



## Internal Salt Water Bath

Just like we need to cleanse and bathe the outside of our bodies, the insides could use a good bath as well.

Here is an easy way to cleanse the colonic tract without having to spend money on colonics or 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.

**DIRECTIONS:** Prepare a full quart of lukewarm water and add two level (rounded for the 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 water and 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 the natural way – the salt water way.

You may also take an herb laxative tea at night to loosen then the salt water each morning to wash it out. This extra step is great while cleansing or fasting.

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.