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## Epsom Salts Flush

The Epsom salts flush needs to be done on a reasonably empty stomach – make sure there has been an interval of at least 4 hours since you ate solid food.

Before your evening meal the day before your One Day Detox:

1. Add 1 tablespoon of Epsom salts in a small glass of warm water.
2. Mix well and scull (you can drink through a straw if the taste is a problem).
3. Then drink 2 litres of water or as much as you can straight away.



Once you have taken the Epsom salts flush you can have a light meal, salad, stir fry or steamed vegetables or soup.

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