

Hydrogen Peroxide/ Epsom Salt Bath

This is the first thing we do for our own family whenever we feel we are developing a cold or illness. Not only does it detoxify the body and relieve pain, but it seems to also stop many infections quickly and help the body regain balance. Through medical studies, this therapy has been shown to relieve pain that did not even respond to narcotic medicines.

You will need:

4-6 cups Epsom Salt (Magnesium Sulfate)
32 to 64 fluid Ounces of Hydrogen Peroxide (3%, as found in grocery stores)
2-4 Tablespoons of Ginger (fresh grated preferably, wrapped in a thin piece of cloth or in a tea ball. An old piece of nylon hose also works well.)

Instructions:

This and all bath therapies work best by first dry skin brushing the entire body (see Chapter 15, Dry Skin Brushing). This removes the layer of dead skin that may otherwise block the absorption of energy and nutrients from this bath and stimulates the blood and lymph fluids to rise to the skin to accept the healing effects of the bath.

- Fill tub with warm water. Add the above ingredients.
- Soak for at least 20 minutes. The beneficial effects of this bath are cumulative and increase in effectiveness the more you use them.
- Recommended taken for at least seven consecutive days, or as recommended by your doctor. Continued use daily, or as needed, is fine.

Reflexology

Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. Reflexologists believe that these areas and reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and person's general health. In broad terms, reflexology is intended to reduce generalized stress and help the body achieve a state of deep relaxation and homeostasis.

Foot Baths

While you are at the grocery store, grabbing your hydrogen peroxide and Epsom salts, go to the spices section and pick up a can of dried mustard and if you do not have any cayenne at your house, pick that up too. When you have time and can go to a health food store, you can buy dried mustard in bulk.

Recipe:

- 2 Tbsp Of Dried Mustard
- Pinch of Cayenne
- Pan with very warm water

Medicinal Benefits of Mustard Foot Bath:

Mustard bath is a traditional English treatment using the healing effects of mustard to rejuvenate the tired, worn-out muscles and joints. So, if you are feeling tired, stressed out, having lack of sleep, mustard bath can help. It can uplift your spirit, brighten your mood, relax your tight muscles and give you a general feeling of wellness.

- **Detoxifies Your Body:** Experts suggest that mustard bath can stimulate our sweat glands to produce more sweat and open our skin pores. This can help in removing toxins from the body, thereby detoxifying it.
- **Relieves Stress and Tension:** It is suggested that mustard bath can help in toning and soothing our worn out muscles and nerves. This can help in alleviating stress and tension.
- **Induces Good Sleep:** A good mustard bath can help in relaxing and soothing our tired muscles and nerves. This can promote complete relaxation of mind and body, thereby inducing deep sleep.
- **Relieves Joint Pain and Aches:** It is believed that mustard bath can warm up our muscles and promote blood circulation. This can help in treating muscles and joint stiffness, thereby reducing joint pain and general body aches.

The Purpose of Cayenne Pepper

- Externally, cayenne pepper is even more versatile. For muscle aches and pains, arthritis, rheumatism, muscle strain, lower back pain, and even for tired and achy feet, cayenne pepper is an effective treatment.
- **LISTEN:** This article says do a half a tsp. please start out with just a **pinch** of cayenne. You may have a very low tolerance to this pepper. It is better to add more once you realize your feet are not “burning” then you can add about a ½ of tsp, but no more than that. Also, when you have time, check out the salve you can make with cayenne pepper, I have a patient that does the same thing but using jalapeno pepper juice and swears by it.

In the meantime, you can switch your foot baths to adding rosemary or lemons. This is something you can do while you are watching TV.

Rosemary Foot Bath

Great for relieving headaches.

Add 1-2 teaspoons to enough warm water to cover feet and ankles. This foot bath is also helpful for the elderly or bedridden to help wake up in the morning, and to stimulate the circulation in the lower extremities

Lemon Foot Bath

Use for hay fever; headaches, sinus, flu, before or after a fever (not during), bronchitis; and those times when a child needs “bringing back in”; clearing the head and connecting with the more physical nature. It also has healing benefits for cases of depression and fatigue.

Place a lemon in a bowl and cover with warm water. Cut the lemon underwater in the following way: Cut in half, with the flat sides on the bottom of the bowl, slice each as you would a birthday cake (in wedges) half leaving the core intact. Score the skin all over (make little cuts with a sharp knife) to release oil from the skin. Then express the juice.

Oil Pulling

Coconut oil pulling is one of the best ways to remove bacteria and promote healthy teeth and gums! Oil pulling is a fantastic oral detoxification procedure that is simply done by swishing a tablespoon of oil (typically coconut oil, olive or sesame oil) in your mouth for 10-20 minutes.

Oil pulling works by cleaning (detoxifying) the oral cavity in a similar way that soap cleans dirty dishes. It literally sucks the dirt (toxins) out of your mouth and creates a clean, antiseptic oral environment that contributes to the proper flow of dental liquid that is needed to prevent cavities and disease.

This unbelievably effective procedure has been used for centuries as a traditional India remedy to:

Cures tooth decay
Kills bad breath
Heals bleeding gums

Prevents heart disease
Reduces inflammation
Whitens teeth
Soothes throat dryness
Prevents cavities
Heals cracked lips
Boosts Immune System
Improves acne
Strengthens gums and jaw

Coconut oil has been shown to:

Balance Hormones
Kill Candida
Improve Digestion
Moisturize Skin
Reduce Cellulite
Decrease Wrinkles and Age Spots
Balance Blood Sugar and Improve Energy
Improve Alzheimer's
Increase HDL and Lower LDL Cholesterol
Burn Fat

Because it is highly absorbable, you can experience many of these benefits simply by oil pulling!

Coconut Oil Pulling: How-To

- Make sure to oil pull first thing in the morning right after you get out of bed before you brush your teeth or drink anything.
- Gently swish 1 – 2 tablespoons of coconut oil in your mouth and between your teeth for 10-20 minutes making sure that you don't swallow any of the oil. (Do this gently so you don't wear out your jaw and cheeks!)
- Spit out the oil in the trash (not the sink so it doesn't clog up the plumbing and immediately rinse your mouth out with warm water (use salt water for added antimicrobial properties).
- Finally, brush your teeth as normal.

I recommend oil pulling 3-4 times per week with coconut oil