

## **CLEANSING AID: INTERNAL SALT WATER BATHING**

**By: Stanley Burroughs, The Master Cleanser with Special Needs and Problems**

As it is necessary to bathe the outside of our bodies, so it is with the inside. Do not take enemas or colonics at any time during the cleansing diet or afterwards. They are unnecessary and can be extremely harmful.

There is a much superior method of cleansing the colonic tract without the harmful effects of customary colonics and enemas. This method will cleanse the entire digestive tract while the colonics and enemas will only reach the colon or a small part of it.

Colonics can be expensive while our salt water method is not.

**DIRECTIONS:** Prepare a full quart of luke-warm water (one litre) and add two level (rounded for Canadian quart) teaspoons of uniodized sea salt. Do not use ordinary iodized salt as it will not work properly. Drink the entire quart of salt and water first thing in the morning. This must be taken on an empty stomach. The salt and water will not separate but will stay intact and quickly and thoroughly wash the entire tract in about one hour. Several eliminations will likely occur. The salt water has the same specific gravity as the blood, hence the kidneys cannot pick up the water and the blood cannot pick up the salt. This may be taken as often as needed for proper washing of the entire digestive system.

If the salt water does not work the first time, try adding a little more or a little less salt until the proper balance is found; or possibly take extra water with or without salt. This often increases the activity. Remember, it can do no harm at any time. The colon needs a good washing, but do it the natural way – the salt water way.

It is quite advisable to take the herb laxative tea at the night to loosen, then the salt water each morning to wash it out. For Master Cleanse: If not some reason the salt water cannot be taken in the morning, then the herb laxative tea must be taken night and morning.

### **Cheryl's Comments**

I have performed this dozens of times over the past 20 years. Drink fluid within 10-20 minutes and use a straw if the water tastes too salty for you. Not on the Master Cleanse? Have a light meal (salad, veggies, etc.) the night before and don't eat late.

Highly recommend the book as it is short and explains a lot.