

The Unexpected Benefits of a Hot Bath

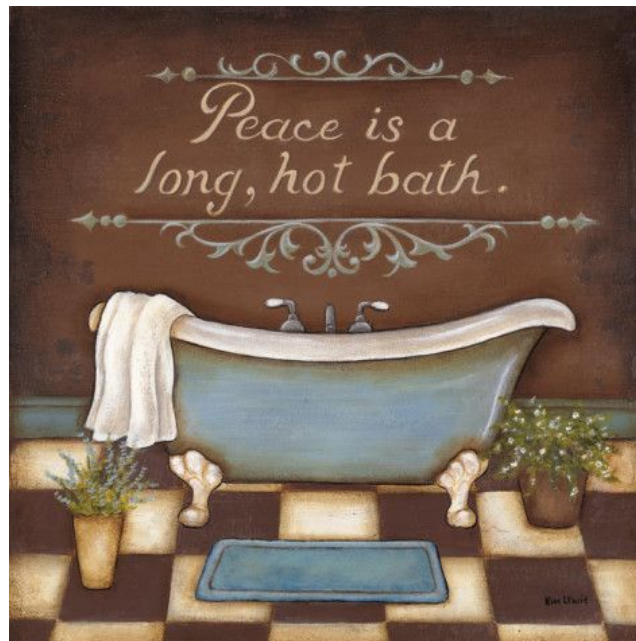
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A hot bath is a time-honored tradition in many cultures, but America is just now discovering its benefits - bubbles or no bubbles.

Passive heat is different from the heat your body produces when hot and sweaty from exercise, and 20-45 minutes will raise your body temperature slightly. A half hour soak in a hot tub will **burn as many calories as a 15-minute walk, lower your blood sugars after eating, and reduce inflammation**, such as that often present with type 2 diabetes.

Meanwhile, new research from a 2015 study in Finland suggested that frequent baths **lower blood pressure and the risk of a stroke or heart attack**.

“Heat the water as hot as can be tolerated for the maximum impact,” according to Dr. Hazel Parcels, a nutrition author. Heat draws toxins to the surface. Then, as the water cools down, toxins are pulled into the water by osmosis. (Note, some researchers do not recommend hot baths for pregnant women.)



Even more bath blessings await you when you create a “detox” bath. Here are several options:

Detox Baths:

Dissolve 2-4 cups of baking soda in the bath and stay for 30-45 minutes. (If only staying 30 minutes, add cooler water for the final 5 minutes.)

- Especially good for swollen glands, sore throat or sore gums and mouth. Add half a pound of sea salt or rock salt for quicker recovery from plane flights.

Dissolve 1-2 cups of epsom salts. Soak for 15-30 minutes. It will increase your magnesium and sulfur intake, and both nutrients are good for you.

- Especially good to release for lowering blood pressure, relieving muscle pain, and calming nerves. Also good for bruises and sprains or detoxing after surgery.

Add 2 cups of apple cider vinegar and stay in a the hot bath 30-45 minutes, adding cooler water for the final 5 minutes of shorter baths.

- Especially good for muscle strain brought on by physical exertion. Also beneficial for those with joint problems, arthritis, gout, bursitis, or tendonitis.

Dissolve 1 1/2 cups of Himalayan salt or Dead Sea salts.

- Especially good for depression or overwhelm

By far the most popular blend-a-bath detox options are the following:

- 1 cup of epsom salts, 1 cup of baking soda, and 8-10 drops of lavender oil
- 2 cups of epsom salts, 1/2 cup of baking soda, and 8-10 drops of lavender oil

Ask anyone who sells essential oils, and they'll help you find the perfect scent additions, whether it's lavender for relaxation or peppermint, ginger and/or marjoram for back pain or lemon, frankincense and/or eucalyptus to fight colds, flus and sinus problems.

Most health guides say not to rinse off after any of these baths, but simply towel dry and then be sure to drink room temperature or cool water when finished.

Final touches: Your favorite relaxing music is a must, whether that's Enya, Adele, Sarah McLachlan, or Simon and Garfunkel. And don't forget the candles - they're for lovers and you are loving your body!

MK

P.S. Don't have an Essential Oils connection? IdealWeight Coaches Lucy Hutchinson lucyhutchinson55@yahoo.com, Terry Foster terry@theskinnypantry.com, or Teresa Getman teresa@8togreat.com would love to help you!