

The Magic of Energy Medicine Centre

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Bathing in Energised Bio bath Salts

Less is More

The skin provides an excellent medium for the elimination of acid, and the use of Energised salts as a “drawing agent” cannot be too highly recommended. Energised Salts can only be obtained from the above address at this point in time. If you would like to be a distributor or know of someone we welcome you.

There is nothing more relaxing than bathing in **Energised Bio bath Salts** bath at the end of a long, painful day, and the following method is a particular favourite:

1. Dissolve 20 - 30 grams (or two tablespoon) of Energised salts in a bath of water as hot as you can bear. (It should be noted that patients suffering from angina, high blood pressure, or any heart condition, should not use very hot water). Do not add soap or bath cubes, salts or oils, as the alkalinity of these products will fight the acidity of the **Energised Bio bath Salts**, thereby minimising its effects.
2. Keep the water hot, by adding more from time to time, and start to exercise your joints. Beginning with the toes move them backwards and forwards; rotate the arms clockwise and anti-clockwise; then exercise the fingers by clenching and unclenching the hand and then stretching the fingers as wide apart as possible. When exercising the fingers, a gentle, forceful movement is beneficial, as this helps to force out those acid deposits that have accumulated on the bones and between the joints.
3. The heat of the water will open the pores of the skin, enabling the **Energised Bio bath Salts** to ‘draw out’ acid poisons. After ten to fifteen minutes, get out of the bath, dry yourself quickly with a warm towel, and get straight into a warm bed. The object of this is to keep the pores of the skin open all night to encourage the elimination of acid through sweating. Patients may find that sleeping between blankets will help to absorb the sweat.

The bath is a wonderful relaxer and pain-reliever, and a good night’s sleep will usually be achieved. On rising, take a quick shower to wash away the accumulated acids and you will emerge refreshed and ready to face another day. It should be noted that this bath can be slightly weakening, and the patient may feel lethargic the following day. If this occurs, an hour’s rest at midday will prove beneficial. For working arthritics, two baths, taken at weekends, may be advisable, and it is recommended that no more than three Epsom salts baths be taken per week.

On no account should the body be exposed to cold or drafts after this bath. This could lead to tension in the nerves and muscles, thereby causing pain and making matters far worse than before. Similarly, no work should be undertaken after the bath. Keeping warm is most important, as it will prolong the period of ‘elimination’. A methodical pinching of skin, from the feet upwards, will help to increase circulation and improve muscle tone. However, under no circumstances should this bath lead to exhaustion.

Of course, many arthritics are unable to give into the bath, and it is suggested that they bathe hands and feet as follows.

1. Take an ordinary kitchen bowl, and fill it with water as hot as you can bear
2. Add to this a pinch of **Energised Bio bath Salts**, and soak hands for ten to fifteen minutes.
3. Using forceful but gentle exercise, you will find it amazing how quickly movement is regained in previously locked joints
4. Dry the hands and wrap in a warm towel for five minutes to allow the pores to close
5. Repeat this process with the feet.

This can be done up to three times daily if necessary.