

Salt Water Flush for Colon Cleansing



Hawaiian Pink Sea Salt

***Disclaimer 1:** This Salt Water Flush protocol is by no means affiliated with the Master Cleanse, nor is it a quick fix for weight loss. It will neither bring you to lasting permanent weight loss. This flush is designed to cleanse your intestines, and when done in conjunction with a healthy diet, lifestyle and positive mental attitude permanent weight loss is achievable. However, this is not a quick fix.

***Disclaimer 2:** I don't necessarily prescribe to the notion that ALL SALT raises blood pressure. Table salt. Yes. Pure, untreated Himalayan Sea Salt. Most likely not. However, I'm not going to advise those with high blood pressure to do, or not to do a salt flush. The choice will have to be up to you. Do your research and gauge whether or not your body will be able to handle large amounts of pure salt.. If you feel a salt flush is not for you, there are a variety of methods to cleanse your colon.

Flushing the Entire GI Tract

A Salt Water Flush is an effective tool to help keep your colon healthy and clean!! What's even better is that it acts as a mop for your entire GI tract, sopping up everything from your mouth to your derrière! **This is why I believe a Salt Water Flush is sometimes superior to enemas or colonics.** Not to say that enemas or colonics are not effective methods for colon cleansing, it's just that a Salt Water Flush can bring much-needed relief that the other two cannot.

Enemas and colonics only remove waste from the colon. A Salt Water Flush, on the other hand, removes waste, including gas, from the small intestine. Also, the high-

quality salt used in a Salt Water flush can act as a healing agent as it works to normalize the pH throughout your entire GI tract. A healthy intestinal pH reduces the amount of bad bacteria, pathogens, viruses, and fungi that create all kinds of nasty digestive issues.

Salt Water Flushes can provide tremendous relief from digestive irritability, gas, bloating, cramping, etc. This is especially true when you do a Salt Water Flush regularly, or in scheduled sequences. Besides, it's cheap, quick, and easy which makes it practical and doable for the average person.

How Do You Know You Need to Do Regular Salt Flushes?

- Would like to regularly cleanse your colon, but you're on a budget
- Have 1 bowel movement or less each day
- A history of constipation
- Have never cleansed your colon before
- Bloat after eating
- Gassy, especially after eating
- Suffer from IBS symptoms and/or digestive issues
- Respiratory issues and/or allergies
- Skin problems, including acne, psoriasis, etc.
- History of eating refined foods, meat, and dairy
- Want to maintain optimal health

****Note: Unfortunately, Salt Water Flushes aren't for everyone. Please make sure you read entire article to determine if it's an appropriate method of colon cleansing for you.**

How Does a Salt Flush Work?

A Salt Water Flush is a salt solution that you drink first thing in the morning. It requires a heaping dose of high quality, untreated salt in a large volume of water. The salt solution has the same specific gravity as your blood—therefore, it simply makes its way through your GI tract causing a “tidal wave” effect—pushing everything along until it comes out the other end. Do this **when you are at home** and not at work.

Use Premium Salt

You'll be ingesting a large quantity of salt, so it's important to use a good quality,

natural sea salt or Himalayan Salt. Highly heated, chemically treated table salt and **mass produced “sea salts” should never be used in a Salt Water Flush.** This includes sea salts such Diamond Crystal Sea Salt, Mortons and other brands that you can purchase at conventional grocery stores, Walmart, Sams, etc.

First things first, **ALL SALT is SEA SALT** in some form or another. However, through the refinement process valuable minerals are stripped away leaving behind mostly sodium chloride. Your body cannot process sodium chloride efficiently and must use a tremendous amount of intracellular fluid to neutralize and remove it. In fact, **for every gram of sodium chloride that your body cannot dispose of, it requires 23 times the amount of water to neutralize it!** That’s a lot of water your cells cannot afford to lose.

You know the salt’s been processed when it’s white in color. Natural salts are not naturally white in color. Take Celtic sea salt, for example, its brownish/gray color is your first clue that no minerals have been removed from it; the rosy-pink color of Himalayan crystal salt is another good example of unrefined salt.

Now let’s also take into consideration that a lot of salts are mined from the ocean with increasing levels of pollution such as mercury, dioxin, PCBs, petroleum and radiation. This is why I’m on the fence about Celtic Sea Salt.

The salt is I personally use and highly recommend is [Premier Pink Salt](#). It actually does contain sea salt, however, I know for a fact that Premier Research Labs tests for every kind of toxin and contaminant under the sun, including radiation and heavy metals.

****Salt Water Flush Instructions**

- First thing in the morning before food and drink.
- Add 1 tablespoon of sea salt or Himalayan salt to 1 Quart of room-temperature, filtered or spring water.
- You can slightly warm the water to increase maximum results.
- Hold your nose if you like, and take it down.
- Try to drink the entire salt solution **within 15-20 minutes**. Most people will drink the entire contents within 5-10 minutes. Others will vomit if they take it too quick. If you’re super sensitive, try to get it down within 30 min, or dilute the solution with more water. Also see below for more tips.
- Drink another 1/2 – 1 quart of purified water **within an hour** after taking the salt

solution.

- Do not eat for at least a few hours and avoid coffee, tea, or anything that may be dehydrating. It's best just to drink water.

Tips to alleviate nausea:

- If you have a sensitive gag reflex, try using only 2 teaspoons of salt.
- Some people add lemon to the salt solution. I personally do this.

***see bottom section for more tips to having a successful flush**

What Can I Expect?

Most people experience several bowel eliminations within 1 to 2 hours. You will need to visit the bathroom frequently, so plan accordingly. You are generally safe to leave the house within a few hours. If the last bowel movement was mainly clear fluid, this is an indication that you have completely flushed your GI tract. Some individuals may not experience this at first; they may have several eliminations but not a complete GI flush. This is okay. It may take a few Salt Water Flushes to accomplish this.

You Didn't Flush- Is the Salt Flush Right for You?

Unfortunately, a small percentage of people will not flush. I'm not exactly sure why, but I speculate it may be a result of sodium deficiency, weakened kidney function, adrenal exhaustion, internal damage to the lining of the GI tract or a combination of all of the above. Individuals who tend to retain water (especially women close to their menstrual cycle) do not fair well with salt water flushing. They generally do not flush and retain the salt solution instead. This may cause uncomfortable bloating, water retention and much disappointment!

If you have a tendency to retain water, I would venture to guess that your Flush won't be very successful. However, everyone's different and you never know. Therefore, it's worth a shot to give it a try—no major damage will occur if you retain water. For those of you that have tried numerous times to no avail, then a Salt Flush simply isn't for you. I know this is frustrating, but there are other alternatives.

My recommendation for you is to zero in on your gut flora. What I've learned over the past few years is that if your gut flora is severely imbalanced you're never going to poop well, and you'll have persistent issues with digestion.

***Salt Water Flush Routine

If you've determined that Salt Water Flushes are appropriate, you can take them as a scheduled routine to heal persisting digestive issues, skin issues, etc. A routine can be anywhere from a few times a week, to 7 days in a row, to weekly. The idea is to do it enough that the high-quality salt has time to heal your GI tract.

If you have severe bowel deficiencies, you may want to do a Salt Water Flush once a day for one week. Then reduce the number of Salt Flushes each following week. This will promote rapid clearance of the GI tract, improve digestion, clear persistent skin issues and restore proper bowel function. Below is a recommended sequence:

- 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.

Don't stress over following this exact sequence. There is no real science behind Salt Water Flushing, other than that it has proved beneficial for purging the colon, and reducing symptoms of digestive irritability. Do as much as you can, and keep practicing!! You'll receive benefits no matter what.

Tips for a Successful Salt Water Flush

- **Relax!** It is imperative that you relax while doing the salt water flush and not push the process. It makes sense that if you're rushing to get through it or are experiencing anxiety, your bowels will clench up. My suggestion is to make sure you have enough time to do the flush and avoid trying to "fit it in" to your schedule. If this isn't possible, do your best to relax. Meditation and deep breathing may be helpful.
- **Move!** It's very common for many to want to immediately lie down after taking the solution. **DO NOT DO THIS!!** The more you move, the better the solution can move through the GI tract.
- **Sip on hot lemon water.** I find this to be very helpful, especially for those with a

sluggish GI tract. The hot lemon water stimulates the gastric colic reflex (the poop reflex). If you feel no action within 30 minutes, immediately start sipping on hot lemon water.

- **Abdominal massage.** You may also lie on your back and gently massage your colon. Start at the bottom right hip bone, and gently massage in a circular motion moving up towards the ribs, then move horizontally to the left over the belly button until you reach the area just below the left rib cage, then move down towards your left hip bone. Gently massaging for several minutes will help to move the salt solution through your colon.
- **What to eat before. For a few day prior to the flush,** avoid or greatly reduce “clogging” foods, such as conventional meat, dairy, flour-based food and all other processed food. Try to eat as many whole foods as possible—think veggies!! This is especially important for those of you who experience constipation or do not have more than 1 bowel movement a day. If your colon is mucked up with these clogging foods, the salt solution will have a very difficult time getting all the way through. **The day before the flush,** eat very light and opt for a liquid-type dinner such as soup. If you can fast, that would be fantastic!! The less you have in your GI tract at the time of the flush, the better you’ll do.
- **After the flush.** Stay hydrated. Continue to drink plenty of clean, purified water throughout the day. Try your best to stay away from dehydrating bevies such as coffee, soda, energy drinks, alcohol, etc. If you’re so inclined, taking good probiotics for a few days after is a very good idea. However, please note that not all guts are created equal, and many of them require different strains of probiotics. **When can you eat?** Every person will differ in this area, however as a general rule of thumb, I say it’s best to wait a few hours or until you’ve stopped going to the bathroom before eating. Again, there are no rules to this game, so use your best judgment.
- **What to eat?** Ok, so you just downed a quart of salt water and cleansed your intestines, so show your body and GI tract some love, and eat better than what you did before the flush. Everyone’s different, so some might be swapping from cookies and sweets to more veggies and whole foods while others might be upgrading from veggies to fermented foods or super foods. Just do better than you did before!!

Source: www.yogitrition.com