

## Peat Bath: How to do it.

This **peat bath** treatment is typically done in spas or resorts. We are offering it to you so you can have the pleasure and opportunity to do it in your own home for a fraction of the price. Do not be overwhelmed by the bathing directions - they seem long but they are only very descriptive and educating you on the rights and wrongs of this proven therapy.

Most companies state this as directions: "Stay in hot bath water for 25 minutes. Do not rinse off. Lay down in bed for 20 minutes." This is true but more complete instructions and protocols are needed in order to get the full therapeutic effect of a peat bath. Our instructions protect you from getting sick, dehydrated, falling down, reabsorbing toxins and provide you the optimal experience - spa style. Please read on . . .

1. The peat bath is very therapeutic and relaxing so do not be active afterwards. Count on one hour of laying down relaxation time afterwards. Also, do not do after meals. This is necessary as blood flow increases more externally in order to cool the body, thereby taking blood away from the digestive system making one not feel well if consumed food recently.
2. If you have a rubber cover for your bathtub overflow, place it on now. If you do not, you can purchase one at a kitchen and bath store for about \$5.00 This allows one to fill the bath another 5 inches before the bath water drains. This 5" makes a big difference.
3. Run a hot bath. It would best to have a chlorine filter\* in the bath as peat enhances absorption of what happens to be in the water. Plus, hot water makes the chlorine into a more gaseous state which is harmful. You may add epsom salts or organic essential oils to your peat bath.. Do not add non-organic essential oils as these become a "concentrated pesticide bomb." Also do not use solvent extracted essential oils as these are harmful.

4. While the tub is filling, lay a sheet down on the bed covers. Then place some large towels on top of  $\frac{1}{2}$  the sheet. The other  $\frac{1}{2}$  of the sheet will cover your body once you lay down. Towels are needed as you will sweat immensely after the bath. Place a towel on your pillow so you don't get it all sweaty. Prepare some warm comfortable long cotton pants and a warm long sleeve cotton shirt. Turn the lights down in your room. Have extra blankets at the ready as well to cover yourself with once the sheet is over you – don't be shy with the blankets. Close the windows. Drafts are not good when one is hot.
5. It is important that you be hydrated as you will sweat immensely. Thus, while your bath continues to run, drink warm water or herbal tea. Do not drink caffeine at this time as your heart rate will already increase tremendously from the peat bath.
6. Prepare a cup of warm water and put it next to the bed. Due to the amount of sweat, one must replace electrolytes\*. Do not drink cold water. It will shock your system.
7. How much peat to use? For a routine light therapeutic effect, place  $\frac{1}{3}$ rd of the tube into the tub. Post-workout, pain, sore muscles, colds, strains, flu, use  $\frac{1}{2}$ . It is also personal preference. Use more or less. Great results have been seen with only  $\frac{1}{3}$ rd the tube.
9. Get into the tub and immerse as much of your body as possible into the hot water. Retrieve the clump of peat and squish it until it is all suspended in the bath water.
10. Remain in the peat bath for a maximum of 20 minutes or earlier if you feel you must exit. Enjoy the experience! Careful getting out of the tub. You will be very tired from the treatment. Have someone help you if you need or watch your step.

11. When enough, sit up and wash water around you to remove peat from your skin. Do not rinse with clean water. This will alter your therapy.
12. Dab dry but do not towel off thoroughly. Dry hair as you normally would.
13. Put on warm bedclothes. It is important that you put on these clothes as they absorb sweat. Sweat is loaded with bodily waste and toxins. It is best the clothing absorbs them rather than they reenter you.
14. Climb into bed, put the sheet over you, then blanket. Put another blanket if you desire. It is ideal to keep sweating and to maintain warmth. Make sure head is covered with towel and entire body is under blanket and no windows open. Lay down for at least 30 minutes but preferably an hour. Do not read – just relax. You will continue sweating for a long time. This is very healthy.
15. Do not get cold. Your body is vulnerable at this point as it is tired. Make certain you stay warm. Your clothes will get very wet when you sweat so it is vital that you have enough blankets on you.
16. Once finished sweating (which may take up to 2 hours), take a warm shower and rinse off the sweat. Do not use soap. The benefits of the therapy remain active for roughly 12 hours. If you use soap, the benefits of the peat are lessened. It is best to use a shower filter\* which removes chlorine so it will not harm your skin and lungs.
17. Dress warmly and comfortably. Have clothes ready in the bathroom so you do not get cold. Put on socks or slippers and a warm stocking cap. Do not get cold or in a drafty area for 3 hours.
18. You're done! Now you may lie down and go to sleep for the night, watch a movie or read a great book! Do not go out on the town or clean the house. It is vital that you rest.

19. Repeat the peat bath 2 to 3 times a week for 3 weeks. Then discontinue for one week before resuming therapy. Recommended times effective long term therapy and detoxification: 21

### **Cleaning the tub:**

When your energy is back, drain the tub. Rinse out the peat with your showerhead or a bucket of water. Once it is down the drain, take a damp sponge and wipe the sides of your bathtub. The peat *will not* clog your drain and *will not* stain your tub

\*HealthE Goods also supplies **bath dechlorinators**, **peat extract**, **teas**, **shower filters** and **electrolytes**.

**CAUTION: Read all instructions.** Serious disorders of the central nervous system, acute urethrocystitis, pregnancy, any heart condition, fever, serious inflammatory skin diseases, heat sensitivity, open skin injury, bleeding, oncoids or possible thromboses, please consult with your physician before taking a peat bath. If you feel too hot and dizzy while in the tub, sit up and place ice on your chest. Slowly stand up, get out of the tub carefully and lay down on your bed. If you have difficulty walking or standing up, assistance is required for this treatment to get out of the tub. This is a therapeutic treatment – not an idle bathing experience.

**NOTE: Do not use the peat in jetted tubs. A peat bath extract may be used instead\*. The peat product will clog the jets causing damage. The extract is safe and non-foaming.**