

Salt Water Flush Benefits



- 1** Eases Sore Throats
- 2** Cleans Wounds
- 3** Lowers Pain in Inflamed Muscles
- 4** Provides Trace Minerals
- 5** Contracts Muscles in the Digestive Tract
- 6** Forces Out Toxins and Cleanses the Colon
- 7** Clears Fluid Retention
- 8** Balances Electrolyte /Mineral Levels
- 9** Balances Hormones
- 10** Facilitates Metabolic Processes
- 11** Establishes Optimal pH Level
- 12** Clears Up Digestive Issues

Saltwater Cleanse Recipe

Laura Harris Smith



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