

## **Salt Bath Detox Protocol Before and After EES**

Below is the recommended detoxification program by Dr. Sandra Rose Michael. Suggestions have been added by Dr. Sabina DeVita to further assist detoxification.

Please drink more filtered or purified water than usual, at least ½ to 1 gallon per day.

Please take a bath that day or the following day after EES. The following are ingredients you may want to use to help the elimination of any toxins:

### **BASIC Protocol:**

- 2 cups | sea salt
- 2 cups | baking soda
- 1 cup | 20 Mule Team Borax
- 2 tablespoons (or more) | Hypercharged EESalt (if available)
- 2 lemons juiced or 8 drops of Lemon essential oil (preferably YL Seed to Seal standard).

### **OPTIONAL TO ADD:**

- 2 cups | food grade or regular Hydrogen Peroxide
- Add pine oil or other essential oils (see essential oils list)
- 1/2 cup | bentonite clay
- 2 tsp. - 1/4 cup | ginger powder

### **DIRECTIONS:**

Pour all the ingredients into a warm to hot bath and soak for 30 minutes. Add essential oils And gently massage during the bath which can help the elimination process. Good to use magnesium oil with coconut oil following the bath.

Remember to drink more water, fresh raw juices, & herbal (non-caffeinated) teas to flush out any toxins your blood may be releasing.

Eat more fresh fruits and vegetables to help the body cleanse gently.

Avoid **sugar, dairy, gluten and fried foods.**

Avoid **chemical/toxic-filled personal care and home care products** (e.g. shampoos, soaps, dish detergents, toothpaste, laundry soap etc).

***Thieves household cleaning products by Young Living are highly suggested to use as a clean, chemical-free home product.*** [\(click here for more detox details\)](#)

Keep your colon moving to further eliminate any toxins. Use herbs, enemas or colonics to rid parasites, candida, bacterial-viral pathogens & heavy metals. Use herbal or supplemental products to assist with the detox.

### **Salt-glo Spa Treatment**

If you don't have a bath tub, make a paste with salt, water, and a good oil (sesame, olive, avocado, mac nut with 2 drops of added **Grapefruit oil, Lavender, Cypress, Juva Flex or DiGize**) and massage the whole body in the shower.

**EXTRA: Radiation Detox:** 2 cups sea salt, 2 cups baking soda, 2 tablespoons EE salt (if available), or **2 tablespoons of YL Sulfurzyme powder & 3 drops of Melrose oil or Melaleuca Tea Tree oil.**

Please note: research has shown that sulfur (as is found in Sulfurzyme) has a long history as an antidote for acute exposure to radioactive material due to its high Antioxidant capacity to reduce toxic effects of radiation.

<b>Detox Essential Oils</b>	
<b>Lemon</b>	Stimulates white blood cells to defend the body against infection and is effective against viruses like the flu. Detoxifies through the blood and liver.
<b>Cypress</b> (Cupressus sempervirens)	is diuretic, acting to tone the blood and lymphatic vessels, and decongest the lymph.
<b>Juniper berry</b> (Juniperus communis)	is anti-viral, diuretic, and can help reduce cellulite by eliminating toxins from fatty tissues and expel uric acid from the system. Detoxifies through the kidneys, skin and urinary tract.
<b>Di Gize Blend</b> Ginger Peppermint, Tarragon Juniper Fennel Anise Patchouli	Relieves digestive problems including heartburn, gas etc. More importantly, combats candida and parasite infestation. Has also been shown to break down glyphosate.  Note: Anise and Fennel were found to contain shikimic acid. Fennel oil <b> fights free radical damage</b> and provides antimicrobial activity. Research shows that <b>shikimic acid</b> , a plant phytochemical is being touted for <b>reducing platelet aggregation.</b>
<b>Juva Flex-</b> Organic Sesame seed oil, Fennel, Geranium, Rosemary, Roman chamomile, Blue tansy, Helichrysum Italicum	Supports liver and lymphatic detoxification- even helps break addictions to coffee, alcohol, drugs etc. anti-inflammatory, antiseptic, antimicrobial, expels toxins from the liver, and strengthens liver function.
<b>Pine Oil</b> (Pinus sylvestris) <b>-acts as a nervine &amp; calmative enhancing relaxation.</b> <b>- helps relieve joint or muscle pain associated with sprains, strains &amp; rheumatoid arthritis.</b> <b>- reduces the symptoms of cold &amp; cough.</b>	Pine Needle Tea for shikimic acid or shikimate (from green edible pine needles). Or Pine essential oil usage – use 2-3 drops in warm water as a tea or under tongue or in a bath or applied topically
<b>Detox YL herbal suggestions:</b> ICP/ComforCleanse, Sulfurzyme, Olive Essentials, Life 9 & Multi Greens.	