

SOOTHING SOAKING BATHS

Toxicity is the result of exposure to thousands of toxic chemicals and pollutants in the earth's atmosphere, water, food, and soil. These pollutants manifest themselves in a variety of symptoms, including decreased immune function, neurotoxicity, hormonal dysfunction, psychological disturbances, and even cancer. People now carry within their bodies a modern-day chemical cocktail derived from industrial chemicals, pesticides, food additives, heavy metals, anesthetics, and the residues of pharmaceuticals, legal, and illegal drugs. **Detoxification** therapy helps to rid the body of chemicals and pollutants and can facilitate a return to health.

Alternative Medicine, The Definitive Guide, p.156

Detoxification - Imperative to Health

Detoxification is the body's natural process of eliminating or neutralizing toxins via the liver, the kidneys, the urine, the feces, exhalation, and perspiration. As a result of the industrial revolution and the post-World War II petrochemical revolution, toxins have accumulated in the human system faster than they can be eliminated. The process of **detoxification** may be the missing link to rejuvenating the body and preventing chronic diseases. The cleansing of toxins and waste products will restore optimum function and vitality.

Alternative Medicine, The Definite Guide, p. 156-57

Alternative Medicine, The

'Soaking Sessions'..Excellent Ways to Help Detox the Body

One of the body's most important organs for **detoxification** is the skin, the largest organ of the human body, which allows elimination through the pores. 'Soaking sessions' or baths help pull out toxins through the skin, promote perspiration, help bring down fevers, and relax and sooth sore muscles and bruises.

The application of the following baths will aid considerably in **detoxifying** the body.

General Instructions:

- Fill a clean bathtub as full as possible with water at body temperature.
- Add the suggested substance.
- Immerse in the tub of water for at least 20 to 30 minutes
- Get out of the tub and drain the water.
- If desired, follow the bath with a shower.
- Drink at least eight ounces of pure water a day.

Ginger Bath

Add **3-4 TB ginger** to the warm water. This is an excellent bath for colds and flu.

Cider Vinegar Bath

Add **four CUPS apple cider vinegar** to the warm water. (Regular grocery store variety is fine.) This pulls the uric acid from the body and helps detoxify the liver and relieve aching joints.

Baking Soda Bath

Add **one CUP baking soda or one cup Epsom salts** to the warm water. This pulls the lactic acid from the body and is excellent for sore muscles after a heavy workout. Take a little baking soda wherever you go, especially on a sports outing!

Oatmeal Bath

Add **one CUP blended oatmeal** to the warm water. It provides an excellent soak for sores and rashes.

Clorox Bath

Add **one CUP of Clorox** to the warm water. (Only the brand *Clorox* should be used. Do not use any other bleach.) This is an excellent way to help rid the body of radiation, aluminum, mercury, and other heavy metals. You will need to rinse thoroughly afterwards with a shower.

Salt Bath

Add **three to four CUPS rock salt** to hot water. Stir until salt dissolves. Add cold water until water is warm temperature. This is an excellent way to help rid the body of toxins and strengthen it when you have flu-like symptoms. You will want to rinse afterwards with a shower.

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