

## Internal Salt Water Bathing

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**Internal Salt Water Bathing:** (Sea Salt Only, un-iodized)

Taking colonics and/or enemas can be very harmful. They do not do a complete job.

The best way of cleansing the whole colon tract (where most diseases start.) without the harmful effects of colonics and/or enemas is the Sea Salt method.

Directions: (Morning, on an empty stomach. A must.)

1. Start a Juice or Water Fast for about 24 hours before the cleanse.
2. Take an Herbal laxative tea before going to bed.
3. Prepare a full quart of luke-warm distilled water.
4. Add two (2) level teaspoons of un-iodized Sea Salt. Note: Do not use ordinary iodized or plain Salt.
5. Drink the whole quart.
6. The Sea Salt water solution will quickly and thoroughly wash the whole internal tract in about one (1) hour.
7. Several eliminations will most likely happen.
8. This can be taken as often as desired or needed for proper cleansing of the whole digestive tract.

Remember, the colon needs a good cleansing, but do it the natural way, not the harmful way with expensive and mechanical ways.

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