

Title:

Detoxify Your Body In 30 Minutes With A Bath

Word Count:

265

Summary:

Dealing with all of the environmental toxins today, can be quite a load on the body. A simple way

This bath can be done in your very own bathtub and does not require special equipment. Hot water

Keywords:

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Article Body:

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This is the simple recipe that I regularly use to help combat toxins and detoxify my body:

1 cup Epsom salts

1/2 cup Baking Soda

About 1/2 cup Powdered Ginger

Pour Epsom salt or Baking Soda, and ginger into a warm bath and soak for 15 to 20 minutes. After

You can take a detoxification bath often, or at least once a month. In addition to detoxifying

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