a week until water expelled from bowel movement is clear. For most individuals who begin salt flushing, the bowels may not clear completely. To flush completely means that when you are finished, water was the only thing excreted from the bowels. This may take a while for some people to accomplish. Once you begin to flush in this manner continue on a maintenance flush of one time a week.

For individuals with severe bowel deficiencies, and/or poor digestion, Salt Flushes are recommended once a day for one week. Then reduce the number of Salt Flushes each following week. This will promote rapid clearance of the GI tract, improve digestion, and restore proper bowel function. Below is the Traditional Ayurveda recommendation for this 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.
- If this is intimidating, start out with one Flush to see how it goes, then work your way up to doing several a week.

Since Salt Flushing is safe it can be taken any time (always upon rising and on an empty stomach.) It is especially beneficial for those who suffer from Irritable Bowel Syndrome, Digestive Disorders, and constipation. After a week or two of continuous Salt Flushes, people report remarkable improvement.

What if I Don't Flush?

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 intestine 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 more effortlessly.