

SWEET DREAMS BATH RECIPE



Ingredients:

- 2 cups Magnesium salts
- 1 cup baking soda (aluminum free)
- 10 drops essential lavender oil

Directions:

- Make the bath as hot as you can stand it right before bed. (Boil a pan of water if necessary)
- Dim the lights, light a candle, put a Do Not Disturb sign on the door and relax!
- Directly after your bath go to bed.
- You should be sufficiently relaxed to nod off quickly.

This bath is a critical part of the program.

Some of the benefits include:

- Improved detoxification
- Improved sleep
- Relaxation of your nervous system promoting weight loss and lowering inflammation
- Promotes an ideal pH for healing, detoxification, and optimal cellular function
- Passive exercise through increased circulation and heart rate
- Support for toxin elimination
- May help to lower blood pressure and blood sugar levels