



## How to Make a Salt Brine

-Place about 2 inches of Himalayan sea salt (or Celtic sea salt) rocks in the bottom of a closable half-gallon glass container.

-Fill the jar with filtered or distilled water. Add a plastic lid (not metal!), shake, and let sit overnight.

-You should always have some undissolved salt in the bottom of the jar; this means the water is saturated. Add more salt or water as needed.

In the morning, take 1tsp- or up to 1 tbsp of salt water, mixed into a glass of about 4 oz of filtered water and chug it down upon arising.

\*Keep your provider in the loop on this. He or she may need to monitor your blood pressure, and/or electrolytes.

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