

The Acid-Alkaline Health™ Bath

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Take this alkalizing bath every other day for the first month, and then take it on a regular basis if it continues to feel good. You should remain in the salt bath for 20-30 minutes each time

It is important that the water not be extremely hot. If your water is too hot, it may lead to dizziness or fatigue. If you believe you have a weak heart or if you get palpitations, you should not submerge your chest during the salt bath. If you should become dizzy or experience rapid heartbeat during a salt bath, slowly get out of the tub with someone's assistance. If you have any reason to believe that the salt bath may not be right for you to do, please consult with your doctor before attempting to take one.

How Does A Salt Bath Work?

When you sit in a salt bath that is at least 1% salt (1 pound of salt for every 12 gallons of water), a process of "osmosis" will take place. A small amount of liquid will be drawn out through your skin and the minerals in your body fluids will naturally become a little concentrated. This concentration of minerals causes a slight, but beneficial, rise in the alkalinity of your body fluids. A slight alkalinity is necessary for proper functioning of all healthy body cells, including enzymes. If you are in an acid condition, and most illnesses have their roots in an acid body condition, the salt bath can help bring you back closer to the normal alkaline side.

The salt bath is also traditionally used as an aid in strengthening weak kidneys. If the kidneys are weak, the body usually develops an acid condition due to the loss of essential minerals through frequent urination (normal urination is 3-5x per day for most people, plus no nighttime urination). Chronic fatigue, pain, infection, malignancy and emotional negativity are just a few of the results of over acidity. The immune system is also weakened by body acidity.

Sometimes in the beginning, some people develop a salty taste in the mouth, and they think is a result of salt being absorbed from the bath water. However, this salty taste is due to the slight concentration of minerals in your body fluid brought about by the process of osmosis. You will not absorb salt large quantities of salt into your blood from the salt bath, so there is no need to worry. The salty taste should disappear after several salt baths, although it might return from time to time.

Some people also feel itchy now and then during a salt bath. This itchiness is a result of acid being drawn out through the skin. It, too, should pass. Most people prefer to rinse themselves with a wash cloth after a salt bath to remove any salty residue. It is not necessary nor is it advised to take another bath or shower to remove salt.

If you take a salt bath before sleeping and you find that it gives you too much energy and you can't sleep, you may find that a morning salt bath is better.

Salt Bath Instructions

To every 12 gallons of water add at least 1 pound of salt.

Any kind of regular sodium chloride is fine. Epsom salts do not contain sodium chloride and do not work for this salt bath. At most supermarkets you can purchase a 50-lb. bag of coarse water softener salt for under \$4. Make sure it is the coarse kind, not pellets. Salt pellets take much longer to dissolve. Macrobiotic sea salt would be too expensive for salt bath use. Hunting for special salt is not necessary, as any kind of regular salt (sodium chloride) will do.

How Do I Know If I Have The Right Amount of Water and Salt?

It is not really necessary to be overly concerned about having EXACTLY the right amount of water and salt, but for beginning purposes and for those who like clear directions, you can do the following:

Measure the water the first time you try a salt bath by doing the following:

1. Place a gallon bucket under the tub faucet.
2. Turn on the water and let it flow into the bucket.
3. As the water is flowing into the bucket, use the second hand of a watch or clock to time how long it takes to fill the bucket.
4. Multiply the time it takes to fill the bucket by 24 if you want 24 gallons or 36 for 36 gallons, etc.
5. Remove the bucket after you've poured the water back into the tub and allow the water from the faucet to continue running into the tub for the length of time you calculated.
6. When you have reached the desired time for running the water, turn it off.
7. Mark clearly with a pencil a place on the inside of the tub where the water line is. When you do salt baths from then on you will fill it up to the line you have marked and measuring each time with a bucket should not be necessary.

The measure of salt depends on its coarseness or fineness. Weigh your salt first, and then place it in a measuring cup to see how many cups are necessary. Remember: 1 pound of salt for every 12 gallons of water.

Most people find that 24-36 gallons of water is enough. It is not necessary to keep your body submerged up to the neck during the whole bath.

While water is entering the tub, pour the salt in. This will give it more time to dissolve than if you wait to pour it right as you get in the tub. If you use a coarser kind of salt, it usually takes longer to dissolve. Swishing it around in the tub with your feet or hands will help it dissolve faster. Don't worry, though, eventually almost all of the salt will dissolve on its own during the salt bath.

Use your time in the salt bath to relax, read, or to do breathing exercises or foot and hand massage. Ahhhhhhhhhh! Enjoy it!

A NOTE OF CAUTION: When your salt bath is over, get out slowly to avoid dizziness or fainting. This is usually not a problem except for some who have made the water way too hot. If you are a person who tends to get dizzy, faint, have seizures, or if you have low blood pressure or any other medical condition, consult with your physician prior to taking a salt bath, and make sure that someone is around and aware of you while you are bathing.

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