



Get Back on Track  
PROTOCOLS

## Bicarb Bath Protocol

---

***You will need:***

1 cup Bicarb of Soda

Bath water at body temperature

Filer on bath and shower preferable. Optional.

Add 1 cup of bicarb of soda into bath as the water is running. Soak in the bath for as long as you feel comfortable to do so.

After your bath, have a cool shower immediately to rinse off the toxins excreted through the pores of the skin. Use a clean towel after each bath.

**Note:** if you have a raised **ANA titre** or suffer from the label “**Multiple Sclerosis**” symptoms may be exacerbated. Ensure the bath is not hot, only a comfortable body temperature in these cases.

Discussion with your practitioner is recommended prior to the use of Detox Baths.

For Scott Rogan – use this protocol between 3 days per week. Every day is needed.