

## Types of detoxification baths

When you can take a plain hot-water bath for 30 minutes with no symptoms, you may begin detoxification baths. Various substances may be added to the bath to aid in detoxification. Follow the general bath instructions above, adding one of the substances listed below to the bath water. Except for Epsom salts, you may need to rotate the other substances, as their effectiveness may subside quickly if some time is not allowed between their use.

### Epsom salts

Epsom salts help eliminate toxins by activating fluid movement in the tissues and increasing perspiration. The salts work as a counter-irritant on the skin to increase blood supply, and also change the pH of the skin surface. In addition, the sulfur component of Epsom salts aids in detoxifying. Sulfur springs have always been recognized for their medicinal and cleansing properties.

Begin with 1/4 cup of Epsom salts. Gradually increase the amount with each bath until you are using 4 cups per tub. Should you experience symptoms at any level, stay at that level until you can soak for 30 minutes with no symptoms.

### Apple cider vinegar

Vinegar also works as a counter-irritant, increasing blood supply to the skin and changing the skin's pH. Begin with 1/4 cup of apple cider. Gradually increase the amount to 1 cup per tub. Be certain you use only apple cider vinegar, as white vinegar is a chemical product.

### Clorox

Use the Clorox brand of liquid bleach only, adding 2 tablespoons to a full bath. Chlorine-sensitive people cannot use Clorox. The oxidizing properties of Clorox aid with detoxification.

### Hydrogen peroxide

Use up to 8 ounces of food-grade 35% hydrogen peroxide in a bathtub half-full of warm water. (Hot water causes the hydrogen peroxide to deteriorate too rapidly.) Be aware that this bath taken at bedtime may cause you difficulty getting to sleep. The increase of oxygen at cellular levels can increase the sense of alertness.

### Baking soda

Baking soda, or sodium bicarbonate, creates an alkalizing bath to restore acid/alkaline balance through osmosis. Use 8 ounces of baking soda to a full bath. These baths are particularly good for cleansing and drying weeping, open sores, and relieving skin irritation and itching.

### Soda and sea salt

Soda baths with sea salt are effective for detoxifying X-ray and radiation exposure. Use equal amounts of baking soda and non-iodized sea salt, building up to 1 pound of each.

### Clay

Clay is most frequently used in compresses or packs. However, the drawing and alkalizing action of clay baths is also helpful in detoxification baths. Use 1/2 cup of clay to a full bath. Several types of clay are available from health food stores, all appropriate for bathing.

### Ginger root

Ginger's heating property causes sweating and improves circulation. Ginger also stimulates and draws toxins to the skin surface. Cut a thumb-size piece of ginger root into small pieces, place in a pot of water on the stove, and bring to a boil. Turn off the heat and let steep for 30 minutes. Strain and pour the liquid into a full bath.

#### Burdock root

Burdock root baths help the body to excrete uric acid. They also aid in cleansing boils and clearing rashes. Simmer a level handful of burdock root in 2 quarts of water for 30 minutes. Strain and pour the liquid into a full bath. Herbal shops and health food stores carry burdock.

#### Oat straw

Oat straw baths improve skin metabolism, which helps the body to detoxify more quickly. Simmer a heaping handful of oat straw in 2 quarts of water for 25 minutes. Strain and pour the liquid into a full bath. Oat straw is available at health food stores and herbal shops.

#### Herbal tea

A number of herbal teas may be used in detoxification baths to aid in eliminating chemicals: catnip, yarrow, peppermint, boneset, blessed thistle, pleurisy root, chamomile, blue vervain, and horsetail. Most of these teas are diaphoretic and promote sweating. Use 1 cup of brewed tea per tub of hot, clean water. Use only one of these teas per bath. Sensitive individuals may not tolerate the use of some of these herbs.

## Comments

Relaxing Herbal teas can be purchased by calling Renee at 920 922-8950