

Pink Salt Flush

Think of a Pink Salt Flush as a very inexpensive and thorough colonic. Where a colonic only cleanses the colon, a salt flush cleanses the stomach and small intestines as well as the colon.

Preparation

A salt flush is prepared by dissolving 1 teaspoon of salt into 16 oz of warm, purified water. It is the easiest intestinal cleanse ever.

Salt Flush Guidelines According to Weight

90 to 170 lbs- use 1 teaspoon Premier Pink Salt with 16 oz water

171 to 200 lbs- use 1 ½ teaspoons Premier Pink Salt with 16 oz water

201 to 230 lbs- use 2 teaspoons Premier Pink Salt with 16 oz water

Best Time to Perform a Pink Salt Flush

The best time to do a flush is first thing in the morning on an empty stomach and when you have easy access to a bathroom.

Procedure

After drinking the salt water, lie down on your right side for 30 minutes (the exit of the stomach into the small intestine is on the lower right-hand side of the stomach). Once the salt water is in the small intestine, the muscle contractions will carry the water down the rest of the way. In about an hour, you should be able to massage the left side of your lower abdomen and hear liquids gurgling. These are liquids that have flowed into the large intestines almost ready for evacuation.

A salt flush gives most people rapid, full bowel elimination within 30-60 minutes and may possible stimulate a secondary bowel movement two or more hours later. Continue salt flushing daily for about two weeks, then once per week while you are undergoing a detoxification program. Your practitioner may ask you to increase the amount of salt you are using during the flushing. The objective is to send water down the intestinal tract.

Water retention rarely occurs with salt flushes. If this occurs, you may need additional kidney nutritional support.