

Marine Enema Cleanse.

Take at least one Marine Enema per week for 5 weeks. A great way to cleanse/heal the intestines and to add the vibrant electrical resonance of over 92 living, deep sea minerals to your body absorbed via the gut. There is much research showing that most disease is associated with some kind of mineral deficiency in the body.

Formula for the Marine Enema:

1 quart purified water (warmed)
2 tablespoons Pr. Pink Salt
1 teaspoon Polar Mins

Mix the above ingredients in a glass quart jar (or a ceramic or plastic container).

(Avoid metal containers or using metal spoons.)

The mixture can be used immediately for the enema or even better, set an open quart jar (with the mixture) on healthy ground (or granite plate) outside in sunlight for about 10 minutes before use.

(The sunlight exposure has a definite pronounced activation of the marine water.)

To do the enema, usually $\frac{1}{2}$ quart is taken into the intestines and held for at least 3 to 5 minutes before expelling. Then repeat with the second $\frac{1}{2}$ quart.