



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Detoxification Bath

Your skin is the major detoxifying organ of your body.

- Take 2-3 cups each of Epsom Salt (magnesium sulfate) and Baking Soda (sodium bicarbonate) in a hot water bath (as hot as you can tolerate).
- Bathe for 25-30 minutes. Start with 3x/week then progress to 6x/week as tolerated.
- Please hydrate yourself during the detoxification. Minimum amount of liquids should be your weight divided by 2 (total in ounces).