

Rich's Detoxification Sweat Bath Instructions

Note: These baths are for people in good health. Anyone in poor health should consult their health professional for the proper type of bath to take and the correct procedure for their health condition.

1. **Ginger:** Take three tablespoons of ground ginger powder and add to bath water. Soak in hot bath for at least 30 minutes keeping entire body moist and hot. Add hot water as necessary to maintain a mild sweat. At the end of the bath **do not:** wash off with soap, rinse off, or towel rub dry. Pat dry with a towel but do not rub or wipe dry. You want to leave the ginger on the skin. Go directly to bed and cover up with lots of blanket to maintain body heat. The next morning you may bathe as usual to wash off toxins drawn out of the skin.
2. **Vinegar:** Add one cup of apple cider vinegar to bath water. Soak in hot bath for at least 20 minutes while keeping entire body moist and hot. Add hot water as necessary to maintain a mild sweat. Bathe as usual to wash off toxins drawn out of the skin.
3. **Bleach:** Add ½ cup of Bleach to bath water. Soak in hot bath for at least 20 minutes while keeping entire body moist and hot. Add hot water as necessary to maintain a mild sweat. Bathe as usual to wash off toxins drawn out of the skin.
4. **Baking Soda or Epsom Salt:** (alkaline) Add 1 cup of Baking Soda or Epsom Salt to bath water. Soak in hot bath for at least 20 minutes while keeping entire body moist and hot. Add hot water as necessary to maintain a mild sweat. Bathe as usual to wash off toxins drawn out of the skin.

Each type of bath helps the body to detoxify and can produce varying results when alternated daily. As with all sweat baths it may be necessary to drink cool water in order to insure that you do not over heat during the bath.

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