

Therapeutic Bathing Formulas

Hydrotherapy or therapeutic water bathing has been used by naturopaths and in cultures around the world for centuries to relax, restore, rejuvenate, and detoxify the body. This information is specifically provided based on the teachings of Dr. Hazel Parcells, one of the best health crusaders of modern time. There are 2 books about Dr. Parcells and her methods written by Joseph Dispenza and a new one (2019) by one of her students, Dr. Linda Lancaster. (see citation) Further reading is recommended if you are interested in attaining optimal health.

Regular (weekly) therapeutic bathing is powerful, effective, and highly recommended. Take the time for your health and reap the benefits. Remember, *it's not what you do some of the time that matters, it's what you are doing **MOST** of the time*. Regular, therapeutic bathing initiates a rebalancing at the cellular level!! The baths will **neutralize** the radiation, chemicals, and metals in the electromagnetic energy field created in the water and bath ingredients in the tub.

These baths utilize simple, basic ingredients that you already have in your home. They are safe, gentle, and effective and provide a simple solution to meeting the challenges of ever-increasing environmental toxicity.

(Note: If you have high blood pressure or a heart condition, use cooler water temperature so as not to stress your heart. You can always check with your physician for further advice.)

Bathing Instructions – The water should be hot but not scalding. Test first with your foot. You will be staying in the bath for 20-30 minutes until the water cools down. Relax and enjoy the experience. I like to read, listen to soothing music, and immerse in the experience.

Do one bath at a time rotating each of them weekly. If you fly frequently, it is recommended that you do the radiation bath after every trip. Drink a full glass of purified water while bathing which helps with the detoxifying process and keeps you hydrated. Should you feel lightheaded, carefully get out of the tub. Do NOT shower or use soaps or shampoos after your bath. Wait 8 hours before you shower. Expect to feel tired after your bath. Taking it before bedtime is perfect so you can rest following your detox.

I. **Sea Salt and Baking Soda Bath** (Neutralizes most types of radiation)

With our jet set, hi-tech lifestyle, we are exposed to radiation nearly every day especially if we are flying in airplanes, going thru baggage x-ray machines, getting dental x-rays, CT scans, using Wi-Fi and staring at device screens, and more. We are over-exposed. This can lead to fatigue, nausea, immune disruption, insomnia. Use this bathing ritual to clear away constant exposure and to boost daily energy levels, increase stamina, and improve sleep.

Here's how to do it:

Dissolve one pound of sea salt, kosher, or rock salt and one pound of baking soda in a tub of hot water. Stay in the bath for 20-30 minutes until the water cools down. If the bath proves too

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hot to tolerate, you may speed the cooling by adding some cold water. Do this only if it's the only way you can stay in for at least 30 minutes and the next time you bathe take care not to start out so hot. However, **never add more hot water**. Do not shower for at least 8 hours after the bath. You can do this bath anytime during the day, but it's great before bed. Use inexpensive sea salt or kosher salt. Not important to use expensive pink or grey salts for this procedure.

Take this bath once or twice a week throughout the year and always after plane trips or X rays. This bath sometimes leaves people feeling tired and weak, at least initially. Once most of the accumulated radiation energy from the body has cleared, it will feel relaxing, clarifying and rejuvenating.

II. **Clorox® Bath** (for elimination of chemicals and metallics)

Pour $\frac{3}{4}$ cup of regular (unscented, blue label) liquid Clorox® into a tub of comfortably HOT but tolerable water. Soak for 20-30 minutes or until the water cools. Use only Clorox® brand and only the unscented liquid. (Mayo Clinic recommends a Clorox® bath for eczema – read more here: <https://www.mayoclinic.org/diseases-conditions/atopic-dermatitis-eczema/expert-answers/baby-eczema/faq-20450999>)

III. **Apple Cider Vinegar Bath** (for elimination of carbon chemicals and uric acid deposits)

Pour 2-4 cups apple cider vinegar into a tub of comfortable HOT but tolerable water. Soak in the tub for 30 minutes.

Resources:

Dispenza, J. (1997). *Live Better Longer*. San Francisco: Harper.

Dispense, J. (2014). *Healer*. Harbor House.

Lancaster, L. (2019). *Harmonic Healing*. New York: Rodale.