

Nutritional Baths

Purpose: Nutritional baths nourish, revitalize and encourage. They are used to finish the unfinished illness. They have a special quality; therefore, a special time and rhythm should be reserved for them. Do them at the *same time* of day, surround the patient with a peaceful atmosphere, and never fail to provide rest for the patient afterwards.

Nutritional baths could be done in a series of 7 (seven) baths, one to three times a week. You may notice a problem accomplishing or completing the fourth bath. Knowing about this common stumbling block may help you to persevere and accomplish the fourth bath in spite of apparent hindrances.

Required Items:

- Bathtub
- Knife
- Mason jar with lid
- 1 Cup Raw Milk
- Flannel Sheet
- Fertilized Egg
- Unsprayed Lemon
- 1 tablespoon raw local honey
- Wool Blankets
- Towel

Please get the best quality foods that you can, but even with lesser quality egg, lemon, milk, or honey, the bath is valuable.

Creating the Healing Environment: The bath is not a time for bathing, shampooing, etc., but rather a special time given to your loved one or friend. The bathroom should be warm and windows closed, with the bath water at 98.6 degrees F. Use a thermometer to get the correct temperature.

Respond to the bath water with the same mood of concentration and respect as you would respond to the person. Quiet yourself within, quiet your own astrality, and create 'space' for the patient. Make a protective sheath with the bath; the patient will be in a horizontal position and dependent on you.

Avoid conversation except as absolutely necessary or to wake a patient who falls asleep.

Preparing the Bath:

1. In the mason jar, mix together 1 cup milk, and the egg, the juice of the lemon, and one tablespoon honey. Hold the jar with both hands and shake it rhythmically, vertically, for two and a half minutes. Visualize the liquid spreading into a spray as it goes up, and being gathered as it comes down. The movement is slow and steady like the heartbeat, a bit more quickly going upward, in a figure of 8 pattern. You become the pharmacist, potentizing substance to become a healing remedy.
2. When the tub is full, cut the lemon 4-5 times under the water. Mash it on the bottom of the tub, and leave it in the water.
3. Prepare the water by kneeling next to the tub with hands deeply in the water. Add contents of mason jar to tub water. Rhythmically move the water in a lemniscate form (figure 8) along the full length of the tub. Mix the water in this way 7 times.
4. Have the patient get into the bath. After 10-15 minutes, remove the person from the tub, quickly pat dry, wrap head to toe in the flannel sheet, and put to bed.
5. Wrap the person in wool blankets and be sure the head and feet are warmly covered and enclosed. Patient should remain in bed for 1/2 - 1 hour.