

# Cold & Flu Bath

1. Heat the bathroom as hot as you can.
2. Run hot bath water as hot as you can tolerate.
3. Add sea salt, bath salts or seaweed.
4. Add 1 qt. DermaTox<sup>®</sup>.
5. Once you are in the water, add more hot water.
6. Drink 6 cups tea made from Ginger and Peppermint.
7. Alternate drink is hot water, lemon juice and cayenne pepper.
8. Drink 6 cups within 20 minutes.
9. You will sweat. Stay for at least 20 minutes. If you feel faint, place cold washcloth on your face and cayenne pepper in your mouth.
10. Rinse off, cool, dress warm, go to bed.
11. Repeat routine for 2-3 days. You will feel great.