

[Detox Bath Recipes](#)

Run your bath water as hot as you can tolerate. Add your “Ingredients” and swirl hand in water to dissolve. Soak for minimum of 20 minutes or more. Drink a full glass of purified water when finished.

ULTIMATE DETOX BATH recipe:

Ingredients:

2 cups Epsom salt (or Sea Salt) – draws out toxins from your body while relieving aches and pains.

1 cup Apple Cider Vinegar – soothes and softens dry, itchy skin while balancing and neutralizing the body’s ph.

1/2 cup Bentonite Clay – stimulates the lymphatic system to deeply cleanse the body’s largest breathing organ, the skin.

5-10 drops of your favorite Essential Oil – lavender, geranium, sandalwood, and Ylang-Ylang are all known for their detoxifying properties.

Hydrogen Peroxide Detox Bath recipe:

Ingredients:

6 cups hydrogen peroxide (3%) – Increases oxygen and removes toxins from your body. It also is antibacterial and antiviral so very helpful if you have a cold.

3 Tbsp. dried ginger – A natural anti-inflammatory that increases blood circulation to promote detoxification through sweating. Soak for about 20-30 minutes.

Ginger Detox Bath recipe:

Ingredients:

1 cup Epsom salt

1 Tbsp. dried ginger

5-10 drops of your favorite Essential oil – Ginger is a great decongestant and will promote sweating up to an hour after your bath. Soak for about 15-30 minutes. Do this bath right before bedtime or a nap for it will relax you.

Baking Soda Detox Bath

Ingredients:

1 cup Epsom salt

2 cups non-aluminum baking soda

20 Drops essential oil - such as tea tree or eucalyptus, actually assist in the detoxification process.

Optional ingredients: 10 drops of glycerin will keep your skin from drying out. Moisturize with pure coconut oil after the bath to keep your skin healthy and supple. Soak for 30 minutes or more. Baking soda eliminates chlorine in the water and helps with the absorption of the magnesium in the Epsom Salt.

Advanced Detoxification Protocol

With the daily onslaught of toxins we are exposed to through our air, water, non-organic food, beauty and household cleaning products, it would be wise to integrate a detox strategy such as that discussed by Dr. Yu.

Toxins are stored in our fat and if you desire to lose excess fat then doing this protocol would greatly benefit you.

1. Take 50 mg of niacin and increase slowly so your body gets accustomed to it. To begin do this once a month or more if you feel toxic and work up to 100 mg of niacin.
2. Wait 20 minutes, and then exercise for 20 minutes to break a sweat and stimulate circulation.
3. Follow up with up to 60 minutes in a hot sauna, to really sweat out all the impurities.
4. You can finish off by taking either five activated charcoal tablets, or some zeolite clay, which will bind with toxins, allowing them to be eliminated through your GI tract. Just make sure you do not take it in combination with supplements, as these will also be bound up and eliminated.

Below is Dr. Yu's video protocol

<https://www.youtube.com/watch?v=47UyvscQ-mk>