

The Pink Salt Flush: Intestinal Cleansing

Think of a Salt Flush as a very thorough colonic. Where a colonic only cleanses the colon, a Salt flush cleanses the colon as well as the stomach and small intestines. **A Salt Flush is prepared by mixing 1 teaspoon of Premier Pink Salt into 1 quart of warm purified water.** It is the easiest intestinal cleanse ever. The best time to do a Salt Flush is first thing in the morning when you have easy access to a bathroom.

The exit of the stomach into the small intestines is on the lower right hand side of the stomach. When you drink, the saltwater goes to the bottom of the stomach, below the opening. After drinking the saltwater on an empty stomach, lie on your right side for 30 minutes to “tip the teapot,” insuring that the saltwater goes out of the stomach and directly into the intestinal tract. The opening from the stomach into the small intestines looks like a teapot spout. Once the saltwater is in the small intestines, the muscle contractions will carry it down the rest of the way. In about an hour you should be able to massage the left hand 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 a *rapid*, full bowel elimination within 30 to 60 minutes and may possibly stimulate a secondary bowel elimination two or more hours later. If no flush occurs, it may indicate that a person is salt deficient. In this case, simply continue the salt flush once per day anyway. 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 Flushes.

Water retention rarely occurs with Salt Flushes. If this occurs, simply discontinue the Salt Flushes for a few days then begin again. You may need additional Kidney nutritional support. The objective of the Salt Flush is to send water down the intestinal tract. Sometimes the saltwater does not flow into the intestinal tract properly. For best results, drink the recommended saltwater solution and then lie on your right side for 30 minutes. This insures that the saltwater will quickly leave the stomach and go into the small intestines.

One of the best ways to cleanse the body rapidly and efficiently is to do a Salt Flush and then follow it with a **Premier Coffee Enema**. For most people, the Salt Flush will elicit a second mild purging of the GI tract within 2 hours. After the Flush occurs (a healthy bowel elimination), prepare a Premier Coffee Enema (PCE). The prep time for a PCE is about 15 to 20 minutes. The goal of every PCE is to retain it for about 10 minutes. Since all the blood passes through the liver every 3 minutes, you will be able to cleanse your entire blood supply three times a session.

The major benefit of doing a PCE after a Pink Salt Flush is that the Flush first clears the colon of fecal debris lower in the tract. Then all the beneficial alkaloids and compounds from the fresh ground, quantum state coffee can be most efficiently absorbed via the intestinal wall into the blood for maximum cleansing of the liver and gallbladder system.

This combo can be used daily or weekly until desired results are achieved. A monthly or quarterly maintenance schedule can be implemented for peak performance for the digestive system and whole body health.

Note: Taking a product such as **Q. Probiotic Complex** in addition to eating fermented foods several times per week, such as homemade kefir and miso, can help create and maintain healthy bowel ecology. (Ask for instructions on how to make homemade kefir.)

Salt Flush Guidelines

A person weighing from 90 to 170 lbs - use 1 tsp. **Premier Pink Salt** in 16 oz. water

A person weighing 171 to 200 lbs - use 1 ½ tsp. **Premier Pink Salt** in 16 oz. water

A person weighing 201 to 230 lbs or more - use 2 tsp. **Premier Pink Salt** in 16 oz. water