

Sea salt to help with hunger and thirst during cleanse

HYDRATION is an important component of the Nutritional Cleansing Process. As we move through the release of impurities stored in fat systems we need to have the ability to flush away the released debris. This could be done through the elimination process or the skin our largest organ of the body. During the early use of cleansing this can create body odor. In addition to exercise, sleep and proper use of the program, hydration also solves another HUGE ISSUE....that of hunger or somehow still feeling thirsty. A suggestion for you....use of sea salt (Himalayan Sea Salt like Celtic Salt) is how I handle hunger and thirst. 1/8 of a tsp or a pinch before each 8-12 oz of water until symptoms subside. When you feel hungry you could be just thirsty. The sea salt will assist to open the cell to receive the hydration. You could even notice less need to go to the bathroom.

Sea Salt and water has been a healing combination documented in a book by F. Batmanghelidj, MD titled - "You're Not Sick, You're Thirsty."