



Vinegar Foot Bath – helps to alkalize your body through the feet

Prepare a footbath with warm (not hot) water in a basin large enough to have your feet side by side.

Add ½ cup of Apple Cider Vinegar* or white vinegar.

Soak feet for about 15 minutes. Have a towel and natural fiber socks handy.

Completely dry your feet and place in socks to keep them warm. Discard water.

If a footbath is not an option, use a pair of old socks, soak them in vinegar water and put them on your feet. Put another pair of socks over that and either keep on for 30 minutes or overnight.

We expel toxins through the soles of our feet and feet also absorb the beneficial alkalizing qualities of the vinegar.

If you have calloused or troubled feet and toes that could use some TLC do this for a few nights in a row and watch your feet become soft and fresh looking. This works also very well to prep feet for a self-pedicure; keep your tools handy and work on one foot at a time. The vinegar destroys bacterial growth, yeast and fungus.

After using this remedy in combination with the oatmeal water I was in heaven, my chest, nose, sinuses and throat were happy and ache free. I slept, could breathe easily and felt great. Even if mucous still leaves our bodies, at least we don't have to suffer from it.

Take a teaspoon of vinegar with a bit of water several times a day to accelerate the healing process. This method is highly recommended to prevent illness for the AC-vinegar keeps our fluids pH nicely balanced.

Keep warm and remember that your body is healing and doesn't enjoy excesses of any sort at this time.

*I use Bragg's Organic Raw Apple Cider Vinegar:

<http://www.bragg.com/products/bragg-organic-apple-cider-vinegar.html>