

Not Feeling Yourself? Try One of These Great Detox Baths!

Lighting a few candles and hopping in a nice warm bath at the end of a long day can be a great way to de-stress and say goodbye to the day's troubles. For many of you, the treatments you receive at the clinic can create detoxification symptoms for a brief period that are uncomfortable or just plain annoying. Here are some home remedies to help you through these times. Enjoy!

SALT AND BAKING SODA FOR PAIN

For the achy flu-like symptoms of detoxifying the body, for general aches and pains, and for muscle tension, trying using 1 to 2 cups of Epsom salts or sea salts and 1 cup of baking soda. Add the salt and soda to your bath and soak for 20 minutes. This is a highly alkaline mixture, so don't use it more than a few times a month. (This is also an effective bath for menstrual cramps; just be careful to keep the bathwater a little cooler than usual as heat can increase menstrual flow.) Do not use this bath for acute pain, such as recent sprains, or if there is swelling present.

SALT AND BAKING SODA FOR RADIATION

This same bath counteracts the effects of radiation, whether from x-rays, cancer treatment radiation, fallout from the atmosphere, or television or computer radiation. Add 1 cup of baking soda and 1 to 2 cups of ordinary coarse salt, Epsom salts or sea salt to a tub of warm water. Soak for 20 minutes.

EPSOM SALTS AND GINGER

Epsom salts and ginger baths open pores and eliminate toxins. They also help eliminate pain. One cup of Epsom salts and 2 tablespoons of fresh peeled ginger stirred in a cup of water first, then added to the bath, is beneficial. Do not remain in the tub for more than 30 minutes. The ginger can be astringent, so be sure to drink a lot of water afterwards.

EPSOM, SEA SALT, AND SESAME OIL

This bath can alleviate dry skin and help you de-stress. Add 1 cup of Epsom salts, 1 cup of sea salt, and 1 cup of sesame oil to a warm to hot tub of water and soak for 20 minutes. You can add a few drops of your favorite aromatherapy, especially Lavender. Lavender is THE aroma for de-stressing and lowering cortisol levels—a good one to use before bedtime. Pat yourself dry, and be sure to clean the tub afterwards so you don't slip next time you get in.

VINEGAR BATH

Try a vinegar bath when your body is too acidic. (How do you know you are too acidic? You might have to take deep breaths often to feel as though you are getting enough oxygen. Your bowels or urine may burn upon elimination. Your skin can feel clammy, or even look yellowish. You might crave sugar often. Your stomach may feel sour or burn. You may just feel lousy and flu-like, with joint pain and muscle aches.) This bath is a quick way to restore the acid-alkaline balance to your body. Add 1 to 2 cups of 100% apple cider vinegar to a bathtub of warm water. Soak for 40 to 45 minutes. Vinegar baths are excellent for excess uric acid in the body. They're especially helpful for the joints and for conditions such as arthritis, bursitis, tendonitis, and gout.

HYDROGEN PEROXIDE BATH

This bath is a great muscle relaxant. Use it to relieve menstrual cramps or after exercise. Add three pints of 3% hydrogen peroxide to a full tub and soak for up to 30 minutes.