

Detoxing Ginger Bath

A ginger bath may enhance your body's natural cleansing mechanisms that act to purge toxins and congestion. Some people like to soak in a ginger bath every day for 2-4 weeks when trying to encourage their bodies to detox. Others find an occasional ginger bath helps them get through those sluggish moments. Most find a ginger bath to be comforting from cold & flu symptoms. And some just enjoy a ginger bath as a luxurious, relaxing experience.

Always listen to your own body and use the common sense that was given to us all. You will be adding Epsom Salt to this bath water. It is commonly understood that salt dries our skin. Be good to your skin, if you experience some drying, then go the extra step and use a moisturizer that works well with your body chemistry.

Please remember that any process that stimulates the body to purge toxins via the perspiration process reduces the water content of the body. It's just plain silly to not hydrate your body with plenty of fresh, clean water before and after stimulation of the perspiration process.

If you feel any adverse reactions to this bath then stop using it.

How to prepare a Ginger Bath

You will need:

~ enough fresh ginger root to make 1/2 cup of grated volume. (Ginger root can be found in the produce section of co-ops and/or grocery stores.)

~ Epsom Salt (1 cup per bath)

~ Apple Cider Vinegar (1 cup per bath)

~ a clothe, handkerchief, etc (approx 10 -12 inches square, do not use a family heirloom - the ginger root will permanently stain whatever piece of fabric you choose)

Instructions:

Boil 1 quart of water in a sauce pan. *

Meanwhile, grate 1/2 cup of fresh ginger root.

Place the grated ginger root on a handkerchief or piece of clothe. (Some people use an old clean sock, be creative!) Use a piece of string, or something similar, to tie the clothe together to keep the ginger root contained.

Once the water has reached the boiling point, reduce the heat to a simmer. * Carefully place the bundle of ginger root into the heated water and simmer for 20 minutes. DO NOT allow the water to boil while the ginger root is seeping in it!

Run a hot bath for yourself. * Pour in 1 cup of Epsom Salt and 1 cup of apple cider vinegar. Pour the boiled ginger water and the sack into your bath. * BE CAREFUL, the ginger water will be extremely hot. Be sure to test the temperature of the bath water BEFORE getting into the tub. *

Take a relaxing bath for at least 15 minutes. Use the ginger sack as a compress, massaging painful areas, swollen glands and sinuses. Use only as much pressure as is comfortable. Keep the water temperature at a comfortably warm temperature. *

After coming out of the bath, keep your body warm. It is best to put on some warm clothing that will absorb the perspiration. I like to wrap myself up in an absorbent blanket or two and curl up on the couch to watch a good movie. BE SURE to wear clothing and use blankets that are easy to launder. Both the clothing and the blankets will most likely become soaked with your perspiration.

This is about the next best thing to sitting in a sauna or a sweat lodge. You may feel a bit feverish, that is a good thing on a temporary basis, your body temperature needs to go up a little to "fight" off intruders.

change the bedding and warm myself up. I was NOT amused!! I like to curl up in the blankets and just wait for the sweating to subside. Then I take a nice warm shower to cleanse my skin of all the purging, and then go to bed.

* Things to keep in mind:

If you are the kind of person who has a personal injury, ambulance chancing, attorney on speed dial... then be extra, extra careful whenever you are doing anything that may cause harm or damage to your body, friends, personal property, neighbors, pets, falling leaves, mice in the fields hundreds of miles from your home, crickets singing in your local camp grounds, fish swimming in the ocean, etc, etc, etc. If you are using a stove... use caution. If you are using hot water... use caution. If you are stepping out of a bath onto a slipper floor... use caution.

If your bath tub is a re-circulating, whirlpool, jacuzzi type of a bath tub, then use your common sense and check with the manufacturer to see if these ingredients will cause damage to the mechanical parts - before attempting to use this, or any other process, that introduces anything other than water into your tub.

These concepts have NOT been evaluated by the Food & Drug Administration.

These concepts are NOT intended to diagnosis, treat, cure, or prevent any disease or illness.

If you have any doubts or questions regarding a medical health related issue contact your primary care physician.

If you are experiencing an emergency medical situation call 911 immediately.

These are concepts that I have found along my life path that have helped me feel better. Proceed at your own risk. You, and you alone, are responsible for your own choices.

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