

## Therapeutic Bath:

For this bath use Magnesium and Sodium Bicarbonate (Baking Soda). The use of these two substances will help to reduce overall inflammation, muscle soreness, and promote a more appropriate acid-alkaline (pH) balance.

### Magnesium:

There are many forms of magnesium, but the two listed below are easy to obtain and the best overall solutions. Magnesium is one of the most plentiful minerals on the planet; it is a essential for life, and is used by every cell of the body.

Magnesium Chloride (Recommend) comes in Bath Flakes, Oil, or Lotion. Typically this will have to be purchased from a health food or vitamin shop (Sprouts, Whole Foods, Sunflower Shoppe).

Epson Salt (Magnesium Sulfate) is inexpensive, and can be found at any grocery store.



### Sodium Bicarbonate (Baking Soda):

Bicarbonate (baking soda) is a substances made within the pancreas. It is used to buffer acid in the body, decrease smooth muscle tension in blood vessels to lower blood pressure, and increase the oxygenation of the blood. Baking soda is inexpensive and can be found at any grocery store.



## How to make and take your Bath:

Combine:

- 1 cup of Magnesium Chloride Bath Flakes - OR - 2 1/2 cups (approx. 600g) of Epson Salt;
- 1 pound (approx. 2 cups) of Baking Soda (Sodium Bicarbonate).

In a bath of warm water (100° - 103°) soak for 20 - 40 min (preferably 40 min.). After your bath you can wash off in the shower if you would like to, but it is not necessary.

- *Talk to your Doctor if you have kidney disease; chronic pulmonary disease; heart disease; hepatic problems; take regular or large amounts of antacids; have a diet high in dairy products or calcium supplements.*
- *Discontinue the use of Baking Soda and contact your Doctor if you start to experience mental confusion; hand tremor; light-headedness; muscle twitching; nausea; vomiting; numbness or tingling in the face or extremities; or prolonged muscle spasms.*