

## **Detoxing and Minimizing Side Effects of Radiation from the Body**

It is a good idea to detox the radiation from your body any time you have an x-ray and especially when you are receiving radiation treatments for an illness.

### **Detoxing from an X-Ray**

-Take a salt and soda bath the same day

Using 2 cups sea salt & 2 cups (1lb of each) baking soda

10 – 15 minute bath in warm water not hot water

*If you cannot or do not want to take a bath you can put 2 cups of baking soda and 2 cups of sea salt in a plastic bag and sleep on it that night.*

-Do the self-help “Hug” w/36 breaths and the “Main Central” self-help flow

### **Detoxing while receiving Radiation Treatments**

-Take at least 3 salt and soda baths per week

1 cup sea salt & 1 cup of baking soda

10 – 15 minute bath in warm water

AND

-Make up several salt and soda bags/packs

Using 2 cups of sea salt & 2 cups of baking soda per bag

\*Put a bag under you when you sleep

*If you are receiving radiation treatments that are being focused on more than one area of the body use 2 bags to sleep on (place 1 towards top of body and 1 towards bottom of body)*

\*Put 1 bag each on the chairs that you sit in

i.e., office chair, car seat, your spot on the couch or your TV chair

\*Replace the bags that you are sleeping on every other day

(every day if you are not able to take the baths)

\*Replace the packs/bags that you are using in your most used sitting areas twice a week

\*Replace the bags that you are using in your lesser used sitting areas once per week

-Do the self-help “Hug” at least once per day

-Do the self-help “Main Central” flow twice per day

Note: If you sleep with a partner, they should take a salt & soda bath at least 3 times per week

After treatments end it is recommended that you do some detoxing footbaths or some other types of cleanses such as herbal or homeopathic cleanses, an intestinal and liver cleanse or some type of whole body cleanse etc.