



### **Salt Water Flush**

One of the best detoxification methods to jumpstart the body's digestive system, clean your colon and add minerals to the body, and also excellent for eliminating candida is a salt water flush.

Remember to use real sea salt like Pink Himalayan salt or Celtic sea salt. This is important - do not use table salt or pick up a bottle that is sea salt in name only. READ THE INGREDIENTS - there should only be ONE.

To do the flush you will need:

1 liter of good clean water not tap water

2 tsps of salt

Juice from 1/2 a lemon

Mix together until the salt dissolves. Drink the full mixture on an empty stomach and drink lots of water as needed. Perform the flush on a day when you don't have to leave the house.

Repeat for 10 days.