

## Rock Salt Baths

The purpose of these baths is to detoxify through the skin to assist in decreasing the filtration load on the kidneys.

- 2 pounds rock salt in a tub of 25 gallons of water
- Soak for 20 - 30 minutes.
- Drink additional water as this can be dehydrating.
- Repeat at least 3 times a week. Do every night in severe cases.
- Additional benefit comes from using structured water (as from a Natural Action Water Unit) for drinking and bathing.

You can find rock salt in the spice section of a food store, but it is packaged in small quantities. Rock salt sold for ice cream makers, water softeners, and melting ice comes in packages from 4 to 40 or 50 pounds.

Bathtubs come in many sizes, a typical size being 30 by 60 inches. The inside measurements of this tub could be 23 inches wide, 15 inches deep to the water level and 54 inches long. This kind of tub holds about 80 gallons of water. Larger bathtubs can easily hold upwards of 100-110 gallons of water, especially if they are deeper.

To estimate the number of gallons your bathtub holds, measure in inches the inside width and length. Measure the depth from the inside bottom of the tub to the bottom of the overflow drain hole for a typical fill level. Then, multiply the width by the length. Multiply the result by the depth. Divide the result by 1,728 for the number of cubic feet of water the tub will hold. Multiply that result by 7.5 for the number of gallons of water held in the tub.

To fill your bathtub with 25 gallons water, adjust the depth in these calculations to find out how many inches of water you need. It might be a little more than half full. Alternatively, adjust the amount of salt for the number of gallons in your tub.