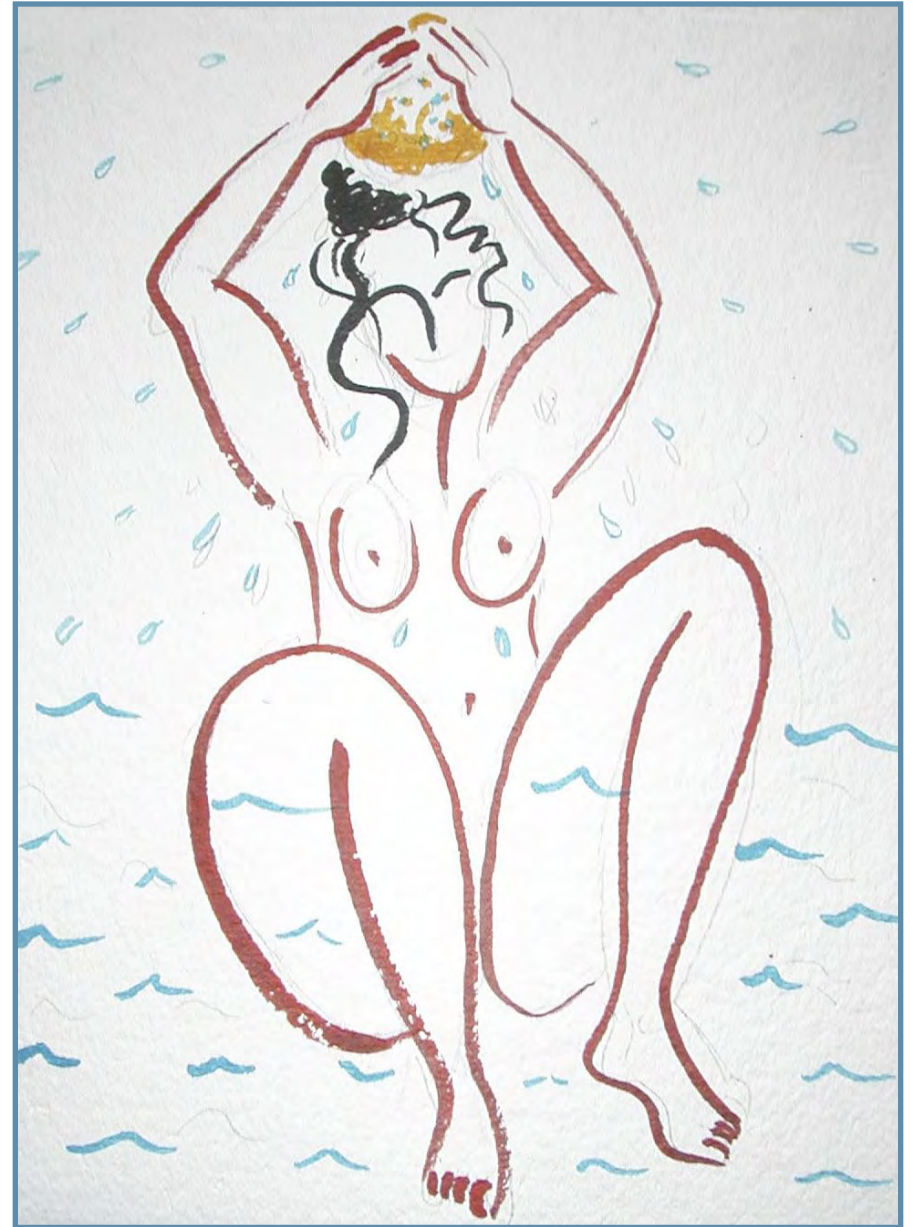


# DETOX BATH

*Discover how to simply  
and efficiently  
eliminate fat,  
cellulite and toxins  
on a daily basis*



# DETOX BATH

*“This book flows as clean and clear as water itself. As well as a fine overview of the healing power of water, it reintroduces a fascinating therapy with profound potential”.*

John Pollock, author: Everything Communicates

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*The Angel of Water  
From the Heavenly Sea  
the Waters run and flow forward  
from the never-failing Springs.*

*To the dry and barren desert  
have the Brothers brought the Angel of Water:  
That She might bring forth a garden and a green place,  
tree-filled and fragrant with flowers.  
Cast thyself into the enfolding arms  
of the Angel of Water:*

*For She shall cast out from thee  
all that is unclean and evil.  
Let my love flow towards thee, my Heavenly Father,  
as the gentle rain doth kiss the Earth.*

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# Introduction

**Water -and its countless benefits- is the inspiration for writing this book.**

To celebrate our new Age of Aquarius we're calling for collective awareness to its symbol. This book pays homage to Water, the source of all life.

Water -and its countless benefits- is the inspiration for writing this book. More specifically, we wanted to share our excitement at the amazing benefits we've been experiencing since using this particularly effective hydrotherapy method, the Detox Bath, which we share with you in detail in the following pages. It's far too good to be kept a secret. We had to tell the world about this free and incredibly simple method to help achieve and maintain optimal health and to get rid of excess fat and cellulite.

We believe that the reason why this technique has remained a secret for so long is because people find it hard to believe that such an easy and simple process can yield such tremendous benefits at no cost. In our day and age we're told that we have to suffer and deprive ourselves or pay substantial amounts of money in order to improve our health. Spending ten minutes a day on a pleasant and free procedure that keeps you healthy and helps you lose fat and cellulite seems like an aberration!

**The formula  
we bring to you  
is as old  
and natural  
as breast-feeding.  
It's simple,  
efficient  
and free.**

Moreover, once you've learnt it and made it part of your daily routine, you can easily carry on doing it in the comfort of your home without anyone's help and at no additional expense whatsoever. Hardly an incentive for any commercially oriented company to get involved!

It is however reasonably well known in the French speaking world. France Guillain, (a naturopath, journalist, mathematician and physicist) has published a couple of books in France describing this particular bath method and its benefits, which she refers to as the Derivative Bath (more details inside). Unfortunately, none of these has yet been translated to English.

The formula we bring to you is as old and natural as breast-feeding. It's simple, efficient and free. It comes to us from the beginning of time and was practised for hundreds of years before we lost it in the process of modernisation. Animals like cats and dogs -instinctively in tune with nature and its healing powers- also use it. The method we are introducing here is part of our human legacy. It has helped thousands throughout the ages achieve and maintain optimal health. For this reason we decided to make it public knowledge.



All it takes is discipline and a ten-minute commitment at home on a daily basis. You'll soon start seeing tremendous benefits and measurable results. Initially, you'll notice that your sleep is more restful and that your digestion and energy have improved as you start shifting and eliminating toxins. After that, you'll begin shedding excess fat and cellulite. We'll be discussing the Detox Bath method and the numerous health conditions it helps prevent and cure in detail in Part 6.

The Detox Bath is a hydrotherapy technique based on Louis Kuhne's (a leading German naturopath of the early nineteenth century) friction sitz bath and France Guillain's Derivative Bath.

It's a tool that has been generously provided to us by nature to help us maintain our body in optimal condition.

## Natural healing is timeless for a reason: It works.

Everyday we get further undeniable confirmation of what some of the best scientists and philosophers who ever lived taught us decades and centuries ago: **Nature is the ultimate healer**. We are continuously seeing proof of the triumphs of natural healing, even in some cases where traditional orthodox medicine has failed.

Mohandas K Gandhi (the Mahatma) saw the human body as a microcosm of the Universe: “**The human body is the universe in miniature**”, he wrote. “**It is composed of what the ancient philosophers have called the five elements. These are earth, water, vacancy, light and air**”. Key to Health- M K Gandhi, 1942-1945 (translated by Shushila Nayar).

Nature abundantly provides all what man requires for effective healing. If the human body is indeed a microcosm of the Universe, its resources are therefore infinite. These should be exploited and not limited to resorting to chemicals. We’re not denying the benefits of modern medicine, we’re only calling for more options, many of which nature has to offer.

**“The human body  
is the universe  
in miniature”**

**M.K Gandhi**



Pills, pills, pills

Unfortunately, drugs that promise an instant cure to years of excesses and unhealthy eating and living habits are superseding natural methods, which were originally part of our acquired and innate heritage.

There is no denying that the advancement of science and medicine has been spectacular. Modern medicine has indeed helped cure serious diseases and ailments and saved numerous lives. However, the philosophy of natural healing is not about the eradication of symptoms; it is essentially about keeping the body healthy and strong, it's about prevention and treatment of the cause of illness rather than just its manifestation. Natural healing is about the health seeker taking control and actively participating in the healing process to achieve optimal health.

Wouldn't it be wonderful to rediscover the mysterious ways in which nature can work for us? Wouldn't life be easier if we lived in harmony with our bodies and surroundings with minimal reliance on potent chemical cures?

**Nature offers  
countless ways  
to avoid  
and prevent  
disease  
and help us back  
to good health.**

Gandhi himself demonstrated that this was possible, as did a great number of naturopaths, herbalists and healers throughout time.

Nature offers countless ways to avoid and prevent disease and help us back to good health. Man has turned to natural cures since the beginning of life. Chemical drugs on the other hand, -in the form of antibiotics, painkillers and anti-depressants- have only become available at the beginning of last century. Compared to centuries of natural practices and remedies, modern medicine represents a very limited share of mankind's amazing discoveries in the art and science of healing. Unfortunately, ancestral methods, which took centuries to develop, are at risk of disappearing for good if that knowledge is not transmitted.

We hope to salvage at least one such highly effective ancestral method by sharing it in this book with you.

How can you trust a drug that has potentially serious side effects on the rest of your body while rejecting harmless methods widely available to us in nature? What's the point in healing one part of the body to the detriment of another? Some argue that our body is capable of self-healing without the help of drugs, remedies or other interventions.

In the modern western world we live in, a good number of people perceive healing in a cynical and sometimes derogatory way. Some even contemptuously classify natural methods as 'old wives' remedies. This is partly due to the bad publicity that some self-proclaimed healers have generated, as well as to the strong lobbying and marketing techniques of the medical and pharmaceutical industries. Those reject all that is not scientific and rational, dismissing the obvious merits of ancestral healing and cleansing practices, which nature provides to us in such great abundance.

Recognising this fact is the first positive step in triggering the healing mechanism; the second step is to actively take part in the actual process, to take control of your health, enhance and optimise it. That's what we hope Detox Bath will do for you.

Given the right nutrition and the right care, our body has the power to naturally trigger a regenerating and healing process. Let's give it all the support it needs and deserves.

# PART I

## MY PERSONAL DETOX BATH EXPERIENCE

*or why I became a faithful bath adept*

By Lina

My personal motto used to be “Seek pleasure wherever you can find it and enjoy all the bounties that life has to offer”. That of course, revolved around good food and fine wines not to mention other “artificial” pleasures I pursued in my wild youth. The word “moderation” was certainly not part of my dictionary then.

Waste and toxin elimination was the least of my worries. My young body effectively took care of the process, making it happen naturally. Activities like swimming, walking and yoga were, and still are, part of my daily exercise routine. Furthermore, I am someone who never seriously indulged in fatty foods or sweets. I took it for granted that my body would obediently carry on self-cleansing, despite my hedonistic binges. I believed it would always remain vigilant, forever eliminating the excesses I blithely subjected it to.

The last decade brought some unwelcome changes to my figure. I started gaining weight and growing alarming fat deposits around my hips, waist and stomach. With great distress, I realised that cellulite was becoming more obvious by the day and increasingly difficult to conceal.



My metabolism was slowing down and I was gaining weight even though my food intake hadn't changed.

My auntie always complained about piling the weight on despite the fact that she didn't indulge in food. I always suspected she was secretly eating far more than she cared to admit. This notion seemed somewhat ridiculous until, to my greatest bewilderment, the same thing started happening to me!

When, to my great frustration, someone would politely point out that I had put on weight, my reply would invariably be: “I don't understand, I haven't been eating more!”

Exactly like my poor auntie!

I became extremely careful with my diet and reduced all foods that I thought would burden my figure. I got rid of carbohydrates like bread, pasta and French fries, and categorically eliminated sweets from my diet. Conscientiously but boringly, I limited my alcohol intake to a single glass of wine whenever I drank.

Despite this, I realised with incredulous despair that nothing had changed! I kept putting the weight on, to a point where I became literally horrified at my body's reflection in the mirror. I no longer recognised myself! I was victim of a process I felt totally helpless to stop.

My body needs some serious exercise, I mused. My daily walks, swimming, yoga and occasional cycling were clearly not burning up the excess fat that I wanted so desperately to lose. This was partly the reason why I decided to take up Pilates, which I still practice regularly until today.

My Pilates classes had an amazing result. They helped me achieve a better posture, more balance and more grounding, and greatly improved my inner strength. They also increased my energy and flexibility, particularly reinforcing my abdomen and back muscles, and reactivating my circulation. Sadly though, they didn't help me lose the weight or burn the fat. Despite this, I remain highly enthusiastic about Pilates for the numerous benefits it offers.

Nevertheless, I was left with a serious weight problem to solve, but was determined to improve my figure. I desperately wanted to get back into my gorgeous Prada trousers, which didn't fit me anymore. Eating far less and exercising much more, I still didn't lose weight. I was devastated! My frustration turned into anxiety as I was incessantly seeking a means to effectively shed the excess weight and regain my trim- Prada pants- figure.

The Chinese doctor I've been consulting for many years prepares herbal teas and concoctions, which provide tremendous benefits. They help clear allergies and sinuses, improve circulation, balance energy and enhance liver and digestive functions. I implored him to prepare me a brew that would trigger weight loss. The herbal concoction he prescribed was highly diuretic, it helped eliminate my water retention problem and intensified my bowel movement. Drinking the tea certainly made me feel lighter.

However, it takes an inconveniently long time to prepare and infuse, and in the long run, its cost matched its inconvenience. A week of treatment requires three bags of tea at around US \$30 each, or a cool US \$360 a month. Taking into account the fact that it takes up to six months to start seeing a significant result, this exercise would have innocently cost me a modest fortune.

Moreover, the brew tasted so foul, it was almost impossible to swallow! Neither was it convenient to carry around when I happened to be away from home, or out on a weekend. Nevertheless, I sincerely encourage anyone to try Chinese herbal medicine for promoting general well being and preventing disease.

A year ago, while buying a pair of Birkenstock sandals at a natural health store in Montreal, the storeowner pointed out tiny white cysts on the sides of my feet. He informed me that these were fat deposits that my body was unable to eliminate. To illustrate his theory, he invited me to attend a seminar that the store was sponsoring. The seminar covered an apparently highly effective hydrotherapy method of a certain Louis Kuhne, which I had never heard of. He also gave me a pamphlet with extracts of Kuhne's book regarding the unity of diseases.

I left the store completely obsessed with these tiny white spots, which clearly reflected how intoxicated my body was, and the urgency for drastic action to get rid of this unsightly excess waste.

I attended the seminar on Louis Kuhne's natural healing and in particular his hydrotherapy cures. The case studies included in the presentation featured numerous successful cures of patients using Kuhne's derivative friction sitz bath method.

My fascination was somehow tinted with sadness at the fact that such vital information on how to achieve a state of optimal health was disappearing from our collective memory and habits. The presentation made so much sense, Louis Kuhne's methods were definitely part of nature's abundant array of solutions to man's ailments.

The seminar prompted me to extensively research Kuhne's and other naturopaths' work. Although these texts generally referred to rather serious conditions, the fact that the bath enhanced toxin elimination and waste expulsion, was to me a function that anyone could take advantage of. It made perfect sense that this process should also trigger weight loss. This fact was later confirmed at discussion forums on the friction sitz bath and its benefits, with special reference to fat and weight loss.

Finally, convinced that this routine was appropriate for my needs, I decided to try it. You have nothing to lose, I told myself. The method is simple, harmless and free. It neither entails visiting the doctor, nor buying supplements and thankfully not ordering and drinking horrible-tasting teas.

I started my daily Detox Bath routine some months ago with no expectations, I considered it an experiment. On day two, I experienced some reactions described by Kuhne and France Guillain, the author of the book on the Derivative Bath. The urine I passed had indeed a strong chemical smell, for instance. Also, when I had the bath just before bedtime, it induced restful sleep, as though I had been exercising all day! I had never really suffered from insomnia but my sleep didn't feel so restorative of late. I often woke up feeling tired rather than rested. The bath had an immediate effect on the quality of my sleep and I began experiencing sound, restful sleep as from day three.

My mood improved almost immediately as a consequence. I had been going through such a nerve wrecking time at work I was extremely stressed out. I felt on the edge of a total burnout, and the universe weighed heavily on my shoulders. Nothing seemed to be working, a fact which induced a bleak outlook on my life. I knew then that something wasn't right, both on a physical and psychological level.

I came across an article in a yoga magazine on cleansing and detoxifying. The author, Decker Weiss, a naturopath and cardiologist, explained that a high level of toxicity could manifest in depression, chronic fatigue, lower libido and endurance problems, amongst others.

It all made perfect sense, however I never expected the Detox Bath to have such an effect on my psychological and nervous state, as it astonishingly did.

I concluded that it must have acted on the priorities of my body and not necessarily on those on my agenda. My nervous system was dangerously overloaded, and the Detox Bath triggered an immediate healing response to rescue it.

**I felt like  
a veil had  
been lifted,  
the feeling  
of well being  
I experienced  
almost a week  
after starting  
the Detox Bath  
was overwhelming.**

I felt like a veil had been lifted, the feeling of well being I experienced almost a week after starting the Detox Bath was overwhelming. Not only was the bath helping me to detoxify but it also made me feel happier, lighter and more positive.

I had initially started with a daily fifteen-minute bath, but deep inside I knew that if I wanted to see measurable improvements in my figure, I should aim for twice daily. Guillain advises that a daily twenty-minute bath is more effective than ten minutes twice.

I felt that fifteen minutes were within my comfort zone, ten minutes being too short and twenty, too much. I urge you to try to get in tune with your own body needs and decide on the duration of the Detox Bath accordingly.

Someone who's overcharged with waste and toxins might require a twenty five-minute bath, while a less charged individual requires no more than ten minutes daily. The longer you practice the Detox Bath, the more in tune you will be with your personal body needs.



If you recall, I had mentioned earlier that I was obsessed with the small white deposits on the sides of my soles. These would become obvious when I was standing up or applying pressure to my feet. I wanted them gone. To me, getting rid of these unsightly fatty spots meant that my body was getting rid of the deposited fat. This is exactly what was happening...

Now a few months on, I am pleased to note I only have two remaining fat spots on my left foot (down from about a dozen between both feet). During my Detox Bath, without knowing the reason, I seemed to work more on the right side. I later learned in [France Guillain's](#) book that we usually accumulate more deposits on the side we sleep on and I always sleep on my right side. As my body's intelligence dictated, I was instinctively working on the more affected side. Since I became aware of this, I make a conscious effort to work both sides equally.

As for my figure, I was overjoyed in the first week after eliminating a lot of water. Three weeks later, I started growing increasingly more frustrated, as I could see no significant change. I naively expected to lose in two weeks the solid fat that has been accumulating for years. Only a miracle (or liposuction) can do that! Please remember to give your body time (as I later understood and did) in order to see positive changes. The increased metabolic function and elimination that my daily Detox Bath triggered toned my muscles up. They are now increasingly firmer and fuller.

Although not exactly a supermodel's, my body now looks lean and healthy. I have come to terms with the fact that my ideal weight is not necessarily to be dictated by fashion magazines and the media. I no longer aim for unrealistic weight, but I am delighted with the numerous and clearly measurable improvements that the Detox Bath has made to my body. My waistline is now more defined and curvy. I can see the cellulite gradually disappearing and the fat melting away.

**My body  
is happily  
responding to  
the care that  
I've been  
providing it with,  
and graciously  
returning  
the favour.**

People have been complimenting me on my figure and telling me how healthy and radiant I look. My friends who used to comment on my extra kilos are now eagerly asking me how I managed to lose them. My skin looks brighter and tighter and my hair healthier, moreover I feel more focused and my energy is at a constant high level.

My body is happily responding to the care that I've been providing it with, and graciously returning the favour. I am finally able to get into my Prada pants!

I urge anyone concerned with health and fitness to try this extraordinary Detox Bath method. What your body is capable of, when provided with the right care, is a true revelation!

PART I  
*(continued)*

MY PERSONAL  
DETOX BATH EXPERIENCE  
*or why I decided to write this book*

By Randa

Having practised Ashtanga Yoga since 1990 and Shiatsu massage for many years, I've always been reasonably in tune with my body and highly interested in safe and natural healing methods. This is especially true considering my inherent unease about modern medicine's drastic ways of dealing with the symptoms of disease. I cannot understand the logic behind a treatment system that works on suffocating the manifestations of disease, while disregarding the underlying fundamental cause of it.

Also, the fact that modern medicine treats organs as separate entities, rather than part of the harmonious and perfect mechanism, which is the human body, didn't seem to make much sense to me. The reason for this I believe, was everything I had learnt during my Shiatsu years.

Working on the same principle as acupuncture, but without the use of needles, Shiatsu is an ancient healing art form, based on balancing the Chi, energy or Life Force (the founding principle of oriental medicine) responsible for the good functioning of all body organs. According to oriental medicine, the origin of all disease is a blockage of the Chi.

The Chi meridians (a total of twelve in the body) are virtual energy (or Chi) channels running inside the body and connecting internal and external organs. The Tsubos or pressure points are energy points on the energy meridians, which are used for diagnosis and treatment. When pressure is applied on a specific Tsubo, it helps release the energy blockage, which according to oriental medicine, is the origin of disease. When you're giving a Shiatsu massage and you press the correct Tsubos, you can actually feel the Chi move, similar to a very mild warm electric current, between the mother hand and the working hand. It's really fascinating!

I won't go into further Shiatsu details here, since it is not our core subject. However, I had to mention it in an attempt to explain the reason behind my initial attraction and enthusiasm for the Detox Bath technique. In line with the Shiatsu perspective on health, the original Kuhne bath stipulates that accumulated toxins create a blockage, a physical manifestation of the Chi or energy blockage either in the body in general, or in a particular organ or meridian, resulting in disease.

Nevertheless, despite the undeniable logic behind the Detox Bath method, I was initially sceptical, so I understand you might be as well. No offence taken. I'm convinced that you'll change your mind just as I have, once you start practising the bath regularly and experiencing its extraordinary benefits.

Can such a simple method be so powerful, I wondered? And if all I had read was true, how come so few people knew about it? Why would people deliberately choose to ignore such a simple, natural yet so powerful means of achieving and maintaining optimum health and fitness?

With all due respect to Louis Kuhne, who originally devised the Detox Bath technique (friction sitz bath) and who was a great man indeed, his method had to pass the test. I had nothing to lose by trying it anyway. It's completely safe and harmless, as well as long-term side effect free. I figured I could probably do a lot less useful things (like sitting in a traffic jam or chatting on the phone) in the ten minutes it took to have the bath.

Having read the books on the subject and discussed the matter thoroughly with my friend Lina in Montreal, who first introduced me to the Detox Bath\* and helped me write this book, I decided to make it part of my daily routine for a while. I would at least do it regularly for a few weeks to find out if it lived up to all the wonderful benefits, which it's claimed to procure.

A few years back, I had suffered a serious and debilitating lower back problem. Two spine specialists I consulted confirmed that only spinal surgery would relieve me. The third one advised me to wear a metal brace covering my hip bone from the pelvis all the way up to the middle of the ribcage, in the hope that it will straighten my back out in the long run.

The pain was such that I was no longer able to have my daily yoga practice, as I had done for many years before. Ashtanga Yoga is a dynamic and powerful practice, not suited for someone with a severe backache. The metal brace I wore, badly restricted my movements, forcing me into a sedentary lifestyle I had never been accustomed to.

\* A naturopath in Montreal advised my friend to try the Kuhne bath when she noticed small fat deposits on her feet.



My normally healthy digestion became sluggish, (probably due to lack of exercise) and my skin and complexion reflected the sorry state of my health in a nasty greenish colour and pasty tone. To make matters worse, stress overload both from work and at home, and my ever-nagging backache (for which I was getting regular osteopathy treatments *and* taking pain killers) made getting a good night's sleep seem like a distant dream. I felt exhausted and run down in the mornings and had to work hard on motivating myself for the day. However, despite the pain, I was in no way ready to undergo such major and risky surgery, especially one with no guaranteed results.

Hmm, quite a test for your friction sitz bath method Mr Kuhne, I chuckled.

I started my ten-minute Detox Bath the next day, right after my morning shower. I aimed for at least five times a week.

Within three days I had an allergy-like rash covering my arms and legs. The water I passed had a powerful, unusually chemical smell. The rash didn't worry me much, since I had read that it was a common manifestation of shifting toxins, and that it would disappear in a few days. Sure enough it did five days later.

Amazingly though, on the third day I was able, for the first time in months, to have a restful, uninterrupted six-hour sleep. Previously, unable to find a comfortable position to sleep in due to my excruciating backache, I had been able to sleep no more than two hours in one stretch.

After the first week, my body seemed to demand an extended fifteen-minute bath. I obediently obliged.

By the end of the second week, my digestion started improving. I was no longer feeling heavy and bloated after a (light) meal and my common bouts of diarrhoea were slowly replaced by a regular and consistent bowel movement.

One morning, I woke up with a killer headache thanks to particularly nasty champagne I had indulged in the night before. Serves you right, I thought. However to my great amazement, my head suddenly began to clear as I was progressing with the Detox Bath. By the time I was finished, all that remained was a faint throb, which quickly disappeared too. *I was stunned!* No book on the subject had ever mentioned this benefit, not even Kuhne himself! (I suppose he was busy treating far more serious conditions to worry about a mere hangover!)

Within a month, sleeping soundly every night now, my mood and energy hit a level I thought they would never reach again. I felt light-hearted, and dealing with everyday life problems and hassles seemed like a breeze. A contented smile became the most regular and prominent feature on my face.

More importantly, a couple of months later, I was able to gently ease myself back into my regular yoga practice, without suffering an agonising backache as a result. This for me, was a major achievement, it was what I wanted the most!

**The cherished  
-and oh so missed-  
“Flow” feeling  
seemed to  
comfortably  
reinstate itself  
back into my life.**

Everything began to fall back into place after that. The cherished -and oh so missed- “Flow” feeling seemed to comfortably reinstate itself back into my life.

Is it possible for such a simple daily ten-minute bath to have such a tremendous impact? If not, I really don’t know what did. I had modified nothing else in my routine and my life circumstances hadn’t changed.

Now, a few months on, I’m in a far better shape than I’ve been for the last few years. The added bonus is that I am also rid of the fat deposits, which had started nestling around my stomach, waist and hips. My back still hurts a little now and then, when I overexert myself, but I can easily live with that.

My greatest relief was to be able to finally ditch the painkillers and say goodbye to my osteopath. Louis Kuhne had clearly described back problems as being an encumbrance of waste matter in the back region, which in some cases can even deform the spine. I can now see that there certainly is a lot of truth in his statement.

**It's free  
and you  
have absolutely  
nothing to lose,  
except of course  
cellulite,  
fat and  
toxins!**

Am I glad I didn't listen to the spine specialists? You bet!

I nearly forgot to mention my skin! It's now purer, clearer and tighter than ever before. People seem to compliment me on the way I look nowadays. This can't be bad. It's certainly very flattering considering the little effort it took to achieve the result!

I think the above clearly explains why I felt compelled to write this book with my friend Lina's help. Such a good feeling must be shared, and it gives me joy to share it with you.

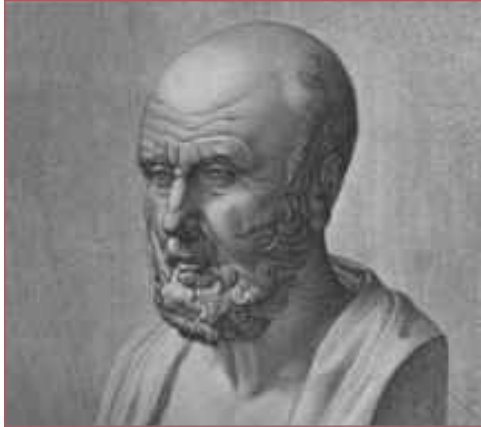
All I can say is try it. It will speak volumes for itself. It's free and you have absolutely nothing to lose, except of course cellulite, fat and toxins!

Please bear in mind that our bodies react in different ways, so be patient with yours. Give it time to adjust to the positive changes it will soon start going through, once you make this remarkable Detox Bath part of your daily routine.

PART 2

THE ORIGIN  
OF THE DETOX BATH METHOD

Louis Kuhne



**Hippocrates**  
400 BCE -377 BCE

The late nineteenth century and early twentieth century saw the birth of Neo-Naturopathy, particularly in Germany. Father Sebastien Kneipp, Dr Benjamin Lust and Louis Kuhne amongst others, were but a few disappointed with the failure of modern medicine in eradicating disease.

These men all turned to nature to find a way to help heal a diseased body and to maintain a lifetime of good health. Inspired by the work of the father of medicine, Hippocrates (400 BCE) who had observed the healing power of water and subsequently created thalassotherapy, they started successfully experimenting with various methods using water as a healing agent.

In the preface of the book “Neo-Naturopathy: The New Science of Healing or The Doctrine of Unity of Diseases” 1917, by Louis Kuhne and Dr Benjamin Lust, the latter writes:

“Official medicine is as blindly at work today as it has ever worked, promulgating false methods of medical treatments to conceal its failures to cure by the equally false methods it has discarded. Official schools of medicine and individual practitioners are flooding the

medical journals with literature on the practise of medicine that is based on the treatment of symptoms, but which has no effect on the cause of the given ailment.

Bacteriologists contend that microbes are the sole origin of disease, whereas the truth is that disease is primarily caused by the accumulation of filth or dead organic matter, in the tissues of the body, that can only be removed by agents consisting of an application of the forces of nature from without”.

He goes on to add:

“In the natural purification of the atmosphere from its carbonic acid and carbonic dioxide by plants, and the natural purification of filth-polluted streams by micro-organisms we see how nature works. Nature is a ceaseless round of beneficence towards organised beings. She destroys the malign cells of disease by transforming them into beneficent material of animal and plant health and vigour”.





Louis Kuhne  
called by Lust a  
"Genius in the art  
of healing"

Louis Kuhne called by Lust a "Genius in the art of healing", creator of the friction sitz bath, advocated the unity of diseases. He claimed that the origin of all disease is an accumulation of waste matter in the body. He believed that this matter actually deforms the body as in the manifestation of a distorted spine for instance. His diagnosis method, the Science of Facial Expressions consists in examining the face and neck for -sometimes invisible- signs of accumulated waste matter.

He reasserted the benefits of natural water healing after having to fight a long and chronic illness himself. He empirically experienced the benefits of the bath - particularly the friction sitz bath - by practising it on a daily basis to cure his ailments.

According to Kuhne, when waste matter accumulates in the body it pushes outwards and upward to areas from which it can no longer be eliminated and consequently causes organ malfunction and disease. The function of the friction sitz bath, as he advocated it, is to push back the excess load of accumulated waste matter and gradually redirect it towards the intestines, from which it's later evacuated.

**This method  
is nothing but  
a reflection  
of our body's  
natural ability  
to cleanse  
and heal.**

It is not difficult to imagine what causes these surcharges and morbid excesses to accumulate in the body. Through our mouth, skin and nose, various fumes we inhale, vapours, colorants and additives in food, pesticides, as well as food excesses penetrate the body and create deposits. Undigested organic matter also has a similar effect inside the body. When it putrefies, it creates illness and fever.

This excess load makes the body incapable of normal elimination and nutrient absorption. The result is an accumulation of deposits and fats that develops first around the belly, hips, buttocks and thighs, and later travels towards the upper body and extremities. A regular Detox Bath will effectively help move this waste matter or toxins back towards the intestines for elimination.

This method is nothing but a reflection of our body's natural ability to cleanse and heal. A fact that modern medicine chooses to ignore by stipulating the unnecessary and avoidable use of chemicals and drugs to combat disease.

Unfortunately, modern medicine has no interest and no advantage in conducting serious research on this method and disseminating information about its uses and benefits.

### **Kuhne's Hydrotherapy Cure: Case Studies**

Louis Kuhne devised and successfully practised this type of bath -the friction sitz - for over three decades. He cured thousands of various illnesses and diseases at his establishment in Leipzig, which he started in 1883.

Kuhne was suffering from a severe early hereditary cancer in his stomach and lungs. He had been bitterly disappointed with the inability of orthodox medicine to help him. He turned to natural cures in an attempt to find a way to overcome the terrible pain caused by a disease that was devouring him internally.

Not only did he succeed in alleviating his own symptoms and keeping his serious disease at bay, but he was also able to devote his life to treating the sick, and proved beyond the shadow of a doubt the efficacy of the healing system he devised.



**Kuhne's sitz bath**

Kuhne demonstrated through his doctrine of the unity of diseases that the origin of all disease is a lifelong accumulation of waste matter and toxins in the body, either inherited or acquired, which manifests in various organs depending on heredity or genes. He observed that a poor digestion was the cause of all subsequent ailments and that the body can only be healthy if the digestive organs are functioning correctly. This discovery allowed Kuhne to create a unique system of hydrotherapy cure for all disease manifestations. Kuhne's cure consisted chiefly in altering his patient's diet to strictly vegetarian, coupled with frequent and regular steam, hip and friction sitz bath treatments.

The fact that Kuhne's patients came to his establishment as a last resort, when orthodox medicine had pronounced them incurable, and were subsequently successfully healed by him, is an irrefutable confirmation of the efficiency and viability of his unique hydrotherapy cure.

His book “Neo-Naturopathy: The New Science of Healing or the Doctrine of Unity of Diseases” is rich in case studies and testimonials of severely ill people, who recovered good health thanks to his simple hydrotherapy panacea.

Let's look at a few remarkable case studies, extracted from his book.

### *Chronic Inflammation Of The Bowels, Gallstone, Irritability, Sleeplessness*

A patient he refers to simply as Mrs R came to Kuhne suffering from chronic inflammation of the bowels which forced her to depend on enemas and tablets for daily bowel movement. At the same time, gallstones also affected her. Her conditions made her so nervous and anxious she was unable to get any sleep. She became more and more corpulent and had intense pain in the liver area due to the gallstones. Having been advised to have an operation by her physicians and in a deplorable condition, she consulted Louis Kuhne.

He prescribed two to five friction sitz baths daily, one or two steam baths weekly and a non-flesh diet. The cure progressed slowly in the first week. In the second week the appetite, stool and sleep became normal again. During the third week, the nervous disorder disappeared and the fourth week was marked by “the immense quantity of obnoxiously smelling black dysenteric faeces” which she evacuated. After five weeks of treatment the patient had lost thirty pounds, and the gallstones began to dissolve and were clearly discharged through urine. By week seven, Mrs R. was completely cured.

### *Cancer*

A young Brazilian man of twenty-five was suffering from cancerous ulcers, which had been developing for eight years from his neck down to his stomach. These ulcers always bled after meals and the patient had a particularly offensive breath. He was so desperate, he seriously considered committing suicide. In the first three months of treatment the patient seemed to grow worse as the cancer nodules dissolved, causing intense pain. At the end of one year of treatment, the patient was well again and became an enthusiastic pioneer and practitioner of Kuhne’s natural cure in his native Brazil.

### *General Weakness, Pain In The Back, Cold Hands And Feet, Poor Circulation*

A patient suffered all the symptoms above while she was pregnant. Having received no help from her doctors, she decided to consult Kuhne. He prescribed a hipbath and two friction sitz baths daily, (after which the patient was to warm herself in the sun) accompanied by a (vegetarian) non-stimulating diet. Following only a week of treatment, her condition began improving.

A few months later her condition had returned to normal and she had a healthy baby. Whereas formerly she had suffered complicated deliveries and scarce milk, this time in contrast, she reportedly had an ample quantity of milk and an easy delivery, with an improved general health and normal appetite.

### *Consumption Of The Spinal Cord*

A composer referred to only as Mr M was suffering from consumption of the spinal cord, a condition that his doctors had pronounced incurable. In a pitiful state, -made worse by the lack of hope transmitted by his doctors- and unable to walk unaided, the man consulted Louis Kuhne. The examination revealed an encumbrance in the back, accompanied by internal fever.

Kuhne ordered hip baths, alternating with hour-long friction sitz baths every day. Moreover he prescribed a diet of wholemeal bread and fruits for breakfast and lunch, and vegetables for dinner. Two steam baths per month were also added to the therapy.

Following three months of treatment, Mr M was able to walk tolerably well. Six months later he was able to walk without his stick and could undertake light work.

### *Severe Heart Problems, Asthma, Protrusion of the Cardiac Artery and Sluggish Circulation*

Another combination of severe symptoms that Kuhne managed to cure with his particular form of hydrotherapy. This fifty three-year old woman had previously consulted five different doctors who were unable to help her. They were particularly baffled by the sudden protrusion of an artery near her heart, which was violently pulsating, at a rhythm faster than the heart. The woman had great difficulty breathing and was unable to walk more than a few paces at a time. It was even strenuous for her to talk.



As the doctors abandoned all hope and told the woman she would soon die when the artery exploded, she consulted Kuhne.

His diagnosis revealed that the cause of her complaints was an old and persistent digestive disorder, which resulted in asthma, heart problems, and sluggish circulation. Using the same hydrotherapy methods, Kuhne prescribed three friction sitz baths daily as well as a natural vegetarian diet.

Within a week, the pain disappeared. A fortnight later, the pulsation of the protruding artery had abated and within three weeks, all her symptoms, which were the result of encumbrance due to her chronic abdominal malfunction, had vanished.

### *Severe Menstrual Disorders and Uterine Haemorrhage*

A woman from Leipzig had been suffering from a highly irregular menstrual cycle for eight years. She would sometimes skip a few periods and suddenly suffer haemorrhages that completely robbed her of her strength. The doctor who had been attempting to cure her had been unable to bring about relief to her condition. Kuhne prescribed his usual daily friction sitz baths and a non-stimulating diet of wholemeal, fruits and vegetables.

He reports an astonishingly fast recovery. Not only had the woman become free of haemorrhage in a short period of time, but following a few months of self treatment at home at Kuhne's recommendation, her menstrual cycle became perfectly regular again and she regained her physical strength, which she had completely lost during her illness.

### *Impotence*

A man suffering from impotence, who had tried all the available cures and remedies of the time, finally consulted Kuhne. The latter prescribed a treatment of friction sitz baths and hip baths to be done at home, as well as a non-flesh diet. Six weeks later the man's disorder was completely cured.

### *Nervous Spasms (fits)*

After being unsuccessfully treated by several eminent physicians, a woman suffering from powerful bodily spasms visited Kuhne's establishment. Not only had her doctors failed to help her but their prescribed treatments seemed to be aggravating her condition. The reason for that, according to Kuhne, was because they were attempting to treat only the symptoms or manifestations of her

condition. Kuhne diagnosed an underlying abdominal condition, which had affected the woman for many years and which was the cause of the manifestation of her nervous spasms. The prescribed daily friction sitz baths and diet soon relieved the patient's symptoms and within seven weeks she had fully recovered from a condition she had been suffering for many years.

### *Severe Constipation*

A physician's wife, who had been suffering from severe constipation for twenty years, finally consulted Kuhne in desperation. She admitted to having tried all available remedies, and to having no hope of being cured. After practising Kuhne's friction sitz baths cure for a week, accompanied by a very strict wholemeal and acid fruit diet, she was able to have non-drug-induced bowel movements. A month later she had a regular bowel movement and all her accompanying secondary complaints disappeared.

The above are but a few of the numerous diseases and conditions that Kuhne was able to cure using his astonishingly simple and natural hydrotherapy panacea documented in his book and by several other naturopaths. The fact that he was able to cure such a wide spectrum of diseases with the very same simple hydrotherapy method and diet surely proves the validity of his theory of the unity of diseases, and the underlying accumulation of waste matter, which is their common origin.

It is important to note that another positive consequence of Kuhne's cures was that all his patients, aided by his prescribed natural diet and baths, were able to lose all the excess deposits and fat and realise their ideal body weight.

The Detox Bath is inspired by Louis Kuhne's friction sitz bath . However, by no means are we implying it should replace medical advice, or be used to cure serious diseases, such as in the list above. For these, medical advice should always be initially sought. The bath can then be practised to enhance the benefits of the medical treatment.

However, we can certainly safely recommend it for its amazing capacity in helping flush fat and toxins out of the body and in contributing to maintain and optimise a state of radiant health and a well toned, balanced and fit body.

## **The Derivative Bath by France Guillain**

Inspired by Louis Kuhne's outstanding work with hydrotherapy, France Guillain published in France two books highlighting Kuhne friction sitz bath, and its tremendous support in keeping disease at bay and maintaining good health. France Guillain appropriately named Kuhne's method the Derivative Bath, referring to the bath's action of shifting of fats and toxins from the periphery of the body back into the colon. Her book 'Les Bains Dérivatifs: Un moyen de santé simple, efficace et gratuit' Éditions Jouvence- 1995, is based on Kuhne's friction sitz bath method, of which Guillain is a faithful adept.

Born in Polynesia, Guillain lived on her sailboat for 17 years, relentlessly and single-handedly sailing the globe's oceans and seas with her children. This lifestyle compelled her to turn to nature for simple yet effective healing methods to safeguard and optimise her personal as well as her family's health.

Her work is a great homage to Louis Kuhne's hydrotherapy and particularly the friction sitz bath. A journalist, as well as a dedicated naturopath, Guillain wrote several books on natural healing, sailing the seas, naturism and childcare. She currently actively runs seminars and workshops in Switzerland in an effort to teach and promulgate this amazing bath technique. Guillian is also a mathematician and physicist.

However, unlike Kuhne, who reportedly cured serious illnesses using it, Guillain insists that the friction sitz or Derivative Bath should in no way be considered a therapy or medical treatment. She considers the method a forgotten, inherent human competence, in the same order as breast-feeding.

According to Guillain, the fundamental action of the Derivative Bath is to produce a vibration in the intestines and the fascia (interconnecting tissue covering all internal organs). This vibration sets in motion a mechanism that transports digestion's leftover fats and toxins to the intestines, from where they are later eliminated.

Guillain makes a clear distinction between dark fluid fat, essential for protecting the body against extremes of temperature, as well as fulfilling important hormonal and tissue-repairing functions. The thick white or yellow fat on the other hand, has no biological function whatsoever. When it's not properly eliminated it settles in the body, manifesting in unsightly bulges and cellulite.

The “good” fluid dark fat is the vehicle that transports the superfluous “bad” thick white fat into the intestines for expulsion.

She believes that the Derivative Bath or Detox Bath particularly enhances this action by melting down hardened body fat, thus easing its mobility and preventing its accumulation. It encourages continuous and regular fat circulation, allowing the system to eliminate the useless fat, as quickly as it enters the body in the process of digestion. The absence of effective fat circulation and elimination mechanisms is the main cause of weight gain and cellulite. It is therefore logical and obvious that the Detox Bath plays a major role in keeping the body trim, fat-free and well toned.



**On a psychological level, the Detox or Derivative Bath alleviates depression, anxiety and fatigue.**

This is just one of the numerous benefits of the Derivative or Detox Bath, according to Guillain. Others include insomnia relief, enhanced tissue regeneration, improved libido and overall energy, a smoother, clearer skin and radiant complexion.

The bath promotes an easier pregnancy and childbirth, relieves constipation and improves digestion. It alleviates PMS, menopause and impotence symptoms. It strengthens the immune system against viral and non-viral infections, aids liver detoxification and has been proven to ease the side effects of chemotherapy in cancer patients. It helps lower blood sugar level (diabetes), blood pressure and cholesterol. It is recommended for headache, toothache, backache, fever, allergies, acne and asthma.

On a psychological level, the Detox or Derivative Bath alleviates depression, anxiety and fatigue. It significantly improves mood and provides support in overcoming addictions. Some people have reported that when practised regularly, it made giving up smoking easier by subduing nicotine cravings.

You owe it  
to yourself  
to at least give  
this incredibly  
simple  
and highly  
effective  
method  
a try.

The list of the Derivative Bath's benefits is endless, it has been reported to even reverse the greying of the hair!

I wouldn't blame you if you thought this is too good to be true. That's exactly how it sounds... My personal reaction upon reading the books was highly sceptical initially. Luckily I gave it the benefit of doubt. However, I remained sceptical until the day I started personally experiencing the tremendous advantages of this Derivative or Detox Bath. You'll find my detailed personal experience with the extraordinary benefits regular bath practice brought me in more detail at the beginning of this book, if you haven't read it yet.

I'm not sure what exactly prompted you to buy **Detox Bath** but the mere fact that you are here clearly demonstrates a keen interest in health and fitness. However, reading the book alone will not improve your health, nor will it help you lose fat and toxins. You owe it to yourself to at least give this incredibly simple and highly effective method a try. All it takes is a little time, discipline, dedication and patience. We guarantee that you'll be overjoyed with the results. You'll probably want to tell the world about it too.

Integrate the Detox Bath into your daily routine and you will gradually watch a new you unfold. You will start feeling lighter, clearer, more focused, in a far better mood and full of positive energy. In time you'll watch cellulite melting away. Surely you'll agree that the Detox Bath is a disproportionately tiny effort to make in return for these amazing benefits!

## PART 3

# HEALING DEMYSTIFIED

**Disease  
is nothing  
but the body's  
attempt  
to rid itself  
of toxic waste.**

## *Disease*

Lack of harmony, energy blockage and accumulated toxins all cause *disease*. The holistic approach doesn't perceive the body in terms of organs. These only manifest the existing lack of harmony, energy blockage or toxin accumulation in the body.

Consequently holistic treatments concentrate on restoring harmony and balance and on detoxifying the body with an emphasis on treating the whole person - body, mind and spirit- while also encouraging the body's inherent healing and cleansing abilities.

Whereby orthodox medicine considers that disease is due to germs, naturopathy on the other hand advocates that disease is nothing but the body's attempt to rid itself of toxic waste accumulated through unhealthy living habits and organic by-products.

The greatest naturopaths who ever lived all confirmed the above. They were all unanimous on the fact that disease is nothing but an accumulation of toxins and waste matter in the body, which then manifests in various organs. They believed that illness and especially fever, is the body's natural mechanism for getting rid of

these putrefied, poisonous substances, and that disease is a direct consequence of the living habits of an individual.

### *A Revived Perspective*

The modern holistic approach -regardless of the mixed publicity it sometimes generates- has brought us a very positive concept indeed: it teaches us responsibility for our health and puts us directly in charge of our lives. We're finally realising that we are responsible for everything that happens to us that we can actually take control and transform our lives with our daily lifestyle choices.

We create our own destiny and we create our good health and well being. Our thoughts affect every cell and every neurone in the highly intricate and sophisticated mechanism, which is our body. Isn't it a relief to know that we are in charge?

Healing is all about taking control of our health with a positive mental attitude and working on staying disease-free using methods that are easy, appealing and appropriate. Diet and good nutrition play a major role but daily cleansing and detox hygiene is as crucial in maintaining our body in top shape.

**Nature is  
the physician  
of disease**  
Hippocrates

Such is the Detox Bath method we will be sharing with you in this book. It's the safest, easiest and only cost-free way to help you fulfil your health potential as well as eliminate excess fat and cellulite. Combined with a nutritious, natural healthy diet and sensible exercise, it could be the answer to all your health concerns.

How strange that healing should attract such stigma and controversy when -in essence- it is such a natural and simple concept, which has been with mankind since the beginning of time. As far back as 400 BCE, Hippocrates, the ancient Greek “father of medicine”, proclaimed “Nature is the physician of disease”.

## *A Positive Attitude To Life And Health*

Our thoughts indeed affect our lives and we actually become exactly who we think we are or who we want to be. Our mind literally creates our reality. It then goes without saying that our minds and thoughts have a direct effect on our health and quality of life.

What the Bleep do we know? ([www.whatthebleep.com](http://www.whatthebleep.com)) is a film that deeply explores the notion above, undeniably proving with quantum physics logic, the power of our thoughts over our bodies and ultimately, over our lives. Check this empowering film out, it's a must see!

The good news is that you can train your mind to think positive by repeating daily positive affirmations and making positive visualisations, thus creating your own reality. In his 1937 classic all-time masterpiece, the book “Think and Grow Rich” Napoleon Hill explains:



“The subconscious mind (the chemical laboratory in which all thought impulses are combined, and made ready for translation into physical reality) makes no distinction between constructive and destructive thought impulses. It works with the material we feed it, through our thought impulses. The subconscious mind will translate into reality a thought driven by FEAR just as readily as it will translate into reality a thought driven by COURAGE, or FAITH.”

He goes on to add “The pages of medical history are rich with illustrations of “suggestive suicide” A man can commit suicide through negative suggestion just as effectively as by any other means”.

Surely then if a man can commit suicide through negative thinking, he should be capable of manifesting good health and well being through the sheer power of positive thoughts?

**We tend  
to seek solutions  
in the outside world  
when those  
are actually  
embedded  
in our beings.**

## *Love Yourself*

Do you tend to put yourself down or feel unworthy at the first sign of failure? Are you so hard on yourself that you fail to see the positive aspect of your actions? Do you ever think you're not smart enough, funny enough or good-looking enough? Do you ever envy people for what they have?

If your answer is “yes” to any of the above questions then you're probably like most people: You don't love or appreciate yourself as you should. We tend to seek solutions in the outside world when those are actually embedded in our beings. The reason we're blind to them is because we don't know they are there, so we seek them outside of ourselves. Most people are happy in the role of victim because it allows them to reject responsibility for their situation. Yet, when you realise that the solution to your problem lies within you and that you are totally responsible for what happens in your life, you can no longer pretend you're a victim. This is when you'll take positive action to transform your life. Sometimes all it takes is just a change of outlook or perspective.

Loving yourself is by no means being self-centred or egotistical, far from it. It's all to do with self-acceptance and self-appreciation. It's only by genuinely loving yourself that you can manifest love for the creator and your fellow human beings.

Think about this for a moment. No matter how difficult or even desperate your situation seems there are always people who are much worse off than you are. When you think of yourself in this perspective you'll realise how fortunate you actually are.

Focus on your achievements -no matter how small- and become inspired by them rather than letting your failures bring you down.

Loving yourself means considering yourself worthy of all good things which life has to offer and which you would like to possess, including vibrant health.

In an interview with Randy Peyser on manifesting, Dr Wayne Dyer says:

**True love,  
including self-love  
is the most powerful  
healing agent  
of all time.**

“Feeling unworthy is like putting a huge obstacle into the God force, into the life force which is everywhere. This force is unlimited. It is always moving and always flowing. The ancient Hawaiians, the Kahunas, used the metaphor of the flow of a running stream to represent the divine force.”

When you put a great big obstacle (your feeling of unworthiness) in front of a running stream, it's not like it's going to stop the flow of the divine force. The divine force will just go around your unworthiness and flow someplace else. That's exactly what happens when you decide you really would like to manifest something, but you're simultaneously saying, “I'm really not worth it,” “I'm really not good enough,” or “I've been bad,” or “I'm a sinner.” The force will not work with you. It just doesn't work with that which doesn't think that it deserves it. We have to overcome our societal conditioning, which says we are unworthy.”

The feeling of unworthiness prevents you from loving yourself and when you don't love yourself, you feel unworthy.

True love, including self-love is the most powerful healing agent of all time.

## *Prevention Is Better Than Cure*

One of the direct positive consequences of loving and accepting yourself is treating yourself with love, patience and consideration.

It's only when you learn to love yourself that you start taking action to improve your body as well as your mind, since only then will you feel worthy of the better life, which you yearn for and are entitled to. Loving yourself means avoiding the excesses that you know will harm you. It's about educating yourself and raising your awareness to the basic components of good health and to the realisation that your body has a mechanism for self-healing which you can stimulate by natural means.

The healing concept starts with leading a balanced and harmonious life and avoiding what causes disease. It focuses on prevention, and enhancement of your Life Force as well as your immune system.

**Diet plays  
an important part  
in disease prevention.**

## *Diet*

Diet plays an important part in disease prevention. Eating a healthy and balanced diet free of refined, artificial fast food will certainly help keep disease at bay. Avoiding foods that contain additives and preservatives, packaged and processed foods, as well as condiments and colouring agents, is a big step towards a healthy diet.

All the nutrition our body requires for healthy functioning can be obtained through a well-balanced and simple diet. Fruits and vegetables are an abundant source of nutrients, vitamins, antioxidants and energy. A diet rich in those recharges and rejuvenates the body.

Oily Fish is essential for Omega-3 supply. These are fundamental molecules in the structure and activity of the membranes of all cells in the body. Their functions are specialised in neurological tissues, especially the brain and retina. Because of their role in cell membranes, Omega-3 fatty acids are essential for the formation of new tissue. Therefore, they are essential for development and growth. The Omega-3 fatty acids play a major health role at every stage of life in the prevention and management of certain diseases

and chronic conditions. To maintain a healthy body you need to consume oily fish like mackerel, tuna, salmon, anchovy, halibut, cod and herring, at least twice a week.

Calcium is a rich and important nutrient and should be included in your daily diet. Foods rich in calcium are dairy products such as eggs, cheeses and yoghurt as well as dark green vegetables like spinach, broccoli, pak choi and okra. It is also found in almonds.

Consume meat in moderation and especially red meat. If you must have meat choose organic lean meat, chicken or fish.

Consume sufficient amounts of fibre to maintain a healthy digestive system and to prevent heart disease. Fibre-rich foods include oats, bran and puffed wheat. Vegetables rich in fibre are black-eyed peas, beans, lentils, courgettes, cauliflower and corn. Fruits high in fibre are strawberries, tangerines, apricots, pears, peaches and oranges.

Watch your weight to stay healthy and disease free. Excess weight and obesity can raise your blood pressure, cholesterol, blood sugar and increase your risk for heart disease, diabetes, and stroke.

Use saturated fats very sparingly in your daily diet and avoid excess salt, sugar, alcohol and tobacco.

The use of vitamin and mineral supplements is recommended, as marginal nutrient deficiencies may occur depending on the quality of the food you consume, the efficiency of your digestive absorption and your biological make up. Bear in mind that each person has unique nutritional requirements so if you feel that your diet is not providing you with the necessary vitamins, consult a nutritionist to advise you on supplements to prevent essential vitamin deficiency. It is certainly advisable to take daily antioxidant supplements.



### *Regular Physical Activity*

In the form of moderate exercise is essential for disease prevention. Disease lives happily in a sedentary body. Exercise helps blood circulation, engages your heart and lungs and makes it easier for the body to get rid of the fat and toxins. It increases energy and provides a general sense of well being. Regular moderate exercise also helps prevent heart disease, osteoporosis and cancer and maintain mental health by easing stress, anxiety and depression thanks to the feel good factor it brings. It is also known to help better sleep while playing an important role in weight control.

### *Toxin Elimination*

Naturopathy teaches us that all diseases are caused by the accumulation of morbid matter or toxins in the body

There is no denying that accumulated toxins can cause serious health problems. Those range from poor digestion to Irritable Bowel Syndrome to constipation to skin rashes and allergies to general fatigue and depression. The accumulation of toxins greatly disturbs the body's balance and energy flow making a person much more susceptible to ill health or disease.

Regardless of how healthy our diet is, toxins from the environment, from chemicals, metals and food additives enter our bodies and are harder to eliminate than normal food products. The latter are eliminated through sweat, urine and stools. When these toxins accumulate in our body over a long period of time they cause havoc by preventing the correct absorption of nutrients, thus reducing the nutritional value of the food we eat. More seriously, the blood capillaries can start absorbing these toxins into the blood stream, poisoning the system.

Sweating eliminates toxins. Many toxins eliminating products and kits are available on the market. Colonic Irrigation, which as the name indicates, entails flushing the large intestine with water as an effective way to improve toxin excretion, has recently become a very popular form of hydrotherapy and is now widely available.

However, the Detox Bath is a safe and effective method that doesn't involve buying any products or visiting a health therapist. Its approach is less radical and only requires daily discipline, which provides clearly measurable results, starting from week one.

## *Water*

We've all heard time and again about the importance of drinking plenty of water (six to eight glasses a day). This is because water regulates all functions of the body. It carries vital elements like oxygen and hormones around the body. When you don't drink enough water you prevent some more remote parts of your body from receiving the vital elements that are supplied by it.

Water acts as a healing agent in our body. The human body is composed of up to seventy five percent water. Organs such as the lungs and the brain have a very high percentage of water, as do fluids such as blood, lymph, saliva and the digestive system's secretions.

It plays an important role in flushing toxins out of the internal organs and is particularly essential for the kidneys.

There are many reasons why it's important to drink enough water on a daily basis. The most obvious is to avoid the body becoming dehydrated. When our body doesn't get a good regular supply of water, it starts consuming it's own supplies, which eventually results in total dehydration and death.

**The Detox Bath  
method  
we bring you here  
is the result  
of years of  
experimentation  
with water's  
effective role  
in healing  
and cleansing.**

Several naturopaths claim that a major number of diseases are caused by dehydration. They have successfully helped cure conditions such as headache, high blood pressure, anaemia, obesity, arthritis, asthma, bronchitis, ulcers, fatigue and depression through getting their patients to drink appropriate amounts of water.

Naturopaths use water both internally and externally in the form of immersion baths as well as rubs and packs. Hydrotherapy was an integral part of the lifestyle of Romans and Greeks. It was initially prescribed by Hippocrates and has continued to be popular in Europe, where it is highly developed, particularly in Germany, Greece, Austria and Switzerland.

The Detox Bath method we bring you here is the result of years of experimentation with water's effective role in healing and cleansing.

In part 5 we will highlight various water therapies and their benefits.

## PART 4

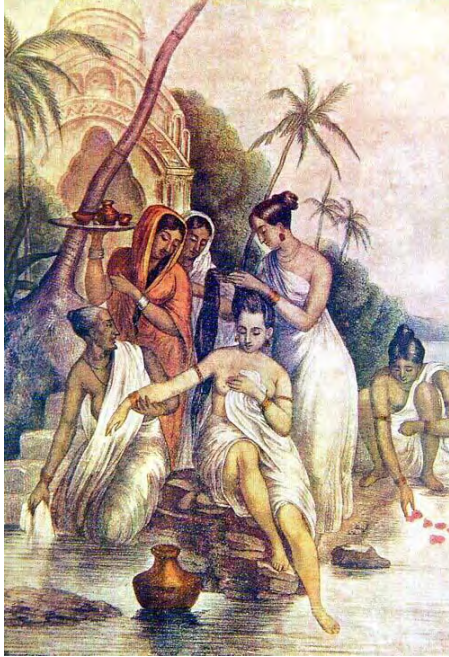
# THE POWER OF WATER

**Water has been  
a source of awe,  
inspiration,  
abundance,  
relaxation,  
cleanliness,  
purification  
and healing  
to the human race  
since time began.**

## *Water Is Life*

Water is one of the crucial elements of the universe; it is the source of all life. We are born out of water and it constitutes up to seventy five percent of our body weight. Water covers the earth's surface in roughly the same proportion (seventy five percent) in the form of oceans and rivers. It is as essential to earth as it is to the human body. We, in the West, are fortunate not to suffer any significant water shortages. Just observe the distress, suffering and hunger droughts cause to realise the importance of this vital element.

Water has been a source of awe, inspiration, abundance, relaxation, cleanliness, purification and healing to the human race since time began. Some ancient civilisations worshipped it and associated it with the divine energy. In ancient Egypt, one of the main regular duties of the Pharaoh was to pray to the Nile and present it with offerings to ensure a good flood to maintain the fertility of the - otherwise dry- land. A good flood meant the difference between a prosperous, abundant year and a year of scarcity. Even to our day, water is still associated with religious rituals as in Christenings, or cleansing before prayer in Islam, as well as the ceremony of immersion in the Jewish religion. In India, the masses take a yearly



**Ablutions  
by the Ganges**

ritual dip in the Ganges for cleansing and purification. The Hopi Indians still consider water sacred, until today.

There was a time when long distance travel was done mostly on water. It has facilitated travel and trade exchanges between civilisations since ancient times, and still does today. If it wasn't for water some countries would never have been conquered and others would have never prospered. Water was a unique vehicle in the spread of civilisation, trade and prosperity to most countries of the world. It took the Phoenicians from the ancient ports of Tyre and Sidon in the eastern Mediterranean to Venice and Carthage.

If it weren't for water, Marco Polo would have never discovered China or Christopher Columbus America, and Homer wouldn't have written about the travels of Ulysses in his famous Odyssey. Throughout history the most prosperous cities have always been port cities.

**Water  
is the most vital  
and most versatile  
natural resource on earth.**

Even to our day ships still cruise the seas carrying commercial and industrial goods, as well as passengers. We all agree that a boat or ship cruise is a most pleasant, relaxing and beneficial experience.

In modern times, water has become a major source of energy thanks to its electricity- generating capability. It is responsible for the functioning of many types of sophisticated engines, including the human body.

Water is the most vital and most versatile natural resource on earth. It evolves and changes form, subject to the surrounding temperature. From steam to liquid to ice, it is essential to us in every one of its forms.

Without it, the earth would be a barren desert where nothing can survive. It is the blood and lifeline of our planet.

### *Water Is One Of The Five Elements*

Both Ayurveda and Chinese or Oriental medicine consider water as one the elements essential for life. These are air, space, fire, water and earth in Ayurveda, and wood, metal, fire, water and earth in Oriental medicine.



The word 'Ayurveda' is a combination of two words 'Ayus' meaning life and Veda meaning 'knowledge' or 'science'. Ayurveda is 'The science of life'.

Ayurveda originated in India. The classical Ayurvedic texts were written between 6000 and 4000 BCE making Ayurveda the oldest known natural health and holistic science in the world.

Ayurveda teaches us that life is a combination of the senses, the mind, the body and the soul. Therefore Ayurveda does not limit itself to treating the body or physical symptoms. It also provides deep comprehensive knowledge about spiritual, mental and emotional health.

Ayurveda believes that the five elements of nature mentioned above are represented in various degrees in human beings as **Vata**, **Pitta** and **Kapha**, otherwise known as the three **doshas** or biological forces.

**Vata** is comprised of air and space and is responsible for all movement-related functions of the body, such as breathing, circulation and thought.

On an emotional level it is responsible for positive emotions such as creativity, and also flexibility. Its negative aspects are fear and anxiety.

**Pitta** is composed of fire and water and is responsible for the metabolism, including digestion, it also relates to the natural urges of hunger and thirst. Emotionally it is connected with courage, ambition, anger and pride.

**Kapha** is comprised of water and earth and is responsible for cohesion; it provides the body's structure. It governs emotions such as love and devotion, greed and jealousy.

Observe how water is present in two of the three main doshas.

Each person is born with a unique combination of these three doshas. This is what determines this person's **Prakriti**, their biological type or constitution.

Determining your biological type and doing what's right for it is the secret for achieving optimum health and beauty.

## *We Are Over Seventy Five Percent Made Of Water*

Our body is made up of up to seventy five percent water, it constitutes more than eighty percent of our blood, over seventy five percent of our brain, and our liver is almost entirely made of water at ninety six percent.

Every single cell in our body contains vital fluids. It is the main component of our spinal disks, which are responsible for the mobility and motion of the spine and the entire body. Our nerves are actually microscopic tubes filled with water. Dehydration in the nerves is thought to be the main reason behind various degenerative and neurological diseases.

Proper digestion and the effective absorption of nutrients directly depend on a good water intake. Our energy levels and stamina are greatly affected by lack of water. Medical research has proven that a mere drop of five percent in our body fluids drastically reduces our energy level by thirty percent.

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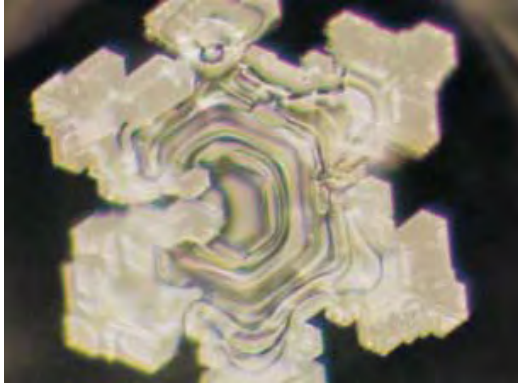
**Every process  
in the body  
involves water.**

Another chief role of water in the body is detoxification, which is key to good health. Water is responsible for flushing toxins out of our body through sweat, urine and stools.

It is now believed that most common diseases and ailments such as hypertension, headaches, backaches, arthritis, and even asthma are caused by minor dehydration and could be cured with an appropriate water-drinking regime.

Water is therefore crucial to health and vitality. Every process in the body involves water. It is responsible for carrying nutrients to the cells and helps regulate circulation, breathing, digestion and glandular activities to name but a few of its essential functions and role in our body.

The human body is capable of surviving for days without food, but water deprivation will cause certain death in much less time.



Love-and-gratitude



You-make-me-sick

## *Water Has A Memory*

A creative Japanese researcher and alternative health practitioner, Dr Masaru Emoto has been studying the effects of different kinds of energies on the molecular structure of water and has made some astonishing discoveries.

Following a series of experiments on frozen water crystals taken from various regions in the world, Dr Emoto clearly demonstrates how water alters its structure when subjected to different thoughts and words. His book *“The Hidden Messages in Water”* is a fascinating account of his experiments.

Dr. Emoto studied the incredible differences in the structure of water crystals coming from different places around the world and subjected to different conditions. Pure mountain spring and stream water for instance manifests beautifully formed geometric designs. Conversely, polluted or toxic water and stagnant water from pipes for instance, shows clearly distorted, erratic and randomly shaped structures.

**If thoughts  
can affect  
the structure  
of water,  
imagine  
what they can do  
to our body!**

The results of the experiment above encouraged Dr. Emoto and his team to test how thoughts and words affected the formation of distilled water crystals, by typing words on paper and taping them around glass bottles overnight. The waters were then frozen and photographed.

The experiment irrefutably demonstrated that the water crystals subjected to the words “Love” and “Gratitude” for instance, formed beautifully harmonious structures. Conversely, the words “I hate you” or “I want to kill you” transform the crystal structure into erratic and chaotic patterns. If thoughts can affect the structure of water, imagine what they can do to our body!

Dr Emoto’s experiments prove the incredible reflections of water, as alive and highly responsive to every one of our emotions and thoughts. It is quite clear that water easily absorbs the vibrations and energy of its environment, whether toxic and polluted or naturally pristine.

In an interview in 2004, Dr Emoto says:

“I believe that prior to Adam and Eve water itself held the consciousness of God -- that God’s intention was put into the medium of water and that this was used in the creation of Earth and Nature. In other words, all of the information needed for God’s Creation was reflected in the water. And then we -- Adam and Eve -- were placed on Earth to be the caretakers for this Creation of God. I believe that water held the consciousness of God until then, but that after the caretakers were placed on Earth, water became an empty vessel to mirror and reflect what was in the heart. It became a container to carry energy and information. Therefore, since this time, I think water has taken on the quality of simply reflecting the energies and thoughts that it is exposed to; that it no longer has its own consciousness. Water reflects the consciousness of the human race”.

Dr Emoto believes that when a person dies before their soul has attained “Satori” or enlightenment, it stays on this planet and turns to water. He goes on to say:

“People who have seen ghosts report seeing them in water or in places where there is a lot of humidity. It’s as if the imprint of

**Water  
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the soul, which is in the form of water, suddenly takes form when surrounded by water or moisture -- much like a mirage”.

Dr. Bernard Grad has also tested the receptivity of water molecules to energy and thought. In experiments he conducted in the 1960s in Montreal, he asked a healer to place his hands on a jar of water that was to be poured on plants. Results showed that these particular plants grew at significantly faster rates than the ones that received ordinary water. Conversely, water held by people suffering from depression seemed to have the opposite effect, retarding plant growth.

The evidence is mounting that water is able to receive and reflect thoughts and energies it comes into contact with. Like any living organism, water has the ability to absorb and transmit information reflecting the energy, vibration and temperature of its surrounding environment. Moreover, it seems that water can store this information and pass it on to the human body.

### *Blessed Water*

We have all heard numerous and amazing accounts of severely or even terminally ill people, who were miraculously healed with blessed water.



Many ancient cultures believed water to have healing properties that encompassed body and soul. Water held a central place in the rituals and beliefs of many religions. Votive figures from Roman times were found in the vicinity of springs and pools as in the Chamalières, south of France. Such healing waters have been and still are the scenes of rituals and pilgrimages, and the source of incredible healing accounts.

Since the first healing of Catherine Latapie in 1858, (who recovered full use of her paralysed arm and hand) as many as two thousand five hundred unexplained healings have been recorded in Lourdes, France. The Virgin Mary is said to have appeared eighteen times and spoken to Bernadette Soubirous who later became St Bernadette, also in 1858.

The Lourdes spring water has been scientifically classified as “clustered,” or highly pure, containing more structured crystalline molecules than regular water. Beyond the scientific explanation, seekers believe in the “limited bodily proof of the unlimited grace offered to all” in the form of miraculous water and saintly presence.

Water was a part of the rituals of priests in the ancient Greek civilisations.

At the temple of Claros, dedicated to the god Apollo, the priest would only prophesy after he had drunk pure water from a sacred spring flowing in a nearby grotto. All the healing temples in Asklepia, (from Asklepios, the Greek god of healing) seem to have been situated on sites where water was abundant and revered.

Hippocrates, the father of medicine, recommended bathing in the springs of his island (Kos) as part of his cure.

The early Indian Atharva Veda states: “Water truly heals; water expels and cures all diseases.” In Hinduism water is sacred and rivers play a central role in spiritual and purification rituals.

Water is also central to cleansing and purifying in the Muslim religion. It is thought to purify both physically and spiritually, and prepare for the presence of Allah. During the ‘Hajj’, the pilgrims circle the Kaaba and then proceed to drink from the miraculous well of Zamzam as part of the ritual.

Zamzam water is said to quench both thirst and hunger. It's also believed to have a great healing power and is often brought back home to cure ill relatives. It is claimed that: “The water of Zamzam is for whatever it is drunk for.”

In Tlacote, Mexico, a rich ranch owner, named Jesus Chahin, owns a well with healing water. More than ten thousand people visit everyday and have free access to this “miracle” water said to have cured diseases ranging from AIDS to cancer as well as problems like obesity and high cholesterol. The site has attracted millions of visitors since the well was discovered in 1991, some even from Europe and Russia.

The “miracle water” of Tlacote was discovered by accident when a sick dog quickly recovered after drinking from a puddle by the well. It is said that the local priest sent it to a nearby army hospital and it was responsible for healing six hundred soldiers.

Another two sources of healing waters were discovered around the same time in 1992. One in Germany next to Dusseldorf, a source of highly pure water said to have healed blindness, back problems



Alchemy symbol

and high blood pressure. The other is in India near Delhi. Local villagers who bathed in the water reported that the “magical” qualities of the well cured their skin diseases. Most people who bathed in it reported physical improvement. The owner of the well has been offered a great sum of money to sell it, but he refused and instead kept it free and open to the public.

Water has always been regarded not just as a cleanser of the physical body but also as a means for restoring spiritual harmony. It’s deep resonance calling on our primordial self, as beings composed essentially of water.

Through history water was believed to restore balance and harmony, since illnesses were regarded not only as physical, but spiritual in nature. Water was a symbol of the healing power of the spirit and the medium for its energy.

### *Protect Water*

Thankfully, the human race is slowly developing an increased awareness of the great damage it has inflicted to the earth’s water over time. The extent of damage to rivers, lakes and oceans

caused by pollution is now seriously alarming and could have tragic consequences, gravely disrupting the earth's environmental balance, if it's not contained.

Accidental petroleum spills, radioactive substances, pathogens, untreated sewage and organic pollution are all contributing in drastically disrupting aquatic life by poisoning and killing water organisms and creatures.

Water pollution is also the source of many, sometimes deadly, diseases affecting humans. Research estimates that five billion people die every year from waterborne diseases and one and a half billion people on this planet lack safe drinking water. Outbreaks of Cholera and other serious waterborne diseases still happen with alarming frequency and disastrous consequences in the developing world.

Awareness, education and action are crucial in combating water pollution. The World Health Organisation and the United Nations have both created specialised bodies for dealing with the global water pollution problem by creating awareness and anti-pollution

initiatives. The United Nations Environmental Program (UNEP) was created in 1972 and now has presence in seventy developing countries. It's main objective is to encourage economic and industrial development without destroying the environment.

However, to make a significant change, water awareness must start at home. Each one of us should take responsibility and play a positive role in protecting this very precious and vital resource. By choosing to use biodegradable and non- hazardous cleaning substances in our homes and disposing of them conscientiously, by using natural fertilisers in our gardens, by encouraging organic farming and by avoiding wasting water unnecessarily, we can each play a positive role in protecting this precious and vital natural resource.

# PART 5

## HYDROTHERAPY





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## *A Historical Overview*

The history of water therapy in the treatment of disease goes back thousands of years. During the ancient Chinese era (2000 years before Moses) people performed circumcisions at running streams recognising the haemorrhage-stopping and pain-relieving properties of fresh spring water. Many of the laws of the Talmud, concerning the ritualistic use of water were imported from the Chinese. Other records from 2400 BCE suggest that the Proto-Indian civilisations of the Indus valley created water hygiene installations, as depicted in the ancient baths of Mohenjo-Daro. Also around the same period the early Egyptians, Greeks and Assyrians used mineral waters for curative purposes.

Most ancient civilisations respected, and some even worshipped running water. The Japanese, Chinese, Greeks and Romans used warm baths therapeutically thousands of years ago for reducing fatigue, promoting the healing of wounds, and for combating depression and low spirits. The use of water in dealing with illness or disease is as old as humanity. The Rig Veda, written in 1500 BCE tells us that “*Water cures the fever’s glow*”.



**Ancient  
medical texts  
wrote extensively  
and favourably  
on the use of water  
in healing.**

The Hindus, ancient Egyptians and Persians all deemed it a sacred duty to have a daily bath. At the time of Alexander the Great in 320BCE, there were “warm free baths” provided to the public, and all Hellenic schools had baths.

The early Greeks realised the relationship between physical and mental well being. They developed centres near springs and rivers for bathing and recreation. The acknowledgement of water therapies as medicinal happened around 500BCE in ancient Greece.

Ancient medical texts wrote extensively and favourably on the use of water in healing.

The Dark Ages were called so because of lack of civilisation and enlightenment amongst people. During these times medicine men practised forms of magic to cure disease and hardly used water, either internally or externally.

Some people credit the invention of the shower to Asclepiades, a naturopath who was famous in Rome around 100BCE. The Romans built outstanding communal baths, which were then considered a reflection of civilisation.



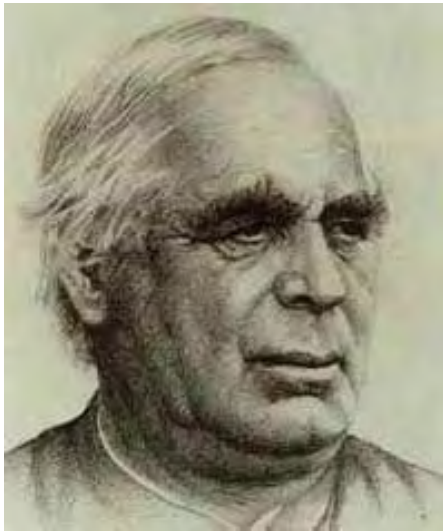
Roman Bath

The magnificence of these baths is mirrored in the baths of Caracalla, which covered a quarter of a square mile. The building contained a great court for exercise, large halls for various types of baths, complete libraries at either end of the building and a giant swimming tank. An antique version of our modern spas and health clubs

Back in the fourth century BCE Hippocrates, often referred to as the father of medicine, prescribed bathing and drinking spring water for its therapeutic effects. He went on to create thalassotherapy, a form of hydrotherapy using seawater. Hippocrates had noticed the healing effects of seawater and algae on the fishermen's injured hands.

He was also one of the early pioneers of the holistic approach, which treats the mental as well as the physical manifestations of disease.

More recently, Father Sebastian Kneipp of Bavaria (1821-1897), called the father of modern hydrotherapy developed a complete cure system using water. After being rejected for priesthood due to tuberculosis in 1842, Sebastian Kneipp, having found a book



**Sebastian Kneipp**

on hydrotherapy in the Vatican archives, cured himself with hydrotherapy techniques.

He believed that water had the power to ‘dissolve, remove and strengthen’. Dissolve waste matter containing disease, remove diseased matter from the body and strengthen the body by restoring cleansed blood to the tissues and maximising circulation.

Being re-admitted into priesthood later, he successfully treated his sick parishioners. In 1892 he met Benedict Lust, considered the founder of Naturopathy, and cured him with his method. So impressed was Dr Lust by father Kneipp’s cure that he commissioned him to introduce his water cure method into the United States.

Benedict Lust considered the use of water as an index of civilisation.

“The status of civilisation among any race of people is measured to a very considerable extent by their use of water. It is a fact that the high quality of culture achieved by Egypt, Athens, Rome, Jerusalem, Cartage, Alexandria and other great centres of the ancient world

went hand in hand with a liberal supply of water”, he wrote in his book “Fountain of youth or curing by water”.

Benedict Lust was especially fond of a particular type of shower, which he learnt from a young Greek-American, Mr Christos Parasco. He called it the new blood-washing bath. It was apparently practised, to some extent, at hot springs in ancient Greece. The shower lasts up to eight hours. This prolonged action of the water, and the oxygen it contains, is said to wash the blood and the tissues. In one instance, Dr Lust prescribed this shower to Dr Alfred Warsaw, an accomplished singer, who weighed two hundred pounds and was suffering from bronchial problems, which were preventing him from singing. At the end of the 8-hour shower, Dr Warsaw had lost fourteen pounds and his waist was two inches smaller. Dr Lust relates how he jumped up and rendered an air of opera perfectly. Dr Warsaw said later that he felt the water had washed twenty-five years from his shoulders. He was seventy years old. Benedict Lust, having practised this shower several times confirms its amazing rejuvenating and healing effects.

However, it was Louis Kuhne of Leipzig, Germany who in the late 19<sup>th</sup> century advocated and perfected the particular friction sitz or

**Kuhne  
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and toxins  
in the body.**

Detox Bath method, which we're sharing with you here. Kuhne's theory of the unity of diseases was the basis of his treatment method.

Like other leading naturopaths, Kuhne believed that the origin of all diseases is the accumulation of waste matter and toxins in the body. His diagnosis method, the Science of Facial Expressions allowed him to detect -often invisible- signs of toxic waste deposits in the face and neck. He believed that the only way to cure disease is to stimulate the body to expel these toxin deposits.

Kuhne devised an effective healing system based on a healthy diet of fruits and vegetables, and hydrotherapy in the form of steam baths, hot and cold hip baths and friction sitz baths. His book [“Neo Naturopathy: The New Science of Healing or the Doctrine of the Unity of Diseases”](#) is a rich account of the numerous diseases he was able to cure using this system.

The theory of the unity of diseases gave birth to the unity of cures. Kuhne demonstrated how by simply altering his patients' diet and giving them steam, friction hip and sitz baths he helped them

overcome a wide spectrum of diseases. Some were serious like cancer, tuberculosis and liver and kidney disease others were ailments ranging from sciatica to asthma to allergies and inflammations. Kuhne has published numerous testimonials in his book, sent to him by his previously severely ill patients, who had completely recovered using his natural hydrotherapy methods, when orthodox medicine had failed to cure them.

M K Gandhi strongly believed in the effectiveness of Kuhne's method, as he writes in a correspondence to Nehru (17.01.1929) "I utterly distrust Doctor's reports. I strongly recommend Kuhne's bath and sun-baths".

### *Hydrotherapy Today*

Hydrotherapy is finally recognised as a valuable and effective aid in overcoming disease and accelerating the healing process. Most physiotherapy departments in hospitals now include hydrotherapy facilities and immersion pools for rehabilitation.

Hydrotherapy centres and spas are mushrooming around the world, but Europe remains a favourite when it comes to hydrotherapy or thalassotherapy treatments centres.

**Hydrotherapy  
takes advantage  
of water's  
unique ability  
to store and  
transmit  
both heat  
and cold.**

The term hydrotherapy encompasses various different treatments using water. These range from steam baths to shower jets, partial immersion baths, wraps, packs and compresses, as well as colon irrigation and enemas. Basically any treatment involving water can be called hydrotherapy, including a water-drinking regime. Thalassotherapy is a form of hydrotherapy using seawater and algae for treatment.

The therapeutic benefits of hydrotherapy are based on the water pressure, which promotes good circulation, as well as on the thermal reactions of the body to hot and cold water stimuli.

Hydrotherapy takes advantage of water's unique ability to store and transmit both heat and cold. Ice packs and cold compresses for instance, have a slowing down effect. Cold decreases normal cell activity, constricts blood vessels, numbs nerves, and slows down breathing. Conversely, heat-based hydrotherapy such as steam baths, hot compresses and whirlpools has a stimulating effect. The temperature dilates the blood vessels, providing increased circulation. It relaxes muscles and stimulates sweating, thus eliminating toxins.

**No substance  
ever known to man  
possesses  
as many remedial  
and health-  
promoting qualities  
as water.**

Many common ailments have been successfully relieved with hydrotherapy treatments. It is recommended for circulatory and respiratory problems, arthritis, sciatica and back problems, chronic fatigue syndrome, anxiety, insomnia and stress management, to name but a few.

There is no drug or supplement that can rival the beneficial effect that water is capable of producing on the human body, none that's so widely available and so cheap. No substance ever known to man possesses as many remedial and health-promoting qualities as water. Its therapeutic qualities include sedative, analgesic, astringent, antipyretic (reduces body temperature), tonic, anaesthetic, anticonvulsant and derivative (as in our Detox Bath).

Depending on its mineral content, water taken internally can have laxative, diuretic or perspiration-inducing effects. Used externally, it improves the circulation of blood and lymphatic fluid, relaxes tension, relieves pain and calms the nervous system.



Colon hydrotherapy is gentle purified water washing of the large intestine. Using a colon hydrotherapy machine, water is run very slowly into the colon. When slight pressure builds up inside the colon, the water is released and flows out through a tube, massaging the abdominal area in the process. Between 2 and 6 litres of water flow in and out of the large intestine during a colon hydrotherapy session.

The treatment hydrates the system, removes waste, and rehabilitates the nerves, muscles and glands, circulatory and immune systems, which are the primary components of the digestive system. It also helps reposition the intestines and can help prevent colon cancer.

Other benefits of colon hydrotherapy include improved focus and sharpness of mind, as well as a clear and glowing skin. These benefits are the result of the eliminated waste and toxins, previously clogging the head and neck region, where excess waste deposits ultimately travel.

It's these particular, sometimes invisible deposits which allowed Louis Kuhne to diagnose disease according to his "Science of Facial Expressions"

Colon Hydrotherapy is recommended for constipation, acidity, bloating, haemorrhoids, Irritable Bowel Syndrome, parasites. It promotes weight loss and produces an immediate feeling of lightness.

## **Bath Stories**

### *The Hamam*

The hamam or Turkish bath was a social institution. The Turks initially brought the bath tradition to Anatolia before the Ottoman period (which lasted between 1534 and 1918), during which it fused with Roman and Byzantine bath traditions, as well as the Muslim concern for cleanliness, to create the Turkish bath or hamam, as we know it today.



At the hamam

There was a time when almost every social occasion in Turkey was celebrated with a hamam. A new birth, on the baby's fortieth day, mourning and weddings were all good reasons to have a hamam. The Turks even had a bath with their guests to honour their arrival!

The Turkish bath was quite a sophisticated affair as represented in the architecture and layout of the comparatively few remaining grand bathhouses.

Much more than a mere bathing place, the Turkish bath was a meeting place of men of all walks of life, rich or poor and equally for -otherwise restricted- women; though at separate hours. It's at the hamam for instance, that society ladies used to find their future daughters-in-law. In these intimate surroundings they were able to truly appraise the health status and assets of the future bride.

No people more than the Ottomans perfected the art of the hamam. A typical Turkish bath then consisted of three bath areas starting with the hot room or steam room (caldarium). As the name implies, it's an area where bathers had a steam bath to open up the skin



Scene from  
a Turkish hamam

pores, coupled with a massage. Bathers were then ushered into the warm room (tepidarium) where bath attendants would wash them with soap, scrubbing with a coarse bath glove to exfoliate the skin. The bath attendant would then leave the room to allow the bather to wash his or her private parts. Finally, the bath would end with a plunge in a cool tub, then in the cool room for resting or napping, sometimes in private cubicles. Turkish coffee or tea with fellow bathers usually followed the short nap. A luscious and luxurious experience indeed!

The hamam remains a major tourist attraction in Turkey, where no visit is complete without one. Modern Turks still visit the hamam once a week to indulge in a steam and a scrub and to enjoy coffee and conversation with friends.

The hamam soon became known in the West. The year 1856 saw the construction of the first hamam in Ireland. On his return from Turkey, David Urquhart, a diplomat, built this first hamam in Britain together with Dr Richard Barter. In 1860, Roger Evans built the first Turkish bath in London, near Marble Arch. The Turkish bath became very popular in Britain during Victorian times.

### *The Russian Bath*

Unlike the Turkish bath, the Russian bath, also called “water of life” -because of its healing and balancing ability- was a much less sophisticated affair. It consisted of a log cabin with two rooms, a waiting room to undress and relax and the main bath area shrouded with steam, with shelves for people to recline on. The room temperature was kept extremely hot while the bathers lashed themselves with birch branches and twigs until they turned red. They would then have cold water poured over them or even run outside and roll in the snow. Thus refreshed, they would come back into the hot bath again. The Russians believed that such extreme temperatures promoted good health. The bathhouses were generally built near a river, a source or a stream, to avoid water shortages.

Peter the Great was an enthusiastic fan of the Russian bath, and during his reign in the eighteenth century baths flourished in all Russian towns and cities. The bath was the only other construction project, besides the church, not to carry government duty.



**Banya**

With the exception of a few luxurious establishments, the Russian bath greatly differed from the Turkish bath in its wooden simplicity and functionality. Unlike the lavish and highly ornate marble baths of the Turks, the design of the Russian bath was strictly functional with the aim to induce a state of cleanliness and good health. An oven filled with stacked stones heated the steam room. These stones were also used to heat the bath's water and generated steam when water was poured over them.

The Russian bath was a symbol of overcoming the evil that surrounded people in their earthly life. Perhaps this explains the roughness of its method. Apostle Andreas mentions the Russian Steam baths in the Russian Primary Chronicle: “They warm them to extreme heat, then undress and after anointing themselves with tallow, take young reeds and lash their bodies. They lash themselves so violently that they barely escape alive. Then they drench themselves with cold water and thus are revived. They think nothing of doing this everyday and actually inflict such torture upon themselves voluntarily”.

Bathhouses were also used for childbirth in Russia, as they represented a warm, clean and private haven.

### *The Japanese Bath (Onsen)*

The Japanese also have a long tradition of bathing, which they're quite famous for. It is an integral part of the way of life in Japan. Throughout the ages the Japanese have maintained this ancient tradition for its therapeutic, relaxing and cleansing effects.

Japan is a volcanic land and natural hot springs are abundant throughout the country. The Japanese tradition of enjoying bathing in these hot springs dates back to the beginning of civilisation there. It is thought that these springs are the reason for the Japanese great love of the bath. By definition Onsen is a volcanic hot spring water bath, whereby "Sento" is a standard public bath.

Bathing in Japan is an occasion for relaxing and socialising. It's one of the few places in the world where nude communal bathing is allowed, although it is no longer much practised amongst the new generations, who find it quite embarrassing. However, it is still common amongst the elders who sometimes soak, chatting in communal baths for hours on end.

In the old days, the family bathed together, in a large and comparatively deep bathtub, until children reached puberty. The





Onsen

bath was considered a joyful and intimate family moment. Sadly, this tradition is now almost lost, especially since the onset of rapid urbanisation and modern bathroom facilities.

Traditional bathing in Japan is not meant for cleansing, it is for soaking, relaxing and socialising. According to very strict bath etiquette, one is supposed to shampoo, scrub, wash and rinse thoroughly before soaking into the- sometimes unbearably- hot tub. This is a very important rule in a household where the whole family uses the same tub water.

There are countless hot spring bathing facilities and hotels in Japan today, where the art of bathing is still very much valued. Some have outdoor tubs (rotemburo) where you can soak while watching the mountains and listening to the birds.

The traditional Japanese bath is therapeutic as well as extremely relaxing. It is still very much part of Japanese daily life. A soak in the scalding tub provides subsequent coolness during the hot summer months, and warmth during the freezing Japanese winter. It relieves aches and pain, skin problems, arthritis and rheumatism.



**Water acts  
as a natural  
stimulus  
to the body.**

## *Conclusion*

Hydrotherapy is a traditional, safe and effective method of treatment that has been practised for overcoming disease and injury by many cultures since the beginning of civilisation.

Water acts as a natural stimulus to the body. It increases energy and boosts the body's resistance to disease by clearing it of waste and toxins; it improves health and wellness. Water soothes, it has the power to rejuvenate the body and rid it of stress. It beautifies the skin, regulates mood and tones the muscles.

Hydrotherapy encompasses many treatments and techniques. These include: various types of baths and showers, friction hip and sitz baths, foot baths, steam inhalation, hot compresses, cold compresses, alternating hot and cold compresses, body wraps and wet packs, amongst others.

In the next part, we will be sharing with you a particularly effective hydrotherapy technique, the Detox Bath, which we've been using with amazing results.

## PART 6

# THE DETOX BATH: METHOD AND BENEFITS

**We call it  
the Detox Bath  
to illustrate  
its potent  
detoxifying  
action.**

Throughout history, natural cleansing and healing by means of various types of hydrotherapy, hot and cold baths, friction, compresses and enemas was widely practised by monks, naturopaths, doctors and ordinary folk alike. Used on a daily basis, these hygienic methods have proven to help prevent and even cure illnesses, alleviate symptoms as well as maintain optimal health.

Considering the various existing healing methods based on the use of water, we can indeed conclude that water has a positive healing effect on the human body.

The particular bath method we introduce here, the Detox Bath, is effective, safe and harmless, not just for achieving and maintaining optimum health, but also for safely and successfully eliminating excess fat and surplus weight.

We call it the Detox Bath to illustrate its potent detoxifying action. It is easy, completely safe and absolutely free. The only condition it carries is the commitment to do it every day for ten to twenty minutes, depending on your available time. It's hard to believe that such a simple method can have such spectacular effects and you

**To experience  
the wonderful  
benefits of  
the Detox Bath  
you must make it  
part of your daily  
hygienic routine.**

will be literally amazed by the results. No long-term side effects have ever been reported using it. Quite to the contrary, all of us who practice it regularly confirm an increased sense of well being, higher energy levels and a deeper and more restful sleep.

It is recommended for people of all ages, except for the physically exhausted and severely energy-deprived individuals. If a person has lost vital energy due to serious illness or exhaustion, the bath might have a more draining effect and should therefore be avoided.

Kuhne's has proven the friction sitz bath's success in effectively curing a variety of -sometimes serious- health conditions. However, we are recommending the Detox Bath essentially for maintaining general physical well being and body tone, encouraging weight loss and fat and cellulite elimination. It will also promote good mood and a balanced energy.

To experience the wonderful benefits of the Detox Bath you must make it part of your daily hygienic routine, along with showering and tooth brushing.

It is by no means a miracle cure, nor is it intended to replace conventional medical treatment. Please seek professional medical advice if you suffer from a severe or chronic illness or a pathological condition. The Detox Bath could then be safely combined to enhance and accelerate your medical treatment, by helping you to effectively eliminate the toxin deposits, which slow down the healing process.

This secret knowledge, so far shared by a “happy informed few”, is now available to you and will hopefully become your daily companion in the quest for a lifetime of good health, harmony and fitness. It is so amazingly effective it would have been a sin not to share this knowledge and make it public.

### *The Principle Of The Detox Bath*

The working principle of the Detox Bath is to cool down the core area of the body i.e. the pelvic area around the sexual organs up to the perineum by applying cold water, using a bath sponge or glove.

**What causes  
the deposits  
and toxins  
to travel through  
the body initially  
is heat.**

This process helps the disseminated deposits, which have reached the body's periphery due to internal body heat, roll back towards the intestines where they originated.

It is of utmost importance to keep warm during the process by wearing a bathrobe or a sweater or jumper if you're dry. Keep the feet warm by wearing socks if necessary.

What causes the deposits and toxins to travel through the body initially is heat. Core body heat caused by anger, stress, heavy digestion, illness, strong emotions, and physical shock, cause a thermal reaction in the body which pushes the waste deposits from the centre towards the periphery, where they can't be eliminated and form unsightly bulges.

The application of cold water on the groin and pelvic area is believed -by the same thermal reaction- to roll back the waste towards the intestines from where it is later discharged.

One  
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is weight loss  
and the elimination  
of stubborn cellulite.

If this process has brought to mind weight loss and cellulite elimination, you've got it absolutely right! One of the major benefits of the Detox Bath is weight loss and the elimination of stubborn cellulite. It's also a safe way of staying disease-free as accumulated waste is a fertile ground where bacteria thrives, rapidly promoting health problems.

### *Having the Detox Bath*

If you have a bidet, fill it with cold water and sit down ensuring your body is not in direct contact with the water. Soak a cloth, sponge or bath glove in the cold water then briskly rub the groin area in a downward motion from the hipbone to the perineum. You can also go over the sexual organs superficially, always rubbing downwards from the stomach.

If like me, you don't own a bidet, use the bathtub by sitting on its edge, space allowing. Make sure your feet are spread on either sides of the tub to keep them dry and warm. Fill a bucket of cold water and place it underneath you and proceed with gentle rubbing down with a sponge or cloth, dipped in the cold water.

The technique above works well for warm summer days. However during the winter, the contact of your body with the ceramic of the tub might make you feel cold. Avoid this, as it precludes the thermal reaction, which is key to the success of the Detox Bath.

I got over this logistics problem by placing a wooden plank (or a small shelf) over the ceramic bowl across the open toilet seat. Placing the bucket of cold water in front of the toilet seat, I then proceed with my Detox Bath. For it to work effectively it is important to ensure that the rest of the body and the feet are kept warm. Even if it means wearing socks in the summer, if necessary.

You can also use a stool or plastic chair instead of the toilet seat. However, avoid an arrangement where you have to bend over completely in order to soak the cloth in the fresh water. Extreme bending will prevent good circulation.

Be creative and experiment to find the most comfortable position to have the Detox Bath within your private set up. With regular practice, you will naturally find the most suitable one. Always remember to keep the rest of your body warm to trigger an effective thermal reaction.



**The contrast  
between  
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temperature  
is the secret  
to the success  
of the Detox Bath.**

Gently rub your groin area and genitals (superficially) downwards, starting at the pubic hair level down to the perineum. Start with either side of the groin rub down then refresh the cloth in the cold water. Repeat on the other side. Dip the cloth again and go superficially over the genitals, repeat the whole process. Continue for ten to twenty minutes depending on your personal comfort threshold and the results you aim for.

## Detox Bath Requirements

### *Water*

Plain tap water is all you need. Keep in mind the important water temperature difference factor. The contrast between the water's and your body temperature is the secret to the success of the Detox Bath. The water has to be cold, but not freezing. It should never be uncomfortably cold. A feeling of cold during the Detox Bath will prevent the thermal reaction from happening, and will cancel its effect. During the summer, when the sun heats the water pipes up and tap water is warm, try adding a bottle of refrigerated water or even a few ice cubes to bring the water temperature down. Always maintain a good contrast in temperature between your

body and the water. The thermal reactions of the body to hot and cold stimuli intensify the healing properties of hydrotherapy.

Natural water from a spring, well, or unpolluted river is ideal, if you're so lucky to have access to it.

Three to four litres of water should be more than enough for a fifteen- minute bath. Ensure that water stays cool throughout the bath by adding more fresh water if, and when needed. For an enhanced effect, try to bring as much cool water as possible to your groin area during the Detox Bath

### *Cloth*

You can use any cotton cloth, sponge or bath glove, provided it's not too coarse. Choose a material that can hold water longer in order to expose the area to as much cool water as possible. This part of the body is extremely sensitive so avoid rubbing too hard. A spongy cotton cloth is perfect, or even a standard bath sponge. Treat yourself gently and always remember this is a very sensitive area, prone to skin irritation.

**The frequency  
and length  
of the Detox Bath  
are proportionately  
related to the results.**

Hold the cloth with your fingers to avoid your hands becoming too cold. If you're using a bath glove, don't insert your hand in. Immerse the glove in the water using your fingers instead.

### *Frequency*

It goes without saying that the more frequent and regular the bath, the deeper and more beneficial the effects. The frequency and length of the Detox Bath are proportionately related to the results. For an average built person, a minimum of four Detox Baths per week for ten minutes will activate the elimination process, but will not cause significant weight loss.

For measurable fat loss in an average-build person, we recommend a fifteen to twenty-minute session, twice a day. The session's length varies according to how much surcharge and excess weight a person initially carries. Plan for at least four ten-minute sessions per week to maintain tonus and eliminate toxins. For effective cellulite and fat loss, aim for longer (twenty minutes) and more frequent (twice a day) sessions.

On the other hand, if you suffer from either insomnia or constipation, you'll probably see results in the first week. (for more details please refer to the list of bath benefits) The Detox Bath has an immediate beneficial effect on surcharge release and toxin elimination. A telltale sign is a stronger (chemical) smell in the urine and the often-darker stools in the first few days. This means that the detoxification process has kicked in. You will soon experience a deeper and more restful sleep and a more regular bowel movement.

Occasionally, some people might develop a skin rash, as I have on my arms and legs, in the first few days. Don't be alarmed, this is just another sign that the toxins are shifting. The rash will fade in a few days.

It will probably take a month or two of regular Detox Baths for your body to respond if you're aiming for measurable cellulite and weight loss. Be patient with yourself. The speed of the bath's results depends on how much your body is initially surcharged with fat and waste matter. Some people start shedding the weight by the second week. This is sometimes a result of the initial fluid

**Continue  
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Detox Bath  
routine to help  
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and fat free body.**

elimination. Persevere with the Detox Bath until your body reaches its optimal weight. This could take up to three months, depending on your initial condition. Each one of us has an ideal, or optimal body weight. Once you've eliminated the entire surplus of fat and toxins, your body will naturally reach its optimal weight and you will stop losing volume. When that has occurred, continue with a regular Detox Bath routine to help maintain a healthy, well toned and toxin and fat free body.

### *Timing*

Avoid having the Detox Bath immediately after food. Wait at least an hour and a half after a main meal to allow for proper digestion. As it activates the digestive system -shifting surplus and toxins towards the intestines- it's preferable to have the Detox Bath at least half an hour before meals.

Always pass urine before the Detox Bath and avoid passing it immediately afterwards. It will provoke an intense burning sensation, due to the contrast with the coolness of the water.

Occasionally, you might experience mild stomach cramps afterwards. These should soon subside. More severe cramps usually mean you're overdoing the Detox Bath. You'll gradually be able to adapt the frequency and duration to your body needs. Reduce the time and rub less energetically if it is making you feel at all exhausted or nauseated.

You can have your Detox Bath any time of the day, at your convenience. It's quite useful just before going to bed, as it induces a good and restful sleep. Alternatively, have it as I do, right after your daily shower when your body is still hot. In this instance wear a warm bathrobe. The contrast of the cold water on the groin area with the heat of the body will induce an effective thermal reaction and consequently, a speedy waste elimination.

The Detox Bath should be avoided during menstruation.

### *Place*

Logically, the best place is the bathroom but you can also have your Detox Bath elsewhere, while watching TV in your sitting room for instance or anywhere else you feel comfortable. Always

ensure the room you choose is warm (twenty-two degrees Celsius minimum), and especially so during the winter months. Consider wearing a sweater, sweatshirt or a long sleeved T-shirt to keep your body comfortably warm and to avoid chills.

Remember that only your pelvic and groin areas should be cooled down. Therefore always have the Detox Bath in a heated room and keep your body warm and relaxed.

### *After The Detox Bath*

Keep warm! Put warm clothes on to maintain body heat (the body temperature will rise due to the friction in the bath). Avoid being exposed to cold temperatures immediately afterwards. When time permits, allow yourself a short rest to give your body time to adjust to and absorb the Detox Bath's beneficial effects.

### *The Cold Gel Pack Method*

If you don't have ten to twenty minutes daily to spare for your Detox Bath, you might want to consider using cold gel packs instead. These can be worn after refrigeration inside your underwear and must be kept for at least one hour to achieve the result of a fifteen-minute Detox Bath.

Remove the pack if it gets warm before an hour, as it will no longer create a thermal reaction. Always put your gel pack in a sealed bag when you refrigerate it to avoid direct contact with other fridge contents.

Cold gel packs are available at chemists and are usually used for injuries. A gel pack of 10 cm x 6 cm is an appropriate size.

### *Detox Bath Method: Benefits & Effects*

The benefits of this Derivative Bath method are as numerous as the diseases and discomforts we're likely to encounter in our lifetime. It's based on the principle of the Unity of Diseases as detailed by Louis Kuhne in his book<sup>1</sup>, which stipulates that the cause of all diseases is the accumulation of toxic waste and 'morbid' matter in the body, creating a fertile breeding ground for bacteria, and consequently causing disease.



Kuhne had observed the peculiar behavior of his dog when he suffered a broken leg. The dog had then refused to eat his usual meals, and instead, for a whole week, was systematically and continuously licking his wounded leg, as well as the area around his reproductive organs. We have all observed how cats and dogs go about instinctively practicing what we now know to be nature's remedy to many of our ailments.

Seeing how the dog's condition was quickly improving, Kuhne who was then suffering from fever, decided to apply the same principle using a cloth and cold water. He recorded experiencing immediate relief from fever and headache as a result. This incident, followed by extensive research and experimentation, later gave birth to the friction sitz bath method or Detox Bath.

We present this method to you as a healthy addition to your daily hygiene and an effective way to lose excess fat and cellulite and keep your body well toned and in vibrant health. As previously mentioned, by no means are we claiming to offer miracle cures or remedies. Despite the fact that Louis Kuhne has reportedly

effectively cured numerous and often-serious diseases using hydrotherapy treatments, including this particular friction sitz bath. He attributes its healing power to the derivative reaction in the body, which rolls toxins and fat deposits back into the colon, thus ridding the body of deposited waste matter.

Incorporated into your daily routine, this daily cleansing Detox Bath can boost your energy and wellness, improve your mood and regulate your weight, as well as beautify your hair and skin.

Moreover, the Detox Bath is completely harmless and free. We recommend it anytime you need a boost of health or energy. Trust your body's intelligence to tell you when and whether to start or stop it. You can for instance, have a two or three months Detox Bath cure for a specific ailment, or for weight loss, then have less regular sessions. Think of it as a health supplement: once you obtain the desired results you're free to stop having it regularly. However, to maintain the Detox Bath's amazing benefits, we strongly recommend you carry on with it, at least for ten minutes, four times a week, making it part of your regular hygiene. Avoid it if you feel exhausted, as it could have a draining effect.

For weight loss and cellulite elimination, give yourself a couple of months before you see noticeable results. The good news is that you won't gain the fat back, especially if you maintain a ten minute Detox Bath, four times a week.

It will help you lose all the excess or surplus in your body, the extra weight that makes you feel heavy or uncomfortable. You will shed what your body 'believes' is surplus, thus achieving your personal ideal weight, which is not necessarily the same 'ideal weight' promoted by images in the media.

What's great about it is that you don't even have to alter your diet to lose weight, a ten minute session twice daily, will help you eliminate the excess that your body doesn't need for it's good functioning. However, we do recommend you maintain a healthy diet, as it is a primary condition to a healthy lifestyle.

Below, we've listed the most obvious benefits, some of which we have directly experienced since starting a regular Detox Bath regime.

We look forward to hearing your feedback and comments.  
Please write to us with your experiences or questions at:  
[db-feedback@pureinsideout.com](mailto:db-feedback@pureinsideout.com)

## **Weight Loss: Fat and Cellulite Reduction**

### DETOX BATH METHOD: EFFECTS AND BENEFITS

Waste accumulation and deposits on the intestinal walls cause sluggish digestion and poor elimination. Fat deposits around the waist initially, moving to the hips buttocks and legs.

The Detox Bath primarily improves the digestive functions as it cleanses the intestines and eases food digestion. It produces a roll back effect. The contrast with the cold water rolls back into the intestines, the fat that had accumulated on the periphery of the body, due to internal heat.

For fast results a fifteen-minute bath twice a day provides benefits as of the fourth week. Discipline and regularity are key here, a fifteen minute bath daily is recommended to maintain an ideal weight.

## DETOX BATH METHOD: EFFECTS & BENEFITS (contd)

### Constipation

Excesses and surcharge accumulation clog the digestive system making the intestines slow and sluggish.

The bath energizes the intestinal muscles making stool elimination more regular and more profuse from the first week.

For chronic constipation a twenty-minute bath a day is recommended. For overweight people we recommend a twenty-minute bath twice daily initially, reduced to twenty then ten minutes daily when ideal weight is reached.

### Insomnia

Nerve toxicity symptoms include mood and behaviour alteration, as well as sleep disorders.

Toxins elimination relieves the central nervous system inducing restful sleep as well as relaxing tension and stress. A twenty-minute bath to be taken one and a half to two hours before bedtime for as long as needed or until restful sleep is restored.

## DETOX BATH METHOD: EFFECTS & BENEFITS

### **Pain: Joints, Back and Neck**

Toxin and waste deposits create pain in the joints, neck and back and prevent mobility. They can result in spine, neck or joint distortion.

Start with a twenty-minute bath daily for the first three months or until symptoms and pains subside. Follow-up with a ten-minute bath, at least four times a week, to stay pain and symptom free.

### **Skin Growths, Warts**

These are the most visible manifestations of surplus and waste accumulation.

The bath rolls back the surplus towards the intestine where it's eliminated.

Ten to fifteen minutes (depending on body weight) twice a day with results as of the third week.

## **Skin Radiance and Complexion Problems**

### DETOX BATH METHOD: EFFECTS & BENEFITS

According to Kuhne, the face is the clearest indicator of waste travelling upwards and towards the extremities of the body. Thriving underneath the skin, these excesses become breeding grounds for pimples and bring about a dull complexion.

The thermal reaction provokes a “roll back” action of the deposited surcharges into the colon, thus clearing the face and giving it a healthy glow

To get rid of spots, have a regular ten-minute bath twice a day for eight weeks. To maintain a radiant complexion a fifteen-minute bath a day, minimum four times a week, is necessary.

Some people develop tiny spots on the arms or legs in the first few days but these will soon disappear.



## DETOX BATH METHOD: EFFECTS & BENEFITS

### **Sore Throat**

Bacteria and viruses thrive in toxin and waste-deposits areas.

The bath expedites the waste elimination process, thus removing the ground for bacteria proliferation.

A fifteen-minute bath will give immediate relief.

### **Toxin Elimination**

When toxic and stress loads exceed the defence capacity of the body, general body function declines and the body becomes unbalanced and lethargic.

The bath enhances the elimination ability of the body, encouraging toxin elimination and promoting good circulation.

A daily ten-minute bath, four times a week for regular and effective toxin elimination. For people with old and significant toxin and waste deposits, we recommend a fifteen-minute bath twice a day initially.

## DETOX BATH METHOD: EFFECTS & BENEFITS

### **Mood Regulation**

Waste build up not only affects bodily organs but our central nervous system as well, leading to depression and mood disorders.

The bath boosts metabolic functions and flushes toxins out, clearing the nervous system from toxin surcharge.

A fifteen-minute bath twice daily if heavily charged with toxins will alleviate anxiety and uplift mood.

### **Stress**

When the nervous system is weighed down and loaded by waste accumulation, intolerance to pressure and stress develop.

The contact of water and the gentle massage of the bath have both a soothing and boosting effect on the central nervous system by enhancing circulation flow.

A ten-minute bath anytime you're feeling overwhelmed and pressured is recommended.

## **Drug, Alcohol and Tobacco Dependency**

### DETOX BATH METHOD: EFFECTS & BENEFITS

The bath can help with withdrawal symptoms as it:

- \* relieves stress and anxiety
- \* induces restful sleep
- \* enhances substance elimination from the body through the liver and kidneys

For withdrawal symptoms up to four baths a day as required but not when feeling spent. A ten to fifteen minutes bath helps alleviate the symptoms listed above.

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## Footnotes

Neo Naturopathy: The New Science of Healing or the Doctrine of Unity of Diseases (copyright 1917)

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