Prepare Salt Water Flush before your first Vibrant Cleanse / Juice mix of the day.

What you need:

A container to hold a litre of water, or multiple containers if easier (2 x 500mls)

2 heaped tsp of non-iodised sea salt (Oryx or Himalayan ok too)

Natural spring, filtered, or distilled water

Apple Cider Vinegar and/or fresh lemon juice

How to perform:

First thing in the morning on an empty stomach, put 2 tsp of non-iodised sea salt in one glass jar/bottle.

Then you'll put in 2 tsp of apple cider vinegar and/or lemon juice, followed by 200ml of boiling water.

Mix with a spoon until the salt has dissolved.

Then add 500mls of the distilled, spring or filtered water. Mix well, you'll want the brine solution to be warm, but not hot. Now, over the course of 10 -30 minutes (the quicker the better but don't make yourself sick), drink the solution. If you drink the solution too quickly, you may be sick so take it at a comfortable pace.

Follow the solution with 300mls of normal fresh water.

Afterwards, lie down on your right hand side for 30 minutes. Within 20 minutes to one hour, you will experience some gurgling followed by bowel movements. Anywhere between 3- 10 bowel movements in the next couple hours is totally normal. For most people who have never done this, the bowel movements will be dark black, have a rancid odour and sludgy. Because most people's small intestines have never been cleansed or flushed (colonics and enemas can't make it up that far), the odours can be really intense.

Also, extreme thirst after the flush is also normal and we suggest having at least another pint of water available to you after you finish the initial liquid and subsequent pint.