

Cleansing Baths

Do them the night before and/or after a colonic!

There is a long history of cleansing baths in Germany. These baths are quite effective in the removal of environmental toxins, heavy metal deposits, and radiation, which represents a frequently encountered low-grade and continuous drain on the immune system and on general body functioning. Cleansing baths are best taken before bedtime. Make sure to consume extra water. The day after the bath increase the consumption of vegetables high in minerals, such as leafy greens, zucchini, parsley, green beans, jicama, celeriac etc. which will transport the metals and toxins into the colon. Towards the end of the day have a colonic!

The baths will be a relaxing experience for most people, however, some may feel uncomfortable, irritable or edgy. This is a result of toxins being pulled out of the body and is a sign the baths are working.

Sea Salt and Baking Soda Bath:

Purpose: Clears radiation and lymphatic congestion
Dosage: Two pounds each
Duration: Soak for 20-30 minutes in hot water, slowly let it cool as you soak

Broad Spectrum Cleansing Bath:

Purpose: Heavy duty cleanser. Clears lymphatic congestion, removes heavy metals, petro chemicals and radiation.
Recipe: Add 1 cup Apple Cider Vinegar, 1 Tbsp Cayenne Pepper and 2 Tbsp Ground Ginger to 4 pounds of Epsom Salts.
Duration: Soak 15 to 30 minutes in hot water. Take 2 baths one week apart. Shower afterwards.

Apple Cider Vinegar Bath:

Purpose: Good for infections, particularly bacterial. Useful for women with vaginal and bladder infections.
Dosage: One quart Apple Cider Vinegar
Duration: Soak for 30 minutes in hot water

Epsom Salt with Essential Oils:

Purpose: Release of heavy metals, petro chemicals and microbes, increases circulation and lymph drainage.
Recipe: Ad two drops each of Hellichrysum, Cypress and Lemon to 2 pounds of Epsom Salt, stir the water briskly for 1 minute.
Duration: Soak for 30 minutes in warm water.

Relaxing Bath:

Purpose: To release tension and headaches, calm nerves
Recipe: Ad 2 drops each of Lavender, Marjoram, and Ylang-Ylang to two pounds of Epsom Salt. Stir the water briskly.
Duration: As long as you please!