

Detox Bath

Powerful Detoxification



LIVE YOUR POTENTIAL

“The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.”

Michelangelo

Chaparral Detox Bath

Disclaimer: If you suffer from heart disease, have a history of stroke, lung disease or have high levels of estrogen we advise against the baths primarily because bath water is very hot and there are chemical compounds that change the heart rate and it contains lignans (*phytoestrogens*). Some toxins will release into the blood stream often leaving the person feeling fatigued and it can exasperate a condition initially.

Instructions: Begin to boil a pot of clean water, the biggest pot you have (*stainless steel or ceramic is best*).

Once it is boiling, move it to another burner that is off and turn that burner on low to low-mid and it should be simmering, pour 1/2 pound of the [chaparral](#) in the pot and cover with a lid immediately and set a timer for 1 hour.

Make sure it's not boiling, you want it to simmer not boil, hence switching the pot to a burner that is not as hot.

Get a pillow case (*organic cotton*) that you don't mind being stained and once the tub is full pour all of the material and liquid into the pillow case (*you don't want leaves down the drain*) like it was a giant tea bag. Get the water as hot as you possibly can take. Start filling the tub once there are 5 minutes left on the timer or after and let it sit for longer.

Put cotton balls in your ears and get in slowly, it should be so hot you have to get in slowly, bare with it though.

A fast heart rate is typical about 10 minutes into it, I recommend you stay in the full 20 minutes, set a timer and just relax as you soak. Additionally you ought to feel a body buzz near the end of the bath, which all our clients have reported as a positive feeling. This is a old Native American Folk Medicine. Immediately after the bath a general exhaustion with a slight increase in discomfort in areas that give you grief is expected. It's not uncommon to feel like sleeping afterwards, so go right ahead and do so. Make sure you clean the tub out and remove the tea-like stain.

A bath once a week is great for detoxifying the body from heavy metals, PCB's and especially radiation intoxication.

* Potential Rheumatoid arthritis treatment

Medicinal Benefits

Potential skin cancer treatment *

Items Needed

1. Large steel/ceramic pot
2. Filtered water (*fill 3/4 full*)
3. [Chaparral](#) 1/2 pound (*frontier co-op*)
4. Organic cotton pillow case
5. Cleaning material for afterwards
6. Organic Cotton balls (*put in ears*)
7. Timer set for 20 minutes

Chaparrals greatest ability is to move the lymphatic system, this helps to draw toxic chemicals and harmful drugs out of the cells. It is a good blood purifier.

It contains powerful antioxidant that protects against the formation of tumors, cancer cells, and over-exposure to sunlight.

It protects against harmful effects of radiation. It has a strong anti-inflammatory effect, great for deep aches.

A liniment made from chaparral or a bath made by soaking the leaves in the water is used for rheumatism.

It is applied to wounds as an antiseptic. Also excellent for gout, chronic pain, etc.

Chaparral Leaf

Botanical name: Larrea tridentata, (creosote)

Chaparral is an herb that has been used for centuries by Native American healers. It is one of the best herbal antibiotics that is useful against bacteria, viruses, and parasites, both internally and externally.

Chaparral is an aromatic flowering bush found in the deserts of western North America and parts of Mexico. It is also known as creosote bush because it contains a sticky, resinous gum with a strong, distinctive aroma.

Herbal Properties: Alternative, analgesic, antibiotic, antiseptic, anti-parasitic, anti-inflammatory, etc.