Boost 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 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 ½-1 tablespoon of **Premier Pink Salt (See below)** to 16-32oz of warm water. Make sure the water is warm to hot otherwise your results may be disappointing.

Hold your nose (if necessary) and down it goes. Try to drink 16-32oz of the salted water within 5 minutes. Then drink another 16-32oz of warmed 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 for liquid that day. It helps to lie on your right side for 15-30 minutes after drinking the salted 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 ground with a nickel grinder. See the information for our Pink Salt (below) 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 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 otherwise use a good home filtration system that does not alkalize the water. 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 however if unsure start slow:

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.
**Organic Sea Salt - Premier Pink Salt** is organic raw sea salt from prehistoric, unpolluted sea beds. This natural, sundried sea salt contains unheated trace minerals in addition to unheated sodium chloride. These minerals, undamaged by heat, retain their high energy, unaltered molecular structure which are ideal for helping to maintain the extracellular and intracellular fluid balance in the body.

Mineral rich Premier Pink Salt is a natural sea salt mined from ancient pristine unpolluted sea bed deposits. This robust sea salt has a strong piezo-electric capacity. Its rich trace mineral content gives it a slightly pink color. It is composed of tiny mineral rich crystals formed millions of years before pollution contaminated our present oceans.

All sea salt is not equal. Premier Pink Salt is free of flow or anti-clump additives. Many salts are highly heated, have chemicals added or are refined which can damage its chemical properties and reduce its content of trace minerals. Commercial salt is typically heated to extremely high temperatures, over 1,000 F., to super-dry the salt so that it will pour easily and not clump (a dubious advantage). This super-heating deranges the molecular configurations of the minerals in the salt. Many researchers point out the toxic reaction of the body to commercial, highly heated salt. In contrast, natural unheated sea salt reacts favorably in the body, delivering many minerals.

Sodium from salt (unrefined) is the primary positive ion found in the blood and body fluids. In a healthy environment, sodium is found mostly in fluids outside cells and about 10 percent inside cells, with about 30 percent concentrated in bones. Sodium works closely with potassium as the primary intra-cellular mineral, which acts as an essential electrolyte and is closely tied with the movement of water. Along with potassium, sodium helps to regulate the fluid balance of the body, both within and outside cells.
Through function of the kidneys, by buffering the blood with a balance of positive or negative ions, sodium and potassium help to control acid/alkaline balance. The flow of sodium and potassium across the cell membranes helps to create an electrical charge that enables muscle contraction and nerve conduction. Sodium is also important in the production of hydrochloric acid in the stomach and is used in the transport of amino acids from the digestive tract into the blood.

Simultaneous loss of water and sodium can initiate low blood pressure, whereas loss of sodium alone can contribute to water retention in cells. Balance of potassium to sodium levels is necessary for proper function of the sodium/potassium “cell pump” and proper cell fluid levels.

- The best dehydrated sea water salt/natural trace element food
- Excellent source of electrolytes
- Outstanding as an intestinal cleanser. See Salt Flush for more details.

Ingredients:
1/8 teaspoon contains:
Blend of two premium, untreated sea salts, Mediterranean and Hawaiian Alaea
Calories 0
Total Fat 0g
Sodium 480mg
Total Carbohydrates 0g
Protein 0g

Recommended Use:
Use daily in place of table salt. Provides minerals for the body to produce Hydrochloric Acid and other essentials minerals.

Raw, natural unheated salt will have no adverse effect on those with high blood pressure or cholesterol.