

Nano Tech Detoxing Soak Recipes

Julia's Favorite *Foot Soak*: Use dishpan of warm to hot water (whatever temperature you are comfortable with) add ¼ cup each of the following –

For Bath Soak: Run your bath with warm to hot water (whatever temperature you are comfortable with) add 1 Cup each of the following –

- Baking Soda
- Epsom Salt
- 20 Mule Team Borax
- Pink Himalayan Sea Salt (or Redman's Salt -- never use white table salt because it is depleted)
- Optional: A few drops of Essential Oil such as Tea Tree, Rosemary or Peppermint

Soak as long as you can. Follow soak with a regular shower and cleaning bathtub.

If you want to work with the Alfalfa Pellets here is the Recipe – Full Body Bath Soak (recommended by Juan O. Savin):

- 1 Tablespoon laundry or dish detergent; or, ½ cup borax
- 1 cup Alfalfa Pellets (available in pet stores as hamster pellets)

Soak as long as you can. Then get out of the bath and take a regular shower with 'Dr. Bonner's Peppermint soap' (because the peppermint is a universal antidote).

Then put on thick gloves and wash down the bathtub and dry with paper towels, then wipe with Diatomaceous Earth and Activated Charcoal; and, wipe it down again. Burn contaminated pellets (may put in an old coffee can to do this).

*Disclaimer: This information is for educational purposes only and not intended to treat or cure any illness or disease.