

BATH THERAPY FOR DETOXIFICATION

Our kidneys filter over 4,000 types of metabolic waste products (toxins) out of our blood 24 hours a day. When the kidneys get overloaded with toxins from pollution, drugs, pesticides and processed food etc. the toxins then get stored in our cells which leads to poor function. This can eventually lead to kidney failure, skin conditions, type 2 diabetes, sore muscles/bones/tendons, foggy thinking and more.

You can help your kidneys by pushing out toxins through the skin using bath therapy in older children and adults. Detoxification baths can help create a 'drawing out' in the bath water to pull out toxins retained in the body due to decreased kidney function.

Epsom Salt & Apple Cider Vinegar Baths

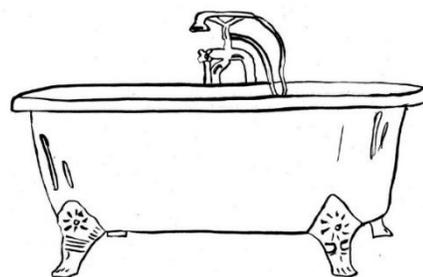
Epsom salts contain magnesium, sulfur and oxygen. The magnesium helps promote the release of lactic acid, which is created with over use of the muscles and when the body pH is too acidic. Signs of the lactic acid being high are stiffness, soreness and achiness. This increased lactic acid can also happen after a massage because it is released from tight tissues.

Epsom salts also have a high sulfur content. Sulfur is the third most abundant mineral in the human body. It is found in cartilage, muscles, skin, bones, hair and helps in hundreds of biochemical processes, i.e. keeping your muscles flexible.

Apple cider vinegar fights fungal and bacterial infections on the skin and helps decrease joint pain.

Instructions for taking Epsom salts and apple cider vinegar bath:

1. Add 1 cup of Epsom salts and 2 cups of apple cider vinegar to a warm-hot bath in a standard size tub. If the bathtub is larger, increase amounts accordingly.
2. Bathe for 20 mins or to tolerance if this feels too long, immersing the upper body as much as possible under the water.
3. Scrub your skin well before or during the bath
4. Shower off after the bath: to deepen the immunological and cardiovascular strengthening effects of these treatments, as the final step, rinse with the coldest water tolerable for 60 s and dry off.
5. Rest after the bath and enjoy the enlivened feeling that follows.
6. Do these baths 2 times per week for detoxification



Salt Baths

This bath is like soaking in warm salty sea water. The temperature should not be greater than 104°F or 40°C.

The salt and heat of the water create an osmotic gradient meaning the bath can pull toxins out through the skin. It also warms up the body so for people finding themselves often too cool this will keep warmth inside the body for some time.

Instructions for a Salt Bath:

1. Use 2 lbs. of salt in a warm to hot bath. Do not use regular (sodium chloride) salt. Instead, use a grey **unbleached sea salt or other unrefined healthy salt**.
2. Bathe for 20 mins or to tolerance if this feels too long, immersing the upper body as much as possible under the water.
3. Shower off after the bath: to deepen the immunological and cardiovascular strengthening effects of these treatments, as the final step, rinse with the coldest water tolerable for 60 s and dry off.
4. Rest after the bath and enjoy the enlivened feeling that follows.
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Caution: If you are over 50 or have a diagnosed heart condition, you should moderate the water temperature and avoid submerging your body above heart level. Use a cold wet towel around your neck, keeping a bucket of cold water available beside the tub to refresh the neck towel. If you have any concerns about whether a hot bath will affect you adversely, please consult with your doctor.

