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# **Is it safe to do a salt water flush on a full stomach?**



**Mads** asked:

I've done a few salt water flushes before and I've always done them on an empty stomach like they said to.. Is there anything wrong with doing it with food in your stomach?

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You can also find this article published on [Is it safe to do a salt water flush on a full stomach?](#), and on the tag pages [Empty Stomach](#), [is it safe to do a salt water flush](#), [is it safe to do a salt water flush on a full stomach](#), [salt](#), [Salt Water](#), [Salt Water Flush](#), [salt water flush on a full stomach](#), [salt water flushes](#), [Stomach](#), [water](#).