

Detox and Cleanse with Apple Cider Vinegar Bath

Put ½-1L apple cider vinegar (organic with the mother in it) in the bath sit in and make it as hot as possible.

Duration 30 min

After rap your self in bathrobe lay down cover your self with another blanked and relax for 30 min. You will sweat a lot.

This is a really good bath for energy. The cider vinegar helps the body to become more alkaline; too much partying, alcohol, sugar; processed food and/or caffeine can make your body overly acidic.



Warning don't have it hot if you have any heart condition!!!!!!