



## **The Baking Soda Detoxification Bath**

*Do not take this bath if you have diabetes or heart problems without the direction of a qualified natural physician.*

During World War II, a shortage in civilian drugs caused physicians to look more closely at the effect of baking soda on the body. Soaking in a solution of bicarbonate (baking soda) actually had a drawing affect on plasma, tissue body acids and carbon-based toxins (petroleum and derivatives). Infections, skin eruptions, fevers, general toxic conditions, and industrial chemical exposures were treated with a warm bath containing an isotonic solution of sodium and potassium bicarbonates. Today this technique of body cleansing is still being used with great success.

Our blood contains a delicate balance of acid and alkaline fractions. Sodium bicarbonate, naturally produced in the lungs and pancreas, is in equilibrium with the carbon dioxide and water in the blood and is one of its major buffering agents that help prevent the build-up of harmful chemicals in the body. The lungs eliminate excess bicarbonate by excreting carbon dioxide through our breath. When we perspire, sodium bicarbonate is the major salt in our perspiration. When we are in a bath where the bicarbonate concentration is greater than the concentration in our blood, our sweat glands excrete water with dissolved toxins. (This is an elementary form of dialysis.)

Lemons are added to this bath, unless there is sensitivity to this citrus. There are mild organic acids and alkalizing oils in the lemon skin and juice that prevent the toxins from being reabsorbed.

This bath is a mild detoxifier that most adults and children over 12 can safely participate in. It can be found beneficial to help eliminate general toxic conditions such as body odor, fungus and yeast, skin conditions, and allergies.

It is common to experience heavy sweating after being in the bath for 15 to 20 minutes. There may be a change in the color of the water due to the toxic discharge. The general

recommendation is to take two baths a week, with at least a day apart, for four weeks, then as needed.

**Directions for Soda Bath**

1. Fill a full size bathtub with comfortably warm water between 97 and 100 degrees. (Avoid getting the water too hot as dizziness and heart palpitations may result.)
2. Blend 4 or 5 quartered organic lemons, with skins, in the blender until well blended. Pour the lemon juice and skin into a nylon stocking over the tub water. The pulp and peelings of the lemon will be in the stocking. Tie the stocking to use as a "scrub" on your body. (Some people find that the lemon is irritating to their skin. Take the soda bath without the lemon)
3. Pour 4 or 5 pounds of baking soda into the tub and mix thoroughly.
4. Get into the bath, submerging as far as possible. Soak for 30 to 45 minutes. Drink a desired amount of pure water during the bath.
5. After the bath, rinse the body off with a shower, and go to bed.

Notify your natural physician if you experience any unusual symptoms.