BEYOND LIGHT THERAPY

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# The Detox Bath

A simple ritual of renewal

The body can only heal at the rate it can detoxify. This is one of the most important principles in naturopathic medicine, and one that Beyond Light Therapy takes seriously in the care it offers every client.

Every day, the body works to neutralise and eliminate the accumulated burden of modern life, environmental toxins, processed food residues, heavy metals, pesticides, stress hormones, and electromagnetic stress. When the elimination pathways, the liver, kidneys, lymph, skin, bowel, are supported and open, the body clears efficiently. When they are overloaded or sluggish, the body stores what it cannot clear, and health gradually deteriorates.

## Why detox matters after a Beyond Light Therapy session

When the body is supported by the EESystem environment, when cells return toward optimal voltage, when the nervous system settles, when the body's intelligence re-engages, the natural consequence is a mobilisation of stored toxins. The body begins to release what it has been holding. This is not a side effect. It is the process working. The detox bath supports this release, drawing toxins out through the skin, the body's largest elimination organ, while rebalancing the body's energetic state.

## The healing bath protocol

*Dr Sandra Rose Michael, EESystem aftercare protocol.* Dr Sandra Rose Michael has recommended this simple protocol as part of the aftercare for EESystem sessions. Beyond Light Therapy recommends it to every client.

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| **PREPARE** | Create a calm, quiet space. Drink a glass of water before you begin. Fill a bath with comfortably warm enough, not too hot, water. |
| **ADD** | 500g sea salt and 500g bicarbonate of soda (baking soda). Stir gently to dissolve. |
| **SOAK** | 15 to 20 minutes only, no longer. Focus on slow, relaxed breathing. Allow your body to soften completely. |
| **AFTER** | Rinse briefly with clean water. Drink water or herbal tea. Rest. Allow the body to complete what it has started. Continue this protocol as regularly as possible for at least six weeks following your sessions, the body continues its healing/change process for six weeks and beyond. Alternative to a bath if that is not possible, use a footbath with half the ingredients and do this often. |

> **"You are light, returning to light. Detox is simply clearing the way."**
>
> Wren, B. — Cellular Awakening (2009)

This protocol draws toxins out through the skin — the body's largest elimination organ — rebalances the body's mineral state, and supports the continued work of the session long after you leave. Salt and baking soda are simple, inexpensive, and profoundly effective.

We recommend this bath to every client, as often as possible, for the six weeks following their sessions at Beyond Light Therapy.

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