



Benefits: Helps to improve **arthritis**, bad breath, **body pH level**, cardiovascular problems (arteriosclerosis & blood pressure level), chronic fatigue, **electromagnetic radiation (For Cold Body System)**, gastrointestinal problems (Eg: bloatedness, constipation & heartburn), **gout**, high blood glucose level, high cholesterol, **rheumatism**, **skin problems**, yeast infections & **promote weight loss**, etc.

Ingredients

Epsom salt – ½ tablespoon to 1 litre warm water.

Apple Cider Vinegar – 2 cups (500 ml).

Ginger slices – 10-15 pieces or Ginger Powder – 1-1 ½ tablespoon (5-7.5 gm).

Warm water – 8 to 10 litres.



Foot Bath: Apple Cider Vinegar Ginger Detox (For Cold Body System)

Footbath tub or pail – 1 no.

Preparation

- (1) Wash Ginger slices with tap water & add it together with Epsom salt in a footbath tub or pail, then pour some hot boiling water to steep for 10 minutes.
- (2) After 10 minutes, pour mixture together with Apple Cider Vinegar & warm water in a footbath tub or pail & soak feet for 30 minutes.
- (3) During footbath, drink warm tea, preferably related to same health concern. ([Refer to teas' recipes](#))
- (4) After 30 minutes of footbath, dry with towel & massage feet with olive, peppermint or coconut oil.

Note

- (1) To apply 1 foot bath's recipe per day at 1 to 2 times daily & after 1 week, apply once every 3 other day.
- (2) Avoid soaking on an empty stomach or immediately after dinner.
- (3) Do not bath till 8 hours later.
- (4) Consult your health expert's advice if you are on medications, pregnant or breastfeeding.
- (5) A warm foot bath must covers the feet & ankles, preferably up to knee cap at temperatures ranging from 100° to 115° F (43°C- 46°C).
- (6) Not advisable for those who have diabetes, high blood pressure & peripheral arterial diseases.