

The Salt Water Flush (SWF)

The Salt Water Flush is a gentle method to flush out your entire colonic tract. If you do it properly, you will complete the flush in 1 to 1/2 hours and then you don't have to be by the bathroom the rest of the day. It really is called flush for a reason and that is because it flushes right through you. It does contain salt, sea salt - not iodized. Iodized salt can be harmful to you. The weight of the salt in the distilled water is the same as the weight of the sodium in your blood so your kidneys do not recognize it. This allows the salt and water solution to pass through the colon, similar to an internal enema.

When can the SWF be used?

It can be used anytime the colon needs moving. Especially during any total body cleanse or colon cleanse. It is also suggested to be used along with the Master Cleanse Recipe. It works best when you drink it all at once (yes, the whole 32 ounces) first thing in the morning on an empty stomach. If it's a little much to drink all at once, you can sip it continuously and it will still work.

Salt Water Flush Recipe

1 quart (1 Liter) Water - boil to tea drinking temperature

2 Level TEASPOONS Natural, Unrefined Sea Salt

(no additives)

Juice from a Lime/Lemon - if required to offset the taste

This can be used every two days when on the Master Cleanse, however, you can use it daily if deemed necessary. Salt from a natural source (like natural unrefined sea salt or Himalayan Sea Salt) is better for cleaning the body than refined and iodized salt. Natural unrefined Sea salt (without harmful additives) is the best choice. Grounded Unrefined Rock Salt can also be used in absence of unrefined Sea salt. This is a traditional Ayurveda intestinal and total body cleanse.