



Dr. Sandra Rose Michael's Salt Bath Recipes

RECOMMENDED DETOX

2 Cups baking soda
2 Cups sea salt
2 Cups Vodka (cheapest ok)
and/ or Hydrogen Peroxide (food grade)
2 Lemons Juiced

RADIATION

2 Cups Sea Salt
2 Cups Baking Soda
2 Tablespoons EESystem Salt

DIABETES

2 Cups Sea Salt
2 Cups Baking Soda
2 Cups Vodka
2 Tablespoons EESystem Salt

OXYGENATION / CANCER

2 Cups Sea Salt
2 Cups Hydrogen Peroxide (35% solution)
2 Tablespoons EESystem Salt

GOUT, URIC ACID, KIDNEY

2 Cups Sea Salt
1 Qt. Braggs Apple Cider Vinegar
2 Tablespoon EESystem Salt

BATH INSTRUCTIONS & ADDITIONAL RECOMMENDATIONS

- **Drink more water!** At least 1/2 to 1 gallon of filtered or purified water per day.
- To facilitate any detoxification symptoms take a bath that day or the following day.
- Bath Instructions:
 - Simply put 2 cups of salt in tub or add suggested ingredients to help facilitate the elimination of any toxins.
 - Pour all the ingredients into a warm to hot bath and soak for 30 minutes.
 - Doing a gentle massage during the bath can help the elimination process.
- *Remember* to drink more water, fresh raw juices, and herbal (non-caffeinated) teas to flush out any toxins your blood may be releasing.
- Eating more fresh fruits and vegetables also helps the body cleanse gently.
- Keep your colon moving to further eliminate any toxins by using herbs, enemas, or colonics.
- Add essential oils and candlelight and send yourself to bath heaven!

Salt-Glo Spa Treatment

If you do not have a bath tub, make a paste with salt, water, and a good oil (sesame, olive, avocado, macadamia nut) and massage the whole body in the shower.

Highly recommended...

Research shows that green tea provides the highest protection against exposure to radiation. *Sunrider's Calli tea* is highly concentrated containing catechins and other naturally-occurring polyphenols effective in absorbing damaging free radicals providing the amount of protection needed.