

WELL LIFE FAMILY MEDICINE

DETOX BATH

Recipe for a detox bath which helps a lot with general muscle aches and pains

Fill a bath tub with hot water and add the following ingredients:

2 cups Epsom Salts (*magnesium sulphate*),

1 cup Baking Soda

1/3 cup Hydrogen Peroxide

10 drops of lavender oil

Soak for 20 – 30 minutes in bathwater as hot as you can tolerate. You will sweat in the tub and lose toxins. It is important to drink plenty of water while you soak. You can make fresh lemon juice and mix with water and drink, or plain water, but it is essential to drink while you take the bath. If you have a tendency to get light headed easily, be cautious when getting out of the tub, or have someone nearby the first time you take a detox bath. Take a lukewarm to cool shower after getting out of the tub to rinse off the salts or you may itch. Rest 30 minutes after the bath.

The benefits of the detox bath include:

- Relaxation of your nervous system and lowering of cortisol through the use of lavender oil, which promotes weight loss and lowers inflammation.
- Enhancement of detoxification through the effects of the magnesium and sulfur in the Epsom salts.
- Enhanced sleep through the effects of the hot bath and magnesium.
- Alkalinization of your body through the use of baking soda (sodium bicarbonate), which promotes an ideal pH for healing, detoxification, and optimal cellular function.
- Increased circulation and increased heart rate, which serves as a form of passive exercise.
- Lowered blood pressure and blood sugar levels.
- Increased heart rate variability, a sign of a healthy nervous system and reduced stress.
- Increased sweating and elimination of toxins.