



### *Detoxification Baths*

It is helpful, but not crucial, to precede all baths with dry skin brushing: Long strokes using a dry, natural bristle, long-handled brush over your skin, excluding your head and face, in a direction toward the heart. End all baths with an energetic soapy loofa or washcloth scrub, and rinse clean under a shower.

#### Epsom Salts and Ginger Bath

This bath opens pores, decreases toxins and pain. Boil freshly sliced or grated ginger root and steep for ten minutes. Mix ginger water with one cup of Epsom salts and add to a tub of comfortably hot water. This bath can help to relieve the ache that accompanies flu or strenuous exercise.

#### Salt and Soda Bath

This bath can help with the effects of radiation, whether from diagnostic x-rays or CT scans, therapeutic radiation or atmospheric fallout, as well as general detoxification. Add one cup of baking soda and 1-2 cups of Epsom salts to a tub of comfortably hot water.

#### Vinegar Bath

This bath is useful for restoring acid/alkaline balance and for conditions associated with excess uric acid resulting in painful joints (arthritis, bursitis, tendonitis, gout, etc.). Add 1-2 quarts of 100% apple cider vinegar to a comfortably hot tub of water.