

DETOX BATH

WHY DO IT?

Epsom salt is magnesium sulphate. Magnesium will help the muscles relax and the sulphur component will support liver detoxification enzymes such as SULT and CBS. This will enhance detoxification through the skin, one of the body's biggest elimination organs that is often overlooked. This may be especially beneficial for those who are hypersensitive.

WHEN TO DO IT

- This is done for 6 consecutive days AFTER the final amalgam removal has been completed (NOT before). Repeat no more than once a month.
- If you are also doing the VITAMIN C FLUSH leave a week between the 2 procedures.

PROTOCOL

Day 1 & 2 - 1 cup bicarb soda only

Day 3 & 4 - ½ cup bicarb soda, ½ cup Epsom salts

Day 5 & 6 - 1 cup Epsom salts only

Soak for 20 min. in 104 °F or 42 °C

After the bath, have a shower immediately to scrub and wash off the chemicals and toxins excreted through the pores of the skin. You may use a lufa. Blot the skin dry. Don't reuse the towel on day 3 - 6. You may see the bath water turn a light grey colour.

OPTIONAL

- During the bath drink 3 cups of ginger (freshly grated) and peppermint tea mixed together. You will sweat profusely.

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CONNECTING THE DOTS