

## Epsom Salt-Baking Soda Healing Bath Recipe

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Acidity of muscles, tissues, and joints is one of the most destructive elements to your body. Acidic muscles hurt more and more prone to tear and strain. When you exercise your body manufactures an acid called lactic acid. This is the acid that causes the burning sensation you feel when exercising your muscles. Your body attempts to remove this acid from your body by normal metabolism. However, there is often some of this waste metabolite left over after exercise.

In addition, when you feel mental stress your body will also produce acidic metabolites (a metabolite is a byproduct of body function-it is a waste product) These acidic metabolites weaken your tissues, muscles, and ligaments and will make you more prone to illness. Moreover, the acidic tissues of your body affect your chiropractic healing process and are also harmful to your doctor and those you come into contact with your body such as your massage therapist or your close family members. This is because your body gives off electric energy and those who touch you or come into contact with you will receive some of your body's electric charge. To understand the notion of electricity in your body—touch an antenna of a radio when it is not tuned correctly and may be bringing in a fuzzy signal. The moment you touch the antenna, the signal improves because your body is now conducting electric conduit energy to the antenna. Have you ever touched one of the colorful electric globe lights which are sold at specialty stores such as Sharper Image. The electric bolts move towards your fingers because you are drawing an electric charge to you.

There is an energetic quality to acidic and alkaline substances. Batteries function based on this principle and all nerve activity in the body functions based on this principle. Alkaline body tissues are more healing and less prone to tearing, strain, and injury. They are also friendlier to your emotional health and those who come into contact with you. For this reason, you want to move towards a more alkaline body. This can be done in several ways and one of the most effective methods we recommend for you is the EPSOM SALT-BAKING SODA BATH.

### RECIPE

Run a warm bath and put 2-3 cups of BAKING SODA and 2-3 cups of EPSOM SALT along with 2-3 tablespoons of regular SALT or SEA SALT in a bath. You may also use an essential oil such as rosemary, lavender, eucalyptus or other desired oil in your bath. Soak for about 30 minutes. While soaking, read a great book, listen to some nice music, light some candles, meditate, pray, or just let your mind wander. Let the stress of your life and your day melt away.

As you drain the water from the tub, sit in the tub and let the water drain away around you. As it drains out of the tub, watch the water drain away and envision all the stress and acidity in your body going out of your pores and into the water and down the drain. The negative acidic energy has now left your body.

These baths should be done every other day or as often as possible. Once you begin to do these baths, you will want to have these baths as often as possible.